



Spring 2018
 Women's Wellness Center @ Point Fosdick
 April 1st - June 30th

4545 Point Fosdick Dr
 Gig Harbor, WA 98332
 253-530-8177

	MON	TUE	WED	THU	FRI	SAT	SUN
9am	Cardio Strength 9:30am - 10:30am	Cardio Strength 9:30am - 10:30am	Muscle Toning 9:30am - 10:30am	Core and More 9:30am - 10:30am	Cardio Strength 9:30am - 10:30am		
	Muscle Toning 9:30am - 10:30am			Pilates 9:30am - 10:30am			
12pm	Pilates 12:30pm - 1:30pm	Multicare Programming 12:30pm - 4pm	Pilates 12:15pm - 1:15pm	Yoga - Gentle 12:15pm - 1:15pm	Multicare Programming 12:30pm - 4pm		
				Multicare Programming 12:30pm - 4pm			
1pm			Zumba® 1:30pm - 2:30pm				
5pm	Cardio Strength Step 5:30pm - 6:30pm	Cardio Strength 5:30pm - 6:30pm	Muscle Toning 5:30pm - 6:30pm	Cardio Strength Step 5:30pm - 6:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

For further schedule information, including class description, instructor names, lap lane availability or program notifications please visit us at www.ymcapkc.org or on our mobile application.

A one-stop shop to wellness, this beautiful fitness facility features a cardio and strength circuit, and group exercise classes including yoga, toning, and core training.

For more information, contact Camille Haugan, Health and Well Being Director at 253-534-7865 or chaugan@ymcapkc.org

4545 Pt. Fosdick Drive NW
 Suite 120
 Gig Harbor, WA 98335-1706
 253-530-8177

- Monday and Wednesday | 6:30am-7pm
- Tuesday, Thursday, Friday | 6:30am-1pm, 4-7pm
- Saturday and Sunday | CLOSED



Class Descriptions Tom Taylor Family YMCA

10550 Harbor Hill Drive
Gig Harbor, WA 98332
(253)853-9622

Cardio Strength - Get a total body workout that focuses on tightening and toning the body with intervals of cardio and strength using hand weights, body bars, resistance bands, steps, and resistance balls.

Cardio Strength Step - Get moving in this high-energy workout for all fitness levels that work on optimal strength training and body weight exercises. Arrive a few minutes early to your first class to learn basic technique from the instructor.

Core and More - Improve posture and physical function for a healthy lifestyle, as we focus on strengthening exercises for abdominal and back muscles.

Multicare Programming - Point Fosdick Women's Wellness Center is closed to YMCA members due to Multicare Programming during this time.

Muscle Toning - Condition the total body through strength and endurance exercises using resistance equipment such as hand weights, body bars, resistance bands, steps, and resistance balls.

Pilates - Increase core strength through gentle rhythmic movements focusing on breath, flexibility, strength, and core stabilization.

Yoga - Gentle - Alignment, core strength, flexibility and relaxation, are the focus of class and is accessible to all. Ideal for those preferring a more gentle practice.

Zumba® - Move to the music in this Latin-inspired dance aerobic workout fueled by international music.