


























Vision Quest Kent Group Fitness 253-852-0747

JULY GROUP EX

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM			 ANNETTE	STEP-N-FLEX COLLEEN		 CARRIE	
8:30 AM							 SUSAN
9:15 AM	 KIMI						
9:30 AM	 PATTY	 JILL	 JILL	 COLLEEN	 APRIL	 LEAH	 CHAR
10:00 AM							WEEKEND WARRIOR TRAVIS***
10:30 AM	 PATTY						 KITTY/MARC
12:15 PM		YOGA NADINE	 COLLEEN	YOGA NADINE	 LEAH		
5:30 PM		 CHAR  ANNETTE	 APRIL  PATTY	 ANNETTE  PATTY	 APRIL  PATTY		
6:30 PM		 CHAR	YOGA NADINE	ZUMBA CARRIE	 NADINE		
7:00 PM						ATA MARTIAL ARTS MELISSA***	
7:30 PM		ZUMBA CARRIE		ATA MARTIAL ARTS MELISSA***			
No Classes Friday July 2nd through Monday July 5th. Happy 4th!!!							
***INDICATES A SEPARATELY PAID CLASS							

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CLASS DESCRIPTIONS



Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!



Group Kick brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out!



Redefine your self with Group Centergy. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy



Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.



Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!



JUMP START where all ages are welcome! Drills, step work, bar work, abdominals, back! You get it all in JUMP START!

VISION QUEST SPORT & FITNESS

841 N. CENTRAL AVE
KENT, WA 98032
(253) 852-0747

CLUB HOURS

MONDAY--FRIDAY 5am--10pm
SATURDAY 7am--7pm
SUNDAY 9am--7pm

CHILD CARE HOURS

MON--THUR 9am-2pm 4pm-8pm
FRI 9am-1pm 4pm-7pm
SATURDAY 8am-1pm
SUNDAY CLOSED