

September - December 2018 Fitness Class Schedule & Class Descriptions (over)

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|---|--|--|--------------------------------|
| Key: | <i>Fitness Center</i> ≠ | <u>All Classes 1Hr. unless specified</u> | <i>Gym A *</i> <i>Gym B +</i> <i>Both Gyms</i> ^ | <i>Community Room A #</i> <i>Community Room B ##</i> | <i>Both Community Rooms</i> ^^ | <i>Studio</i> > <i>Mixed rooms</i> < <i>(ask Front Desk)</i> | <i>Outdoors</i> ~ |
| 6:00 AM | Indoor Cycling * (6AM) | Total Body Fitness > (6-6:50AM) | Indoor Cycling * (6AM) | Total Body Fitness > (6-6:50AM) | | | |
| | Jazzercise > (6AM) | Small Group Adv. Training w/ Kelvin > (7-7:40AM) | Jazzercise > (6AM) | Small Group Adv. Training w/ Kelvin > (7-7:40AM) | | | |
| 7:00 AM | Cardio Kickboxing > (7:05-7:50AM) | | Cardio Kickboxing > (7:05-7:50AM) | | | | |
| 8:00 AM | Jazzercise Lite ^^ (8AM) | Jazzercise * (8AM) | Jazzercise Lite ^^ (8AM) | Jazzercise * (8AM) | Jazzercise Lite * (8AM) | Jazzercise ^^ (8:15AM) | |
| | Boot Camp w/ Karie + (8:45AM) | | Boot Camp w/ Karie + (8:45AM) | | | | |
| 9:00 AM | | Boot Camp w/ Karie * (9:15AM) | | Boot Camp w/ Karie * (9:15AM) | Pilates ## (9:15AM) | Yang StyleTai Chi Continuing > (9-10AM) | |
| | Active Adult Fitness > (9:30-10:20AM) | Post-Rehab S&C > (9:15AM) | Active Adult Fitness > (9:30-10:20AM) | | Yang StyleTai Chi Beginners > (10:15-11:15AM) | | |
| | Jazzercise * (9:30AM) | | Jazzercise * (9:30AM) | | Jazzercise * (9:30AM) | | |
| 10:00 AM | | | ZUMBA ## (10AM) | | ZUMBA > (10AM) | | |
| | Strong & Fit Seniors/Adults > (10:30-11:20AM) | Cycle/Stretch > (10:35AM) | Strong & Fit Seniors/Adults > (10:30-11:20AM) | Cycle/Stretch > (10:35AM) | | | Purna Yoga > (10:15AM-11:30AM) |
| 11:00 AM | | Yoga for Adults 50+ ## (11:15AM-12:30PM) | | | | | |
| SOUTH BELLEVUE COMMUNITY CENTER | | | | | | | |
| <i>a partnership for a healthy community</i> | | | | | | | |
| 4:00 PM | | Taekwondo > (4-4:50PM) | | Taekwondo > (4-4:50PM) | | | |
| 5:00 PM | Shotokan Karate ## (5-5:45p) | Taekwondo > (5-5:50PM) | Shotokan Karate ## (5-5:45p) | Taekwondo > (5-5:50PM) | | | |
| | | | Parkour (Ages 6-10) + (5-5:55PM) | | Parkour (Ages 6-10) + (5-5:55PM) | | |
| | Evening Fitness Express > (5:30-6:20PM) | | Evening Fitness Express > (5:30-6:20PM) | | | | |
| 6:00 PM | Shotokan Karate ## (6-7p) | Taekwondo > (6-6:50PM) | Shotokan Karate ## (6-7p) | Taekwondo > (6-6:50PM) | | | |
| | Indoor Cycling > (6:30-7:20PM) | | Parkour (Ages 10-16) + (6-6:55PM) | | Parkour (Ages 10-16) + (6-6:55PM) | | |
| 7:00 PM | Small Group Training w/ Sara # (7:10-8PM) | | Indoor Cycling > (6:30-7:20PM) | | Register online at: register.bellevuewa.gov | | |
| | | | Pilates ## (7:15PM) | Purna Yoga > (7:15-8:30PM) | Register by phone: (425) 452-4240 or Register in Person at the Front Desk | | |



SBCC Fitness Class Descriptions

September — December, 2018

Active Adult Fitness (ages 18+) – Monthly rate: Res (\$55), Non (\$66). FLEX CARD: Res (\$41), Non (\$50). DROP-IN: Res (\$9), Non (\$10.50). FREE 1st class.

A high energy class for those who have moved on from beginner or senior programs and are ready for a challenge, yet not the 'all-out' options. Join Certified Personal Trainer Morgan for 50 minutes of lower intensity HIIT full body workout. Improve strength, endurance, and cardiovascular fitness in a FUN, encouraging and motivating community! Participants must be highly mobile and in strong enough physical condition to make quick transitions while performing cardio and a variety of endurance work. Adults 18+ are welcome, Millennials to Baby Boomers. Bring a small towel and water bottle.

Boot Camp w/ Karie (ages 13+) – Session rate available. FLEX CARD: Res (\$60), Non (\$72). DROP-IN: Res (\$13), Non (\$15.50). FREE 1st class. This popular high-energy workout will get you in shape, tone your muscles and burn calories with fat burning boot camp style exercises combined with cardio kickboxing moves, weights and Pilates based core work. Beg. - adv. levels welcome. Bring a towel and water bottle.

Karie's Cardio Kickboxing (ages 13+) – Session rate available. FLEX CARD: Res (\$60), Non (\$72). DROP-IN: Res (\$13), Non (\$15.50). FREE 1st class. This non-contact fitness class combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike and can burn up to 450 calories/hour. Build stamina, coordination, flexibility and lean muscle with this fun workout. Bring a towel and water bottle.

Cycle/Stretch (ages 16+) – Session rate available. FLEX CARD: Res (\$42), Non (\$51). FREE 1st class. Join us for this new fusion class of beginner level indoor cycling and flexibility exercises. Class is designed for those brand new to indoor cycling including: older adults, participants new to exercise, and overweight or de-conditioned participants. Please arrive 10 minutes early on first day for a bike fit. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them.

Evening Fitness Express (ages 13+) – Session rate available. FLEX CARD: Res (\$63), Non (\$75). FREE 1st class. This fun and fast 50 minute fitness class mixes up strength training, cardio and core to give you a well rounded workout. Instructor can modify exercises for all ability levels and ages. This fitness class is great for parent/teen combos, couples and individuals alike. Sign up for both days and receive a 10% discount.

Indoor Cycling (ages 13+) – Session rate available. FLEX CARD: Res (\$40), Non (\$48). DROP-IN: Res (\$9), Non (\$10.50). FREE 1st class. Ride LeMond bikes and get a great aerobic workout & burn up to 600+ calories per class! All fitness levels welcome as you control your pace. Arrive 10 minutes early on first day for a bike fit. Bring a bike-style water bottle, towel, wear stiff soled shoes or SPD cycle shoes, and padded shorts if you have them.

Jazzercise & Jazzercise Lite – Call Phyllis at (425) 814-2134 or visit jazzercise.com for more information.

Parkour (ages 6-10 or 10-16) – Session rate available. Parkour combines the art of play and the science of movement. MoveFree Academy will train your child to control their body through fun, physical and mental challenges the way it was meant to be used. Play games, learn new skills, progress strength and dominate obstacle courses while optimizing your ninja potential!

Pilates (ages 13+) – Session rate available; FLEX CARD: Res (\$75), Non (\$90); DROP-IN: Res (\$16.50), Non (\$20). FREE 1st class. Community Pilates focuses on correct form/postural alignment, strengthening 'core' muscles, increasing body awareness, and improving balance, flexibility, and joint mobility. We combine Pilates with yoga and barre exercises using bands, balls, and small weights. All fitness levels welcome. www.community-pilates.com

Post-Rehab Strength & Conditioning (ages 18+) – Session rate available. FREE 1st class. This class is designed for adults recovering from injuries or living with chronic or recurring injuries who desire to return to physical activity. Licensed Athletic Trainer will adapt exercises based upon your injuries to help you develop or regain core strength, balance, and stability so that you can 'play' again.

Purna Yoga (ages 13+) – Session rate available. FLEX CARD: Res (\$72), Non (\$86). DROP-IN: Res (\$15.50), Non (\$18.50). Focusing on correct alignment with props to make poses accessible, students gain flexibility, strength and coordination. Purna Yoga helps you feel more centered and peaceful. With 2,000 hours of training, your instructor has a wealth of knowledge to share. All experience levels welcome. Students should bring a yoga mat to class.

Shotokan Karate (ages 6-11 or 12-Adult) – Monthly rate: 2-Day option, Res (\$72), Non (\$86). Learn traditional Karate with a non-violent philosophy emphasizing Respect, Excellence, Strength and Character with fun and experienced Black Belt instructors. Bring a water bottle.

Small Group Advanced Training w/ Kelvin (ages 13+) – Monthly rate: 1-Day option, Res (\$108), Non (\$130). Transform your body in this fast-paced 40-minute small group training class designed for intermediate to advanced fitness levels. Kelvin individualizes your workout whether your goal is to lose weight, tone muscle, improve strength or all of the above! Enjoy working closely with a certified personal trainer while being energized by up to 3 others.

Small Group Training w/ Sara (ages 18+) – Session rate available. This small group training class will help you achieve your fitness goals. Workouts will be individualized to meet each individuals' needs and fitness level. Sara will provide support, encouragement, and accountability to help you reach new heights in health and wellness. Training sessions are 50 minutes in length. Bring a towel and water.

Strong & Fit Seniors/Adults (ages 18+) – Monthly rate: Res (\$55), Non (\$66). FLEX CARD: Res (\$41), Non (\$50). DROP-IN: Res (\$9), Non (\$10.50). FREE 1st class. A beginner to advanced beginner group fitness class for those who are looking to improve strength, balance, cardiovascular health, flexibility, and coordination within a strong community of supportive friends. Join Certified Personal Trainer Morgan for a full body circuit training style workout that will improve functional fitness using a varied routine to accommodate individual needs and limitations. Join us for a fun, safe and social workout!

Taekwondo (ages 6—Adult) – Monthly rate: Res (\$56), Non (\$67). An ancient Korean Martial Art, Taekwondo is a system of practical techniques for self-defense. Instruction is designed to emphasize kicks and punches that strengthen and condition the whole body and promote confidence, patience and respect. For 6pm class, students must be 10 yrs. old or have instructor permission.

Total Body Fitness (ages 13+) – Session rate available. FLEX CARD: Res (\$60), Non (\$72). DROP-IN: Res (\$13), Non (\$15.50). FREE 1st class. Need a fun, affordable and effective way to burn stubborn body fat and improve your level of fitness? Workouts utilize dumbbells, bands, bodyweight exercises, agility movements, and more to strengthen your body and core. Sweat and have fun!

Yang Style Tai Chi (Beginner and Continuing classes) (ages 16+) – Session rate available. DROP-IN: Res (\$12), Non (\$14). Beginner and Intermediate classes available. Learn this simplified 16 movements Tai Chi form to improve balance, coordination and flexibility as well as revitalize energy, calm the mind and relax the body.

Yoga for Adults (ages 50+) – Session rate available. FLEX CARD: Res (\$72), Non (\$86). DROP-IN: Res (\$15.50), Non (\$18.50). Each class offers poses for stretching, active strengthening and deep relaxing. We focus on alignment for joint safety and use props to make poses accessible for many levels of experience. Benefits include: improved strength, flexibility and balance; reduced tension; better joint health; better mental clarity and an overall feeling of well-being. Students should bring a yoga mat to class.

ZUMBA (ages 13+) – Session rate available. FLEX CARD: Res (\$40); Non (\$48). DROP-IN: Res (\$9), Non (\$10.50). FREE 1st class. ZUMBA is one of the fastest-growing dance-based workouts fusing Latin rhythms with easy to follow moves. 'Ditch the workout! Join the Party!' Bring a towel and water.

- *Session/Monthly Rate = Best value when registering for a class. Prices and session length may vary.*
- *Flex Cards = Gain flexibility with this 5 class pass, valid for a trimester. Available for select classes. 15% more than session price.*
- *Drop-in Rates = Pay for one class at a time. Available for select classes only. 10% more than Flex Card rates.*

*To register during a session call (425) 452-4240.
To register online go to: register.bellevuewa.gov*