



# GROUP EXERCISE SCHEDULE

APRIL-JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING &amp; AFTERNOON CLASSES</b>						
Step (Bill) 6-6:30	Body Shop (Paula) 6-7	Step (Petrina) 6-6:30	Body Shop (Chrissy) 6-7	Step (Petrina) 6-6:30		
Strength Training (Bill) 6:30-7		Strength Training (Petrina) 6:30-7		Strength Training (Petrina) 6:30-7		
	Yoga (Susan) 7-8		Yoga (Susan) 7-8		Adv. Cardio Kickboxing (Marsha) 8:30-9:40	
Healthy Back (Tanya) 8:30-9		Healthy Back (Kerry) 8:30-9		Healthy Back (Tanya) 8:30-9	Pilates MP (Dawn/Shana) 8:30-9:30	
	Express Core Strength (Anne) 9-9:30	Feldenkrais (Helen through 5/30) 9-9:55am	Express Core Strength (Courtney) 9-9:30	Recess Break MP (Kerri) 9-9:30	Family Zumba MP (Elaine) 9:30-10:30	Zumba (Misty) 9-10
Step (Irene/Angela) 9:30-10:30	TRX \$ (Jana) 9:30-10:20	Step (Nisa) 9:30-10:30	TRX \$ (Chrissy) 9:30-10:20			
Zumba Gold MP (Gloria) 9:30-10:30	Cardio Kickboxing (Jen) 9:30-10:30	Tai Chi MP (Ray) 10-11	Cardio Kickboxing (Courtney) 9:30-10:30	Zumba (Laurie) 9:30-10:30		
Strength Training (Irene/Angela) 10:30-10:55	Strength Training (Jen) 10:30-10:45	Express Strength Training (Nisa) 10:30-11	Strength Training (Courtney) 10:30-10:45	Strength Training (Laurie) 10:30-11	Yoga (Saori/Chuck) 10-11	Yoga (Dorothy/Marlaina) 10:15-11:30
	Recess Break Gym (Kerri) 10:30-11:30	Pilates 101 MP (Dawn) 11-12	Pilates (Shana) 11-12		Nia (Irene) 10:45-11:45	Zumba Toning (Veronica) 10:15-11:15
Yoga (Chuck) 11-12	Advanced Tai Chi (Merrillann) 10:45-12	Yoga (Karen) 11-12		101 Yoga (Karen) 11-12	Advanced Yoga (Saori/Chuck) 11:15-12:30	
	Yoga (Rachael) 12-1		Yoga (Rachael) 12-1			
Step (Nisa) 12:15-1:15	101 Tai Chi MP (Rotating) 12-1	Nia (Randee) 12:15-1:15	MS Yoga MP (Tanvir) 12:45-1:45	Nia (Gayle) 12:15-1:15		
<b>EVENING CLASSES</b>						
	Family Zumba (Jl) 5-6	Tai Chi II MP (Stefanie) 5:30-6:30				Yoga (Chris) 5-6:15
Express Core Strength (Jana) 5-5:30	Pilates MP (Dawn) 5:30-6:30	Express Core Strength (Gosia) 5-5:30	101 Yoga (Anne) 5:30-6:30			
Express Step (Jana) 5:30-6		Cardio & Strength (Gosia) 5:30-6:30		Express Step (Mary) 5:30-6		
Express Strength Training (Jana) 6-6:30	Zumba gym (Damaris) 6-7	Group Cycling/Core Cycling Studio (Cheryl) 6-7	Tai Chi I MP (Stefanie) 6:30-7:30	Express Strength Training (Mary) 6-6:30		
Karate \$ MP 6:15-7:15	Cardio & Strength (Jana) 6:30-7:30	Tai Chi III MP (Stefanie) 6:30-7:30	Cardio & Strength (Kathy) 6:30-7:30			
Nia (Gayle) 6:30-7:30		Zumba (Elaine) 6:30-7:30	Zumba gym (Damaris) 6:30-7:30	Zumba (Veronica) 6:30-7:30		
Yoga (Dorothy) 7:30-8:30	Bollywood MP (Nalini) 7-7:50	Power Yoga (Shana) 7:45-9		Friday Night Dance MP 7-8:30		
Zumba (Katia) 8:30-9:30	Belly Dancing \$ MP (Nalini) 8-9:15	Zumba Toning (Veronica) 8-9				

Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice. Please see the Gym, Cycling, Active Older Adults and Aquatics Schedules and Program Guides for other fitness activities.

## GROUP EXERCISE DESCRIPTIONS

**BELLY DANCE.** This body-positive ethnic dance welcomes all levels of exercisers. Primary focus is on hip movements, but also includes arm and hand technique, shimmies, traveling steps and danceable combinations.

**BODY SHOP** An intense class focusing on a strength-centered workout that uses strength equipment, including the Body Bar, resistance tubing & bands, and dumbbells. You'll bring more muscle definition to the body, build strength and endurance, and you'll sweat, too!

**BOOT CAMP.** Extreme music, extreme workout. This class may include plyometrics, calisthenics, circuit training, jumping rope, speed work, lunging and various other physical challenges that will push your endurance and strength capacity to the limit!

**CARDIO KICKBOXING.** Learn boxing and martial arts conditioning moves in this high-energy group fitness class, includes punches, kicks and blocks as well as challenging cardio intervals.

**CARDIO & STRENGTH.** This high-energy class includes both strength training and aerobic exercise, and may use a step platform.

**CORE STRENGTH.** Helps increase stability and balance by targeting the muscles of the abs, back, legs and other major muscle groups using a variety of equipment and techniques.

**EXPRESS CORE STRENGTH.** Focused on abdominal, inner thigh and lower back, this class is a great complement to other activities. Do this 30-minute workout by itself or attend Express Step first for a well-rounded exercise routine.

**FELDENKRAIS.** An extraordinary technique, the Feldenkrais Method® uses body-mind exercises to enhance physical awareness and well-being. Benefits include decreasing stress and tension, managing pain, recovering from and avoiding injury, and improving balance and coordination.

**GROUP CYCLING.** Simulating various terrains on a stationary bike is an amazing non-impact cardio workout. This challenging workout is focused on interval training. Since you control the bike tension, the class can be done at many fitness levels.

**HEALTHY BACK.** This class works to strengthen the lower back and abdominal muscles, increase flexibility, and relax the muscles surrounding the spine. Great for all fitness levels.

**NIA.** Combine dance, martial arts, and the healing arts in this expressive high energy, fusion fitness class. All levels welcome.

**KARATE.** Renowned for its ability to teach not only self defense but also to improve self confidence, Karate helps enhances personal focus and discipline as well as get people into great shape. Classes will include basic blocking, punching, kicking, self defense techniques and the form Heian Shodan.

**101 SERIES.** Geared towards members who are new to exercise or to the class. Learn basic instruction, form and concepts. While not required for regular classes, the 101 series provides a slower pace, individual attention, and time for questions and answers.

**PILATES.** Based on Joseph Pilates mat technique, this class is designed to increase core strength and flexibility plus align the mind and body. Series of movements are linked with the breath and performed from a sitting, reclining or standing position and may include equipment such as stability balls, resistant bands, and weights.

**STRENGTH TRAINING.** These group exercise classes are designed to build muscular strength and enhance muscular endurance. A wide variety of equipment may include resistance bands.

**STEP.** Low-impact movements performed on and off an adjustable step. Intensity is determined by speed, travel patterns and choreography.

**TAI CHI.** This class is a martial art that uses slow movements to promote health, circulation and relaxation. It concentrates on breathing, core muscle strength, and harmony of the mind, body and spirit. This class is suitable for all levels.

### TAI CHI I, II, III

Join Stefanie Russell, Certified Instructor, Yang Family Tai Chi Chuan Association, in the study of the Yang Family 103 Hand Form. As the Form is presented in a sequential manner, studying one new movement each week, regular participation is preferable and registration is required. The three sections of the form are presented on Wednesday and Thursday evenings.

**YOGA.** Yoga is an ancient practice that uses a combination of relaxation, breathing techniques and exercise to combat stress, help circulation and movement of the joints. It can be practiced by anyone to achieve greater health.

**WOMEN'S SELF DEFENSE.** Women of all ages- this is your opportunity to gain self defense skills, confidence, and peace of mind. This three week accelerated course is designed for those who can't devote their lives to martial arts but need to protect themselves in this changing world.

**ZUMBA.** Zumba fuses fast and slow Latin rhythms in easy to follow moves to create a dynamic workout. Combined with resistance training, you'll tone and sculpt your body while burning fat.

## CONTACT INFORMATION

**ANNE MCDOWELL, HEALTH & WELL-BEING DIRECTOR**

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## FITNESS STUDIO GUIDELINES:

- **Youth 14 and older** may attend any group exercise class without an adult. **Youth 10–13** can attend family friendly classes with a parent or guardian. **Children under the age of 10** are not allowed in the fitness studio without an adult.
- **Proper aerobic shoes** must be worn at all times.
- If you have a **preexisting injury** or need to have modifications or changes made in your workout, please meet with instructor prior to class so that the instructor can be aware of your needs.
- If you do need to leave class early, please **remember to cool-down and stretch.**