



Quality Fitness

for your quality of life
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****Sign up for class and check any last minute changes****

via our website:

QualityFitnessMukilteo.com

Class Schedule

Spring 2015	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sun.
	Multi-purpose	Gym	Multi-purpose	Gym	Multi-purpose	Gym	Multi-purpose	Gym	Multi-purpose	Gym	Multi-purpose	Gym	--
7:00	7:00 Sculpt & Stretch Karen				7:00 Sculpt & Stretch Lori		7:00 Yoga for Cyclists & Runners Lori		7:00 Sculpt & Stretch Kay				B
8:00		8:00 Spin Kay/Nicole				8:00 Spin Victoria			8:00 Spin Victoria		8:00 Zumba Gold Rlynn	8:00 Peak Victoria	Y
9:00 & 9:15		9:00 Peak Dayna	9:00 Reformer Pilates I/II Kay		9:00 Reformer Pilates I/II Kay	9:00 TRX Intro Victoria	9:00 Reformer Pilates I/II Kay	9:00 Peak Dayna	9:00 Reformer Pilates I/II Kay	9:00 Peak Victoria	9:15am Flow Yoga Dayna	9:00 Long Spin (Alt Sats) Victoria	
10:00 & 10:15	10:15 Gentle Yoga Dayna				10:00 Gentle Reformer Kay								A
3:00 & 4:00	3:00 & 4:00 Reformer Pilates I/II Kay				4:00 Reformer Pilates I Kay								P
5:00 & 5:30	5:30 Power Yoga Instructor Permission Dayna		5:00 Sculpt & Stretch Victoria					5:00 Circuit Strength Dave					P
6:00		6:00 Circuit Strength Dave	6:00 Zumba Yu-Chin	6:00 Spin Rene'	6:00 Flow Yoga Gentle to Intermed. Dayna	6:00 Circuit Strength Dave	6:00 Zumba Yu-Chin	6:00 Spin Rene'					T
7:00	7:00 Gentle Yoga Dayna	7:00 TRX Dave				7:00 TRX Dave							--