



Quality Fitness

for your quality of life
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Reserve your place in class with our online registration system:
QualityFitnessMukilteo.com/REGISTER-FOR-CLASSES.HTML

Class Schedule

February 2012	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
	MULTIPURPOSE A	B Gym	MULTI-PURPOSE A	B Gym	MULTIPURPOSE A	B Gym	MULTIPURPOSE A	B Gym	MULTI-PURPOSE A & B	Gym	MULTI-PURPOSE A & B	Gym	Gym/ Multi
6:00	A & B 6:00 Zumba Lori				A & B 6:00 Zumba Maureen				A & B 6:00 Zumba Maureen				
7:00 & 7:15				7:15 Spin Rene'	A 7:00 Yoga Kay			7:15 Spin Rene'	A 7:00 Yoga Kay				
8:00 & 8:15		8:15 Spin Kay				8:15 Spin Kay				8:15 Spin Rene'	8:00 Zumba Gold Alexandra	8:00 Spin Kay/ Kathy	
9:00 & 9:15		9:00 Peak Kay	B 9:00 Reformr Pilates I/II Kay			9:00 Peak Kay		B 9:00 Reformr Pilates I/II Kay		9:00 Peak Kay	A & B 9:15am Flow Yoga Dayna	9:00 Peak Kay/ Kathy	
10:00	10:00 Gentle Yoga Dayna				10:05 Gentle Refrmr Kay		10:00 Gentle Yoga Dayna		B 10:05 Reformr Pilates I Kay				
12:00 Noon		12:00 Peak Kay				12:00 Peak Kay							
3:00, 4:00, 4:30		4:30 Reformr Pilates I Kay	A & B 4:00 Pilates FUNDamentals* June			4:30 Reformr Pilates I Kay	A & B 4:00 Pilates FUNDamentals* June			4:30 Meditation Kathryn			3:00 Zumba Maureen
5:00, 5:15 & 5:30	A & B 5:30 Power Yoga Instructor Permission Dayna		A & B 5:00 Mat Pilates June	5:00 Peak Kay			A & B 5:00 Mat Pilates June	5:00 Peak Kay					
6:00		6:00 Peak Kay	A & B 6:00 Zumba Joan	6:00 Spin Alan	A & B 6:00 Flow Yoga Dayna		A & B 6:00 Zumba Lori	6:00 Spin Alan					
7:00	A & B 7:00 Gentle Yoga Dayna		7:15 Meditation Kathryn										

*Pilates FUNDamentals is a **Premium Class**; members receive preferred pricing and access to these classes; drop-ins available; check current rate sheet for pricing.