



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
<b>9am</b>	<b>Cardio Strength</b> 9:30am - 10:30am	<b>Cardio Strength</b> 9:30am - 10:30am	<b>Muscle Toning</b> 9:30am - 10:30am	<b>Core and More</b> 9:30am - 10:30am	<b>Cardio Strength</b> 9:30am - 10:30am		
	<b>Muscle Toning</b> 9:30am - 10:30am			<b>Pilates</b> 9:30am - 10:30am			
<b>12pm</b>	<b>Pilates</b> 12:30pm - 1:30pm	<b>Multicare Programming</b> 12:30pm - 4pm	<b>Pilates</b> 12:15pm - 1:15pm	<b>Yoga - Gentle</b> 12:15pm - 1:15pm	<b>Multicare Programming</b> 12:30pm - 4pm		
				<b>Multicare Programming</b> 12:30pm - 4pm			
<b>1pm</b>			<b>Zumba®</b> 1:30pm - 2:30pm				
<b>5pm</b>	<b>Cardio Strength Step</b> 5:30pm - 6:30pm	<b>Cardio Strength</b> 5:30pm - 6:30pm	<b>Muscle Toning</b> 5:30pm - 6:30pm	<b>Cardio Strength Step</b> 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](http://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](mailto: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.