

Magnuson Athletic Club    Ph# 206-452-1500

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Group Fitness 2023 Schedule

Effective: 3/21/2023

Last Updated: 3/21/2023

(S) = Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00 AM</b> Burn w/ Sara		<b>6:00 AM</b> Burn w/ Sara	<b>6:00 AM</b> Cycle w/ Eryn	<b>6:00 AM</b> Burn w/ Sara		
	<b>7:00 AM</b> Yoga w/ Sara (S)	<b>7:00 AM</b> Foundation Fit w/ Sara (S)	<b>7:00 AM</b> Yoga w/ Sara (S)			
<b>8:15 AM</b> Battle Ropes w/Sara	<b>8:00 AM</b> Cycle w/ Bruce	<b>8:15 AM</b> Fit-4-All w/Holly <b>8:30AM</b> Cycle Fit w/ Bruce	<b>8:00 AM</b> Cycle w/ Bruce		<b>8:00 AM</b> Body Pump w/ Katy Cycle w/ Eryn	<b>8:00 AM</b> Cycle w/ Eryn
<b>9:00 AM</b> Cycle w/ Eryn <b>9:30 AM</b> Body Pump w/ Holly Foundation Fit w/ Sara (S)	<b>9:00 AM</b> Cycle Fit w/ Bruce <b>9:30 AM</b> Tabata w/ Janice (S) Pilates w/Cary	<b>9:30 AM</b> Body Pump w/ Holly Strong w/ Amanda (S)	<b>9:00 AM</b> Cycle Fit w/ Bruce <b>9:30 AM</b> Tabata w/ Janice	<b>9:00 AM</b> Cycle w/ Eryn <b>9:30 AM</b> Tabata w/ Janice Pilates w/Cary (S)	<b>9:00 AM</b> Burn w/ Katy	<b>9:00 AM</b> Body Combat w/ Katy
<b>10:45 AM</b> Restorative Yoga w/ Holly (S)		<b>10:45 AM</b> Body Balance w/ Holly (S) Zumba w/ Amanda	<b>10:45 AM</b> Fit 4 All w/Sue	<b>10:45 AM</b> Restorative Yoga w/ Holly (S)	<b>10:00 AM</b> Body Pump w/ Kelly	<b>10:00 AM</b> Body Balance w/ Katy
					<b>11:00 AM</b> Body Balance w/ Holly (S)	
<b>12:00 PM</b> Cycle w/ Cheryl (45 min) <b>12:45 PM</b> Strength w/ Cheryl (30 min)	<b>12:00 PM</b> Battle Ropes w/ Cheryl		<b>12:00 PM</b> Cycle w/ Cheryl (45 min) <b>12:45 PM</b> Strength w/ Cheryl (45 min)			
<b>5:00 PM</b> Body Pump w/Kelly <b>5:30 PM</b> Zumba w/Susan (S)	<b>5:00 PM</b> Burn w/Katy	<b>5:00 PM</b> Body Pump w/Katy <b>5:30 PM</b> Cycle w/ Eryn <b>5:45 PM</b> Zumba w/ Stan (S)	<b>5:30 PM</b> Burn w/Sue G	<b>5:45 PM</b> Zumba w/ Darren (S)		
	<b>6:00 PM</b> Body Combat w/ Katy	<b>6:00 PM</b> Body Balance w/ Katy	<b>6:00 PM (S)</b> Body Combat w/Anna			