



Mind / Body Classes

Small Group Training / Fee Programs

Yoga

Pilates Mat

REACH

Bootcamp

Gravity

TRX Fusion

Barre

Revive

Build Strength				X	X	X		
Muscle Endurance	X	X	X	X	X	X	X	
Core Strength	X	X	X	X	X	X	X	
Dance								
No Dance	X	X		X	X	X	X	X
Complicated Routines								
Simple Routines								
High Impact/Low Impact	Low	Low	Low	H/L	Low	Low	Low	Low
HIIT <small>(High Intensity Interval Training)</small>								
New to Exercise	X	X	X		X	X	X	X
Senior	X	X	X		X		X	X
Weight Loss	X	X	X		X	X	X	
Flexibility	X	X	X		X	X	X	X

The Seattle Gym

1530 Queen Anne Avenue N.

206-283-2303

3811 NE 45th Street

206-524-9246

Contact Vicki at vicky@theseattlegym.com if you have questions about a class.



Visit www.TheSeattleGym.com for schedules. Visit our Facebook page for Updates and Specials.

facebook.com/TheSeattleGymQA

facebook.com/TheSeattleGymLH

Notes: