

FREE Classes and Activities to Celebrate our 13th Anniversary!

Sunday, Jan. 6

- 10 am-12 pm
OPEN Adult Basketball (18+)
- 10:15-11:30 am
Purna Yoga (13+)
- 10:30am-12 pm
Rock Climbing–Belay Class (18+)
- 12-2 pm
Staffed Climbing Session (4+)
- 3:15-4:45 pm
OPEN Teen Basketball (13-18)
OPEN Family Basketball (all ages)

Monday, Jan. 7

- 6-7 am
Indoor Cycling (13+)
Jazzercise (13+)
- 6-7:30 am
OPEN Adult Basketball (18+)
- 7:05-7:50 am
Karie's Cardio Kickboxing (13+)
- 8-9 am
Jazzercise (13+)
- 8:45-9:45 am
Boot Camp with Karie (13+)
- 9:30-10:30 am
Jazzercise (13+)
- 9:30-10:20 am
Active Adult Fitness (18+)
- 10:30-11:20 am
Strong & Fit Seniors (18+)
- 10:30 am-12 pm
Indoor Play (1-5)
- 12-2 pm
OPEN Adult Basketball (18+)
- 12:30-2:30 pm
OPEN Adult Pickleball (18+)
- 4-6 pm
Staffed Climbing Session (4+)
- 5-5:45 pm
Shotokan Karate (6-11)
- 6-7 pm
Shotokan Karate (12+)
- 6:30-8:30 pm
Rock Climbing - Beginning Parent/Child (4+)
- 7:10-8 pm
Sm. Group Training w/Sara (15+)

Tuesday, Jan. 8

- 6-6:50 am
Total Body Fitness (13+)
- 6-7:30 am
OPEN Adult Basketball (18+)
- 8-9 am
Jazzercise (13+)
- 9:15-10:15 am
Boot Camp with Karie (13+)
Post Rehab (18+)
- 10:35-11:35 am
Cycle/Stretch (16+)
- 11:15 am-12:30 pm
Yoga for Adults 50+ (18+)
- 1:10-3:10 pm
Bridge Bunch (18+)
- 4-6 pm
Staffed Climbing Session (4+)
- 6:30-8 pm
Rock Climbing - Beginning Class (13+)

Wednesday, Jan. 9

- 6-7 am
Indoor Cycling (13+)
Jazzercise (13+)
- 6-7:30 am
OPEN Adult Basketball (18+)
- 7:05-7:50 am
Karie's Cardio Kickboxing (13+)
- 8-9 am
Jazzercise (13+)
- 8:45-9:45 am
Boot Camp with Karie (13+)
- 9:30-10:20 am
Active Adult Fitness (18+)
- 9:30-10:30 am
Jazzercise (13+)
- 10-11 am
ZUMBA (13+)
- 10:30-11:20 am
Strong & Fit Seniors (18+)
- 10:30 am-12 pm
Indoor Play (1-5)
- 11 am-1 pm
OPEN Adult Pickleball (18+)
- 4-6 pm
Staffed Climbing Session (4+)
- 5-5:45 pm
Shotokan Karate (6-11)
- 5-5:55 pm
Parkour (6-10)
- 5:45-6:35 pm
Evening Fitness Express (13+)
- 6-7 pm
Shotokan Karate (12+)
- 6-6:55 pm
Parkour (10-16)
- 6-8 pm
Staffed Climbing Session (4+)
- 7-8:45 pm
OPEN Adult Badminton (18+)

Thursday, Jan. 10

- 6-6:50 am
Total Body Fitness (13+)
- 6-7:30 am
OPEN Adult Basketball (18+)
- 8-9 am
Jazzercise (13+)
- 9:15-10:15 am
Boot Camp with Karie (13+)
- 10:30-11:15 am
Pre-Ballet & Tap 1 (3-4)
- 10:35-11:35 am
Cycle/Stretch (16+)
- 11:30 am-12:45 pm
Pre-Ballet 2 (5-8)
- 1-2:30 pm
Story Ballet (3-5)
- 4:30-6:30 pm
Staffed Climbing Session (4+)
- 6:30-8 pm
Rock Climbing–Belay Class (18+)
- 6:30-8:30 pm
OPEN Adult Basketball (18+)
- 7:15-8:30 pm
Purna Yoga (13+)

Friday, Jan. 11

- 6-7:30 am
OPEN Adult Basketball (18+)
- 8-9 am
Jazzercise (13+)
- 9:15-10:15 am
Pilates (13+)
- 9:30-10:30 am
Jazzercise (13+)
- 10-11 am
ZUMBA (13+)
- 10:30-11:30 am
Yang Style Tai Chi (16+)
- 10:30 am-12 pm
Indoor Play + Event (1-5)
- 12-2 pm
OPEN Adult Basketball (18+)
- 12:30-2:30 pm
OPEN Adult Pickleball (18+)
- 4-4:45 pm
Pre-Ballet (5-7)
- 5-6 pm
Youth Ballet (8-12)
- 5-5:55 pm
Parkour (6-10)
- 6-6:55 pm
Parkour (10-16)
- 6:30-8
Jazzercise Glow Dance (13+)

Saturday, Jan. 12

- 8:15-9:15 am
Jazzercise (13+)
- 9-10:30 am
Rock Climbing - Beginning Parent/Child (4+)
- 10:30 am-12:30 pm
Staffed Climbing Session (4+)
- 1-3 pm
Staffed Climbing Session (4+)
- 3:15-4:45 pm
OPEN Teen Basketball (13-18)
OPEN Family Basketball (all ages)

Class Locations

- BLUE** - in the Community Room
- RED** - in the Studio
- GREEN** - in the Gym
- PURPLE** - on the Climbing Wall

Inclement Weather Plan

Please call 425-452-4240 if you are uncertain whether the center is open during inclement weather.

Classes/activities will depend on conditions.

SBCC will open at 10am if Bellevue School District is delayed.

<https://parks.bellevuewa.gov/community-centers/sbcc>

425-452-4240

