



PTX Small Group SCHEDULE

Classes subject to change
please verify at www.ptxseattle.com

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

🖱️ **WEB** www.theseattlegym.com
🖱️ **FB** facebook.com/TheSeattleGymQA

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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GravityGroup Strength
8:30 am / 30 min / **GS**

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

Ballet Barre
5:15 pm / 50 min / **BARRE**

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

Revive
9:30 am / 45 min / **BARRE**

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

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

Barre
9:45 am / 40 min / **BARRE**

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

Ballet Barre
12:00 pm / 50 min / **BARRE**

Intro. to Ballet Barre
1:00 pm / 50 min / **BARRE**

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

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

Barre
9:45 am / 40 min / **BARRE**

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

Ballet Barre
10:00 am / 50 min / **BARRE**



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.

FIRST CLASS FREE!



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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.

Laurie's Bootcamp

This class will incorporate a series of high intensity exercises followed with very short rests in between leaving you breathless and muscles burning. Expect to work hard using a variety of exercises incorporating medicine balls, kettlebells, dumbbells, TRX and your own body weight. Results include increased body heat, improved cardio vascular conditioning and serious calorie burn. Sure to be the toughest 30 minutes of your day!

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

Ballet Barre will introduce you to the basic curriculum that dancers use to train their bodies and to stay in shape. 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! No previous dance experience is necessary.

Introduction to Ballet Barre

Get acquainted with the fundamentals of ballet barre. If you have been afraid to try because you feel like you won't be able to do it or your body simply doesn't "work that way"...this class is for you!! You will learn the technique of ballet as a form of exercise. This technique will help you strengthen, stretch and tone your body...as well as improve balance and posture. It's never too late to try something new!!

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

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.





PTX Small Group SCHEDULE

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The SeattleGYM - Laurelhurst
3811 NE 45th Street
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Barre - Barre Studio
WR - Weight Room

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

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

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

TRX Fusion
10:30 am / 30 min / **BARRE**

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

Barre
9:30 am / 40 min / **BARRE**

GravityGroup Strength
6:30 pm / 30 min / **GS**

TRX Fusion
7:45 am / 30 min / **BARRE**

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

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

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

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

GravityGroup Pilates
10:15 am / 30 min / **GS**

Barre
11:00 am / 50 min / **BARRE**

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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.

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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 (6 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!

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