



# PTX Small Group SCHEDULE

Classes subject to change  
 please verify at [www.ptxseattle.com](http://www.ptxseattle.com) or  
[www.theseattlegym.com/ptx-queen-anne](http://www.theseattlegym.com/ptx-queen-anne)

**The SeattleGYM - Queen Anne**  
 1530 Queen Anne Ave. N.  
 Seattle, WA 98103  
 206.283.2303

👁️ **WEB** [www.theseattlegym.com](http://www.theseattlegym.com)  
 👁️ **FB** [facebook.com/TheSeattleGymQA](https://facebook.com/TheSeattleGymQA)

Mon - Thu: 5:30 am - 10:00 pm  
 Fri: 5:30 am - 9:00 pm  
 Sat - Sun: 7:00 am - 7:30 pm

**Studios**  
**MS** - Main Studio  
**LAB** - PTX Studio  
**GS** - Gravity studio  
**Barre** - Barre Studio

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
|--------|---------|-----------|----------|--------|----------|--------|

**Ignite**  
 8:15 am / 45 min / **LAB**

**GravityGroup Strength**  
 10:45 am / 30 min / **GS**

**Ballet Barre**  
 5:15 pm / 45 min / **BARRE**

**TBT GravityGroup**  
 7:00 am / 30 min / **GS**

**Revive**  
 9:30 am / 60 min / **BARRE**

**TBT GravityGroup**  
 9:30 am / 30 min / **GS**

**GravityGroup Pilates**  
 5:30 pm / 30 min / **GS**

**Ignite**  
 7:00 pm / 45 min / **LAB**

**Ignite**  
 8:15 am / 45 min / **LAB**

**Barre**  
 9:45 am / 45 min / **BARRE**

**GravityGroup Strength**  
 10:45 am / 30 min / **GS**

**GravityGroup Strength**  
 7:00 am / 30 min / **GS**

**TRX Fusion**  
 8:30 am / 30 min / **BARRE**

**Ballet Barre**  
 12:00 pm / 45 min / **BARRE**

**Ballet Barre (Stretch)**  
 1:00 pm / 45 min / **BARRE**

**Frankie's Bootcamp**  
 1:00 pm / 30 min / **LAB**

**Bootcamp**  
 8:45 am / 30 min / **LAB**

**GravityGroup Strength**  
 8:45 am / 30 min / **GS**

**Barre**  
 9:45 am / 45 min / **BARRE**

**GravityGroup Strength**  
 10:45 am / 30 min / **GS**  
**Resumes in August**

**GravityGroup Strength**  
 9:15 am / 30 min / **GS**

**Ballet Barre**  
 10:00 am / 45 min / **BARRE**

**GravityGroup Strength**  
 11:00 am / 30 min / **GS**

**GravityGroup Pilates**  
 10:00 am / 30 min / **GS**

**PTX Session Policies**  
**24 Hour Cancellation:**  
 If you cannot make your scheduled PTX session you must cancel within 24 HRS, or you will be automatically charged a \$15 fee.

This policy is applicable to all PTX members including Premium unlimited memberships.

**4 Hour Cancellation policy:**  
 We cancel PTX sessions automatically four hours before the start of the session if no bookings have taken place.

**How to Book a Session:**

- Online booking.
- At the front desk.
- Call the front desk.

**Book sessions without an account!**

**Ask the front desk about PTXGO and get in on any session.**

**FIRST CLASS FREE!**

**THE Seattle GYM**  
 QUEEN ANNE

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 QUEEN ANNE



# PTX Small Group CLASS DESCRIPTIONS

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## Frankie's Bootcamp

This 30min high intensity full body circuit routine covers it all. Ten exercises covering your abs, core, legs, pushing/pulling movements and conditioning. The goal is to work hard for 30sec, then you rest for 30sec, then move to the next station.

The class is self adjusting for ALL LEVELS. Exercises will change weekly for a fresh exciting workout.

This is your chance to workout with the most Dynamic Personal Trainer in Seattle! Frankie WILL get you sweating and smiling – and in shape.

## Ignite

Ignite your after-burner with blocks of cardio (rowers and treadmills) and full-body functional training.

Small group size (8 Max) and knowledgeable coaches ensure you aren't overtraining or undertraining so you hit that essential metabolic conditioning effect.

## Bootcamp

Bootcamp takes strength training exercises - using a variety of equipment including TRX, BOSU, medicine balls, kettlebells and more- and combines them with plyometrics and cardio so you get the most out of your workout.

Every workout is different, keeping your mind and body challenged during every class. From the novice to athlete, all are welcome to push themselves while being guided and coached! Come get a full body workout, maximize calorie burn in 30 minutes, and have fun doing it!

## Barre

Barre instructors take the best of Ballet, Pilates and Yoga methods and add light weights, bands, balls and the ballet barre so you leave each session feeling aligned and defined. All PTX Barre instructors are Barre certified or have extensive Ballet Technique Training. The Barre design is based on body alignment, balance and the intense focus of achieving muscular fatigue. Wear comfortable workout attire and feet can be bare, in barre socks, or ballet slippers.

## Ballet Barre

The benefits of a Ballet Barre class include strengthening and toning your muscles, increasing coordination and balance, and improving posture and flexibility. Through repetition and practice, you will find the techniques learned in a Ballet Barre class will enhance your other workouts.

In a small group atmosphere, with individualized attention, you will work hard, discover new ways to move your body, and most importantly...have fun!

## Ballet Barre Stretch

Ballet Barre Stretch incorporates the same syllabus as Ballet Barre with a focus on deep stretching, both at the barre and on the floor.

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## Revive

REVIVE is a unique yoga regimen that helps realign, refine & rejuvenate. In these sessions, you will move at a more dynamic pace, with strategically-focused breathing, to fortify the body and calm the mind.

These sessions are designed to help you stretch, strengthen and release tension. Particular care will be given to areas of the body that hold chronic tension—due to underuse, overuse or misuse—providing sweet relief and a new lease on life! Revive will help bring balance to your entire being, revitalizing you from head to toe.

## TRX Fusion

### TRX Suspension Training:

Build overall strength, balance and flexibility with this total-body program. Trainers create a 30 minute workout combining strength and conditioning moves on & off the TRX Frame.

Created in the U.S. by Navy SEALs, Suspension Training is a revolutionary method that harnesses your own body-weight to create resistance as you train, allowing you to work at an intensity of your choice. At The Seattle GYM TRX® Training Zone you will work in a small group setting (4 max) performing exercises that build power, strength, flexibility, balance and core... all of which help in injury prevention and sports performance. All TRX® Group Training sessions are coached by a certified TRX® Trainer. All fitness levels welcome!

## Gravity Group Strength

GTS is a gravity-based machine that encourages functional exercise using your own body weight as resistance by utilizing a cable and pulley system and free-motion glideboard.

The machine engages all major muscle groups and facilitates a multitude of strength training, core and stretching exercises. This unique design makes GRAVITY® accessible to all age groups and physical fitness and experience levels.

Its multi-plane movement patterns and sports-specific nature will enhance dynamic stability and improve human performance.

## TBT Gravity Group

Take the popular Tabata HiIT (high intensity interval training) formula and combine it with the unique Gravity Training System and what do you get? 30 minutes of non-stop fat-burning, muscle-defining fun. Push through 20 second intervals of high intensity cardio/strength exercise followed by 10 seconds of rest. The series repeats 8 times, then on to another set of exciting exercises

## GRAVITYGROUP Pilates

GravityGroup Pilates (GGP) is a small group 30-minute training session incorporating Pilates traditional and evolved methodology, applied to the Gravity Training System.

As with other mind-body formats this is a barefoot workout and will focus on the development of core strength and stability, flexibility and developing overall precision and control of movement throughout the entire body.

GGP sessions will utilize a variety of specialized accessories designed for this specific training and the GTS, including telescoping toe bars and leg pulleys for a total body workout.