



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

January 2011	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	MULTIPURPOSE A	B	Gym	MULTI-PURPOSE 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 Rene'		8:00 Zumba Gold Alexandra	8:00 Spin Kay/ Kathy	8:30 Zumba Maureen
9:00 & 9:15			9:00 Peak Kay		B 9:00 Reformr PilatesI/II Kay			9:00 Peak Kay		9:00 Peak Kay		A & B 9:15am Flow Yoga Dayna	9:00 Peak Kay/ Kathy	9:45 Meditation Kathryn
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				12:15 Meditation Kathryn		
3:00, 4:00		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					
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.