



Federal Way Community Center Fitness Area FAQ's

What ages can my kids start using the fitness area?

Once your kids are 12, they can begin to have limited use of the fitness area once they have completed a junior fitness orientation. At age 15 there are no restrictions. Children ages 9 and above are allowed to use the track with parent supervision all hours except 5-7pm Monday-Friday (adult only hours).

Are the Group Fitness classes included in the membership?

Yes. We offer nearly 30 classes each week. Group Power is our weight lifting class; Group Centergy is a pilates/yoga class. Group Kick is kickboxing, Group Step is step aerobics. We also offer dance based classes Jazzercise and Zumba.

Where can I find a Group Fitness class schedule and class descriptions?

Schedules are posted around the FWCC as well as on page 12 in the quarterly catalog. You can also find the schedule, description and a video of each class in progress at www.itallhappenshere.org.

What is H.i.i.T.?

H.i.i.T. stands for High Intensity Interval Training. This class is a fee based class that is held on the track. We use a variety of different equipment such as kettle bells, battling ropes, TRX and medicine balls in this fast moving circuit training workout. Punch cards are just \$60 for members and \$85 for non-members.

What are the climbing pinnacle hours?

Monday, Wednesday, Friday 5-8pm
Tuesday, Thursday 4-7pm
Saturday, Sunday 2-5pm

I'm just returning to fitness and not sure where to start. What services do you offer to get me orientated with the facility?

If you just need an equipment orientation, then that is offered on Tuesdays at 9:30am, Wed. at 7pm and Thursdays at 4pm. This class is free to members and day pass users.

Need more individualized attention?

Contact one of our nationally certified trainers and schedule a small group or 1 on 1 session:

Gail Cuthbert | 253-334-9107
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Eva Razor | 253-350-5475
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