



Quality Fitness

for your quality of life
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Description of Classes – February 2012

Options for Studio Classes – Cardio, Weight Lifting, Pilates Reformer

Peak Performance Teacher: Kay	Offered: M-W-F-Sa 9am M-W 12pm M 6pm Tu-Th 5pm	Circuit training using traditional cardiovascular and resistance equipment, various free weight and body weight exercises. Great way to use weight training equipment without the added expense of personal training. Class is appropriate for all levels who are healthy and free from serious structural weakness or injuries. Modifications available for everyone! Limited to 7 participants.
Spinning Teachers: Rene' Alan Kathy Kay Nicole Jim	Offered: M-W-F 8:15am Tu-Th 7:15am Tu-Th 6:00pm Sat 8:00am	Spinning simulates outdoor bike rides over a variety of terrain, led by an instructor and accompanied by motivational, driving music. Instructors lead students through basic movements that combine various hand and body positions and different types of pedal strokes. Periods of all-out sprinting are alternated with slower, uphill work, which serves as a type of interval training. Burn calories and have a great time! Class is appropriate for all levels of students who are healthy and free from serious structural weakness or injuries. Limited to 9 participants.
Zumba Teachers: Alexandra Gloria Lori Maureen	Offered: M-W-F 6am Tu & Th 6pm Sat 8am (Gold) Sun 3:00pm	This Latin-inspired aerobic dance class is for everyone that enjoys moving to music - the moves are easy to follow and the fun is contagious. You will achieve long-term benefits while experiencing an absolute blast in one hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!
Pilates Reformer BASICS Teacher: Kay	Offered: M & W 4:30pm W & Fri 10am	This class, using the Allegro Pilates Reformer machine, is for anyone wanting to learn and practice basic exercises on the Reformer. A progressive and challenging total body workout. We target the abdominal and back muscles, build strength and muscle tone, and improve balance, coordination, flexibility. Appropriate for who are healthy and free from serious structural weakness or injuries. Limited to 4 participants.
Pilates Reformer FUNDamentals Teacher June	Offered: Tu & Th 4pm	55 minutes on Reformers. Full body gentle workout to include: upper, middle and lower core strengthening allowing movement from the "inside out" which helps with posture and proper biomechanics of movement to improve performance and prevent injuries. Workouts will focus on learning the basic principles of Pilates; starting with the FUNDamentals for warm-up and then progressing to strengthening the core including movements into full stretches to improve flexibility. Limited to 4 participants. This is a **Premium Class** .

Options for Mat Classes – Pilates, Yoga, Meditation

<p>Mat Pilates</p> <p>Teacher: June</p>	<p>Offered: Tu & Th 5pm</p>	<p>A 55-minute challenging full-body workout on mat to include upper, middle and lower core strengthening allowing movement from the "inside out" which helps with posture and proper biomechanics of movement to improve performance and prevent injuries. Workouts will start with the FUNdamentals for warm up and include movements into full stretches to improve flexibility along with breathing. We recommend prior Pilates experience.</p>
<p>Gentle Yoga</p> <p>Teacher: Dayna</p>	<p>Offered: M 10am M 7pm Th 10am</p>	<p>This class is appropriate for those with chronic or recurring joint or muscle issues. We will safely build balance and flexibility into our lives. We make use of stability balls, chairs and yoga props to enhance our ability and comfort levels. Class is appropriate for all who are healthy and free from serious structural weakness or injuries</p>
<p>Flow Yoga</p> <p>Teachers Dayna Kay</p>	<p>Offered: Wed 6pm Sat 9:15am W & F 7am</p>	<p>YOGA means "union: to unite the various elements of the body, mind and spirit". Flow Yoga incorporates the body, mind and spirit exercise in a format that is patterned like a fitness class; warm-up, work and cool-down. Class is appropriate for all who are healthy and free from serious structural weakness or injuries.</p>
<p>Power Yoga</p> <p>Teacher: Dayna</p>	<p>Offered: M 5:30pm</p>	<p>Challenging yoga moves designed to tone and build strength, increase flexibility and provide low intensity cardiovascular work. Class is fast paced with fitness moves incorporated into the class. Instructor permission required.</p>
<p>Tuesday Tranquility</p> <p>Teacher: Kathryn</p>	<p>Offered: Tues 7:15pm</p>	<p>Join us for meditative yoga to calm and restore your energy. We will practice soothing yoga moves and breathing along with guided meditation giving you a mid-week renewal. Appropriate for all fitness levels. Please wear loose clothing, bring your mat or use one of ours</p>
<p>Release the Week</p> <p>Teacher: Kathryn</p>	<p>Offered: Fri 4:30pm</p>	<p>Come as you for a 45-minute stress releasing class incorporating yoga breath and guided meditation. Moving toward inner peace and renewing energy. Leave refreshed and ready for the weekend. Appropriate for all fitness levels, no special attire or equipment required; please remove shoes at door</p>