



4152 Meridian Street Suite #219  
 Bellingham.WA.98226  
 ph.360.647.1511  
 Hours: Mon–Fri (5am-9pm)  
 & Sat (7am – 7pm)  
 Sun (7am-5pm)  
 Visit us online @ [mycitygym.com](http://mycitygym.com)

## GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM						
7:00AM						
9:00AM						
9:45AM	<b>MOBILITY+</b> 9:45* (55 min.) Sarah		<b>MOBILITY+</b> 9:45* (55 min.) Jovanny	<b>Step up</b> 9:45* (55 min.) Sarah	<b>MOBILITY+</b> 9:45* (55 min.) Sarah	
10:45			<b>Zumba</b> 10:45* (55 min.) Jovanny			
11:00AM	<b>CHAIR YOGA</b> 11:00* (55 min.) Sarah				<b>CHAIR YOGA</b> 11:00* (55 min.) Sarah	
4:30PM						
5:30PM		<b>CYCLE</b> 5:30* (55 min.) Sarah		<b>CYCLE</b> 5:30* (55 min.) Sarah		
6:00PM	<b>VINYASA YOGA</b> 6:00* (55 min.) Sarah		<b>Hatha YOGA</b> 6:00* (55 min.) Sarah		<b>Yin YOGA</b> 6:00* (55 min.) Sarah	

Please sign up for each class you plan on going to, through the Wellyx app or with the front desk, preferably 4 + hours before hand so the instructor know they have enough people.

There is a 5 person minimum per class and in the event of a class being cancelled we try to notify members 2 hours before class.

## DESCRIPTIONS

### **\*\*Chair Yoga\*\*:**

Chair yoga offers gentle stretches and poses, primarily seated or using a chair for support. It's perfect for those with limited mobility or looking for a more accessible way to practice yoga, focusing on flexibility, balance, and relaxation.

### **\*\*Strength and Mobility\*\*:**

This class combines strength-building exercises with movements aimed at enhancing flexibility and mobility. Expect a dynamic workout that challenges your body's range of motion while increasing overall strength and stability.

### **\*\*Vinyasa Yoga\*\*:**

Vinyasa yoga synchronizes breath with movement in a flowing sequence of poses. It offers a dynamic and energetic practice, emphasizing strength, flexibility, and mindfulness as you gracefully move through poses linked by the breath.

### **\*\*Hatha Yoga\*\*:**

Hatha yoga focuses on the balance between breath and movement, incorporating a variety of poses to align and calm the body, mind, and spirit. It is a foundational practice suitable for all levels, offering a slower-paced yet deeply rejuvenating experience.

### **\*\*Yin Yoga\*\*:**

Yin yoga targets the deep connective tissues of the body through passive, long-held poses, typically performed on the floor. This meditative practice encourages relaxation and release, promoting flexibility, joint mobility, and a sense of inner peace.

### **\*\*Cycle Class\*\*:**

In a cycle class, participants engage in high-energy stationary biking, led by motivating instructors who guide you through intervals, climbs, and sprints. It is a cardio-intensive workout designed to improve cardiovascular health, leg strength, and endurance, all set to energizing music.

### **\*\* Step up with Sarah\*\*:**

Join us for an energizing step-up aerobics class! This workout combines cardio with strength training, using a step platform to boost your fitness levels. Perfect for all levels looking to sweat and improve coordination.

### **\*\* Zumba\*\***

Experience the joy of movement with our senior Zumba class. This class is designed to keep you active, social and having fun. It also helps improve balance, flexibility, and cardiovascular health, all while dancing to upbeat music. All levels welcome.

Come try our classes and bring a friend, each member gets 1 buddy pass every 6 months.