



91 SW Chehalis Avenue, Chehalis
2020 Borst Avenue, Centralia
307 E. Robert Bush Dr., South Bend
360.748.3744



50+ Classes
Per Week
Offered!

*Schedules
Available at
Thorbeckes.com*

Virtual Classes

BodyPump
BodyCombat
RPM
BodyFlow
Grit Athletic
Grit Cardio
Grit Strength

Live Classes

Zumba
AMPD Strength
Cardio Spin
Super Sets
Kettlebell AMPD
SilverSneakers
SilverFIT

Classes offered at Chehalis, Centralia, and South Bend Thorbeckes locations. Check Thorbeckes.com for class schedules & descriptions!

Group Fitness

at Thorbeckes

thorbeckes 
WELLNESS CENTER



Awesome music, passionate instructors, and innovative programming inspire exhilarating fun workout experiences that deliver results!

Centralia Community Pool Hydroworks classes

Every Thorbeckes membership includes unlimited access to the Centralia Community Pool, connected to Centralia Thorbeckes! Check out Thorbeckes.com for swim schedules.



About Thorbeckes Group Fitness

Group Fitness Classes are included **FREE** with your Thorbeckes membership! Did you know? Thorbeckes is home to Lewis County's BEST fitness instructors.