

Get Movin'

with

Balanced You



Summer 2026 Schedule

Movement and physical activity are proven to have a positive impact on mental health. These movement breaks and live weekly fitness classes are free and virtual so you can tap in from anywhere and benefit from the instruction of a certified trainer. Register at the QR code below.



| Get Movin' Session | Date | Time |
|-------------------------|--------------|-----------------|
| Cardio Boxing | July 8 | 12:30 to 1 p.m. |
| Barre Fusion | July 15 | 12:30 to 1 p.m. |
| Upper Body Strength | August 5 | 12:30 to 1 p.m. |
| Yoga for Office Workers | August 19 | 12:30 to 1 p.m. |
| Just Stretch | September 9 | 12:30 to 1 p.m. |
| Meditation/Breathwork | September 23 | 12:30 to 1 p.m. |

| Weekly Fitness Classes | Date | Time |
|------------------------|-----------------|----------------|
| Cardio Boxing | Mondays | 5 to 5:50 p.m. |
| Yoga | Tues. and Thur. | 5 to 5:50 p.m. |
| Barre Fusion | Wednesdays | 5 to 5:50 p.m. |

KingCounty.gov/BalancedYou
balancedyou@kingcounty.gov
206-263-9626

