

Center at Norpoint Fitness Schedule – June 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Burn 5:30am - 6:30am Instructor: Lindsey Room: Gym	Strength Training – Total Body 7:00am - 8:00am Instructor: Mary Room: 105	Morning Burn 5:30am - 6:30am Instructor: Michelle Room: Gym	Strength Training – Total Body 7:00am - 8:00am Instructor: Mary Room: Gym	Step and Abs 6:00am – 7:00am Instructor: Leila Room: McCormick	COMMIT 9:00am - 10:00am Instructor: Tonya Room: McCormick
Senior Power 7:45am – 8:45am Instructor: Tanya Room: Aerobics	Tai Chi 10:00am-11:00am Instructor: David Room: Aerobics	Senior Power 7:45am – 8:45am Instructor: Tanya Room: Aerobics	Silver Sneakers 8:00am- 8:50am Instructor: Carolyn Room: Aerobics	Functional Fitness 9:00am - 10:00am Instructor: Jill Room: Gym	
Silver Sneakers 8:00am- 8:50am Instructor: Carolyn Room: 105	SAIL 10:00am-11:00am Instructor: Jennie Room: McCormick	Functional Fitness 8:00am – 9:00am Instructor: Jill Room: Gym	Pilates 8:00am – 9:00am Instructor: Rachel Room: McCormick	50+ Fitness 9:00AM-10:00AM Instructor: Carolyn Room: McCormick	
Step and Abs 9:00am- 10:00am Instructor: Leila Room: Gym	Strength for Longevity 11:00am-12:00pm Instructor: Jennie Room: McCormick	50+ Fitness 9:00am-10:00am Instructor: Carolyn Room: McCormick	Pilates 9:00am – 10:00am Instructor: Rachel Room: 105	50+ Fitness 10:00am-11:00am Instructor: Carrie Room: McCormick	
50+ Fitness 9:00am-10:00am Instructor: Carolyn Room: McCormick	Bootcamp 5:00pm -6:00pm Instructor: Lindsey Room: McCormick	50+ Fitness 10:00am-11:00am Instructor: Carrie Room: McCormick	Tai Chi 10:00am-11:00am Instructor: David Room: Aerobics		
50+ Fitness 10:00am-11:00am Instructor: Carrie Room: McCormick	BARRE 5:30pm-6:30pm Instructor: Richelle Room: Aerobics	Bootcamp 5:00pm-6:00pm Instructor: Lindsey Room: McCormick	SAIL 10:00am-11:00am Instructor: Jennie Room: McCormick		
Bootcamp 5:00pm-6:00pm Instructor: Lindsey Room: Gym	Hatha Yoga 6:30pm - 7:30pm Instructor: Alex Room: 105	All Level Yoga 5:30pm-6:30pm Instructor: Richelle Room: 105	Strength for Longevity 11:00am-12:00pm Instructor: Jennie Room: McCormick		
All Level Yoga 5:30pm-6:30pm Instructor: Richelle Room: McCormick			BARRE 5:30pm-6:30pm Instructor: Richelle Room: Aerobics		
			COMMIT 5:30pm - 6:30pm Instructor: Sonja Room: McCormick		
			Hatha Yoga 6:30pm - 7:30pm Instructor: Susan Room: 105		

Norpoint Center Hours

Monday-Thursday: 5:30am – 8pm
 Friday: 5:30am – 7pm
 Saturday: 8am – 3pm
 Sunday: 9am – 4pm

Fitness Alerts QR Code



Center Information

4818 Nassau Ave NE
 Tacoma, WA 98422
 253-404-3901

Strength Training – Total Body: Class will focus on the power of dumbbells and bands. Please pick weights you can do multiple reps with. For all levels and modifications available.

BARRE: Focuses on isometrics, a series of small, controlled movements while keeping your body still. This allows you to really focus on how your body moves. Yoga and Pilates improve posture, joint stability, and muscular endurance to create a long, lean form in the body. Be prepared to work smaller muscles and find "the shake"! Bare feet or socks with grip are best.

Bootcamp: Bootcamp is a HIIT style class that integrates all types of fitness activities utilizing different types of equipment, timing, and circuits to achieve a strength and cardio workout for each class. Every class will have a full body approach and have challenges or modification options available for people attending at any fitness level.

Functional Fitness: Get a total body workout using weights, cardio, and awesome abdominal routines. Enjoy energetic music while focusing on strength and cardio circuits.

Functional Strength: This class takes everyday movements and makes them FUN using a set of balls and bands. You'll build strength and find yourself moving easier as you go about your day. All levels welcome!

Hatha Yoga: In this class, you practice postures that focus on aligning, strengthening, and promoting flexibility in the body. Each class will have meditation and breathing techniques to help ease the mind. This yoga class will help de-stress from everyday life.

Morning Burn: This fast-paced class targets every major muscle in the body along with the core/abdominals, while incorporating flexibility and stability components for overall strength and conditioning. It uses a variety of equipment and exercise formats to help burn calories, keep your heart rate up, and build lean muscle at the same time. Anyone will benefit from the class as moves can be modified to meet every fitness level.

Pilates: You can do Pilates! Pilates might look intimidating, but I'm here to guide you. Together we can make exciting changes! Gain strength and confidence in this fun and challenging mat class.

SAIL (50+): Stay Active & Independent for life, while exercising with this low impact, senior fitness class designed to improve strength, balance, and overall health. This class gives you the option of staying seated while doing the exercises.

Senior Power: A low-intensity workout with modified moves while enjoying slower-paced, full-range exercises to great music, tone muscles, improve coordination and build strength while having fun!

Silver Sneakers: A low-impact class designed to improve overall strength, balance, coordination, and flexibility in a supportive environment. Whether you're looking to maintain independence, build stamina, or simply move more safely and confidently throughout your day, this class provides functional fitness for everyday living.

Step and Abs: This high-energy group fitness workout combines step aerobics with core-focused abdominal exercises to improve cardiovascular endurance and strengthen the core.

Strength for Longevity: A fitness class designed for the older fit adult. This class includes strength training, weight bearing cardiovascular exercises, isometric strength holds (ex. bands), with an emphasis on robust personally challenging engrossing exercise. Body posture and physical formation must be considered for safety purposes as well as class size.

Tai Chi: Wu Ji Jing Gong Tai Chi is characterized by slow, gentle, circular movements with a strong emphasis on awareness of internal energy. The goal of practice is to improve the quality of life, maintain physical health, increase a person's mental awareness, and enhance spiritual serenity.

50+ Fitness: Join friends and neighbors in exercise for healthy ageing. Balance, flexibility, strength building with dumbbells, stretching, low impact cardio and socializing are all proven strategies for staying active and healthy as we age. Sit or stand, it is your choice. Bring water!

Commit: Dance fitness is a great way to get in a workout without having to plan. It is for all ages and fitness levels. Commit makes muscle building, cardio, and sculpting easy by providing a balanced workout set to music. Commit classes are a great way to reach your health goals while having fun!

*** Classes are subject to change. Please check the Fitness Alerts Page for class updates and changes that might occur or contact a employee for more information about classes or questions at fitness@parkstacoma.gov. Thank you!