

CLASSES:

- Active Adult Fitness
- Boot Camp w/ Karie
- Cardio Kickboxing w/Karie
- Cycle/Stretch
- Evening Fitness Express
- Indoor Cycling
- Parkour
- Pilates
- Purna Yoga
- Post-Rehab Strength & Conditioning
- Strong & Fit
- Total Body Fitness
- Yang Style Tai Chi
- Yoga for Adults 50+
- ZUMBA®
- Many other classes also available



Bellevue Parks & Community Services

ParksReg.CityofBellevue.org



Wheelchair accessible. American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-4240 or Relay Service 711.

City of Bellevue
Parks & Community Services
PO Box 90012
Bellevue, WA 98009-9012



Boot Camp, Indoor Cycling, Parkour, Pilates, Purna Yoga, Strong & Fit, ZUMBA® classes, and more...

Fitness Classes



**SOUTH BELLEVUE
COMMUNITY CENTER**

a partnership for a healthy community



14509 SE Newport Way
Bellevue, WA 98006

425-452-4240

www.bellevuewa.gov
ParksReg.CityofBellevue.org

BEST BUY!

Session/Monthly Rates

Signing up for classes by the session or month is always the best value. Register online at ParksReg.CityofBellevue.org or in person. View the Connections brochure at www.bellevuewa.gov.

NEED SOME FLEXIBILITY?

Flex Card Rates

Designed for participants needing more flexibility. Purchase a 5-class pass valid for the trimester.

(Jan-Apr, May-Aug, Sept-Dec)

Class	Resident	Non-Resident
Active Adults Fitness	\$41	\$50
Boot Camp w/ Karie	\$60	\$72
Cycle/Stretch	\$42	\$51
Evening Fitness Express	\$63	\$75
Indoor Cycling	\$40	\$48
Pilates	\$75	\$90
Purna Yoga (all)	\$72	\$86
Strong & Fit	\$41	\$50
Total Body Fitness	\$60	\$72
ZUMBA®	\$40	\$48

Drop-In Rates

Many of our fitness classes can be attended on a drop-in, space available basis for maximum flexibility.

Class	Resident	Non-Resident
Active Adult Fitness	\$9	\$10.50
Boot Camp w/ Karie	\$13	\$15.50
Cardio Kickboxing	\$13	\$15.50
Cycle/Stretch	\$9	\$10.50
Indoor Cycling	\$9	\$10.50
Pilates	\$16.50	\$20
Purna Yoga (all)	\$15.50	\$18.50
Strong & Fit	\$9	\$10.50
Total Body Fitness	\$13	\$15.50
Yang Style Tai Chi	\$13	\$15.50
ZUMBA®	\$9	\$10.50

ENHANCED BENEFIT!

ePass (Monthly EFT*) & Annual Fitness Center Pass Holders Enjoy the Following:

25% off the session price for the following 8 classes: Boot Camp w/Karie, Cycle/Stretch, Evening Fitness Express, Indoor Cycling, Pilates, Purna Yoga, Yoga for Adults 50+ and ZUMBA®.

FREE FOR ALL

Try these classes free your first time:

Active Adult Fitness, Boot Camp w/ Karie, Cardio Kickboxing w/ Karie, Cycle/Stretch, Evening Fitness Express, Indoor Cycling, Pilates, Post-Rehab Strength & Conditioning, Strong & Fit, Total Body Fitness, ZUMBA®

* Electronic Funds Transfer

ENJOY EXERCISING WITH A FRIEND?

Bring-a-Friend Discount

Get a friend to register with you for any of the 8 fitness classes listed in the enhanced benefit section and both receive a 25% discount on your next session. Details available at the front desk.

See the Connections brochure and South Bellevue Community Center website at www.bellevuewa.gov for information on additional class offerings.