



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP WELLNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5</b>	Circuit Training- WS 5:30-6:30 (Kari)		Bootcamp - WS 5:30-6:30 (Connie)	Yoga (Hatha) - RR 5:30-6:30 (Karen)	Cardio/Strength - WS 5:30-6:30 (Bill)	WS = Wellness Studio RR = Reflection Room THR - Total Health Room (upstairs)	
<b>6-7</b>					Yoga (Align Based) -RR 7:00-8:00 (Sanjyot)		
	Mat Pilates - WS 6:45-7:45 (Marti)	Gentle Yoga - RR 7:00-8:00 (Dorothy)	Mat Pilates - WS 6:45-7:45 (Marti)	Gentle Yoga - RR 7:00-8:00 (Dorothy)	AOA Step - WS 7:00-8:00 (Barb)	Power to the Core-WS 7:15-8:00 (Tien)	
<b>8</b>	AOA Strength - WS 8:00-8:45 (Alethia)	Strength -WS 8:00-9:00 (Alethia)	AOA Step - WS 8:00-9:00 (Barb)	Strength -WS 8:00-9:00 (Gretchen)	SilverSneakers@-Gym2 CARDIO CIRCUIT 8:00-9:00 (Lisa)		
	SilverSneakers@-Gym 2 MSROM 8:00-9:00 (Barb)	AOA Yoga - RR 8:15-9:15 (Dorothy)	SilverSneakers@-Gym2 MSROM 8:00-9:00 (Katie)	AOA Yoga - RR 8:15-9:15 (Dorothy)	Yoga (Hatha)- RR 8:15-9:30 (Dorothy)	Step - WS 8:15-9:15 (Tori)	
	Yoga (Hatha)- RR 8:00-9:15 (Dorothy)		Yoga (Hatha)- RR 8:00-9:15 (Dorothy)		Bootcamp -WS 8:15-9:15 (Leah)	Yoga (Power) - RR 8:30-9:45 (Betsy/Yella)	Yoga (Align Based)- RR 8:30-9:45 (Sanjyot)
<b>9</b>	Zumba - Gym 2 9:30-10:30 (Chris)		Zumba - Gym 2 9:30-10:30 (Chris)	Core & More - Gym 1 9:15-10:00 (Gretchen)	Zumba - Gym 2 9:30-10:30 (Heather)		
	Step Circuit - WS ** 9:30-10:30 (Michaela)	Strength - WS ** 9:30-10:30 (Jo)	Circuit - WS ** 9:30-10:30 (Dayna)	Strength - WS ** 9:30-10:30 (Jo)	Step - WS ** 9:30-10:30 (Jo)	Strength Training - WS 9:30-10:30 (Tori)	
		Zumba Gold-Gym 2 9:30-10:30 (Heather)		Zumba Gold-Gym 2 9:30-10:30 (Heather)			
		Circuit Training - THR 9:00-9:45 (Petra)		Circuit Training - THR 9:00-9:45 (Jaime)			
	Yoga (Hatha)- RR ** 9:45-11:00 (Dorothy)	Mat Pilates - RR** 9:45-10:45 (Michaela)	Yoga (Hatha) - RR ** 9:45-11:00 (Dorothy)	Mat Pilates - RR ** 9:45-10:45 (Marti)	Yoga (Hatha) -RR ** 9:45-10:45(Dorothy)		
<b>10</b>		Circuit Training - THR 9:50-10:35 (Petra)		Circuit Training - THR 9:50-10:35 (Jaime)	S.H.R.E.D*** - THR 10:00-10:45 (Jaime/Alethia)	Yoga (Hatha) - RR 10:00-11:15 (Betsy/Yella)	Yoga (Hatha) - RR 10:00-11:15 (Tori)
		SilverSneakers@-WS MSROM 10:45-11:45 (Jo)		AOA Strength - WS 10:45-11:30 (Jo)	AOA Strength-WS 10:45-11:30(Gretchen)	Zumba*-Gym 2 10:00-11:00 (Chris/MaryAnn)	Strength-WS 10:15-11:15 (Kitty)
<b>11</b>	Mat Pilates - RR 11:05-12:05 (Kari)	Yoga (Power) - RR 11:00-12:15 (Tracy)		Yoga (Power) - RR 11:00-12:15 (Mary Ann)	AOA Yoga-RR 11:00-12:00 (Tanvir)	Tai Chi Basics-RR 11:30-12:30 (Sam) Drop in class	
	Circuit Training - WS 11:15-12:15 (Lucy)		Circuit Training - WS 11:15-12:15 (Lucy)		Circuit Training - WS 11:45-12:45 (Lucy)		Yoga 101- RR 11:30-12:30 (Tori)
<b>12-1</b>	Athletic Yoga - RR 12:15-1:15 (Yella)	Tai Chi (Arthritis)-WS 1:30-2:30					
<b>4-5</b>		Teen Bootcamp-THR 4:00-4:45 (Ethan)		Kids Yoga (4+) - RR 4:45-5:30 (Alex)		Due to the popularity of classes, it is recommended you arrive early. See back for class descriptions.  Class participants must be 14 years. Youth ages 10-13 may participate with a supervising adult, if they are able to follow class safely and appropriately.	
	Step Circuit - WS 4:45-5:45 (Alethia)	Core & More - WS 5:00-5:45 (Gretchen)	Strength Xpress -WS 5:00-5:45 (Gretchen)	Step Circuit - WS 4:45-5:45 (varies)	Relaxation Yoga - RR 5:30-6:45 (varies)		
	Yoga (Power) - RR 5:45-6:45 (Tracy)	Mat Pilates - RR 5:40-6:40 (Marti)	Yoga (Power) - RR 5:45-6:45 (Tracy)	Mat Pilates - RR 5:40-6:40 (Marsha)		* Ages 8 & up allowed with an adult. ** Ticket required. Can be picked up at Membership Services at 9:00am. *** Experienced required. Advance level class.	
<b>6</b>	Strength - WS 6:00-7:00 (Marsha)	Step - WS 6:00-7:00 (Yuki/Tien)	Bootcamp - WS 6:00-7:00 (Yuki)	Kickboxing- WS 6:00-7:00 (Tien)			
	Zumba - Gym 2 6:15-7:15 (Heather)	Yoga (Iyengar) -RR 6:50-8:05 (Carmen)	Zumba - Gym 2 6:15-7:15 (Kitty)	Yoga (Iyengar) - RR 6:50-8:05 (Carmen)	Zumba* - Gym 2 6:15-7:15 (Kitty)	Indicates a new class or a change to an existing one.	
		Zumba* -Gym 2 6:45-7:45 (Kitty)		Zumba - Gym 2 6:45-7:45 (Chrissy)			
<b>7</b>	Kickboxing - WS 7:15-8:15 (Tien/Marsha)	Strength -WS 7:15-8:15 (Tien)	Yoga (Align Based) -RR 7:00-8:15 (Sanjyot)	Strength -WS 7:15-8:15 (Tien)			

### **BOOTCAMP**

Get your extreme workout with extreme music! Dial up the adrenaline for a range of heart-pumping, strength-building activities, which may include plyometrics, calisthenics, cycling, circuit training, jumping rope, speed work, lunging and more.

### **CARDIO/STRENGTH**

Join this high-energy class for strength training and aerobic exercise (may use a step platform).

### **CIRCUIT TRAINING**

Maximize your time by getting a complete workout in one class! This format alternates timed intervals of strength and cardio segments, in a group or with rotating stations.

### **CORE & MORE**

increases stability and balance by targeting the muscles of the abs, back, legs and other major muscle groups using a variety of equipment and techniques.

### **KICKBOXING**

Learn boxing and martial arts conditioning moves in this high-energy class with challenging cardio intervals. punch, kick and block your way to greater fitness!

### **MAT PILATES**

Increase your core strength and flexibility while aligning your mind and body. Pilates movements are performed sitting, reclining or standing. **Must bring your own mat.**

### **POWER TO THE CORE**

Strengthen your abs using a variety of pilates exercises and resistance to achieve core strength.

### **S.H.R.E.D.**

S.H.R.E.D. – Stations, High intensity, Resistance, Endurance Drive. This high intensity class will challenge you to push your limits. It will feature strength and conditioning exercises of functional movement executed at a high intensity. This class is for those who want to push their limits! Experienced required, this is an ADVANCED Level class.

### **SILVERSNEAKERS®**

Have fun and move to the music through a variety of exercises using hand-held weights, elastic tubing and a ball. Chair is offered for standing and/or seated support.

**MSROM** – Muscular Strength Range of Motion. Designed to increase muscular strength, range of movement and activity for daily living skills.

**CARDIO CIRCUIT** – Upper body strength work alternated with non-impact aerobic choreography.

### **STRENGTH TRAINING**

Strengthen and tone your muscles using weights and other resistance equipment.

**AOA STRENGTH** – geared towards the Active Older Adult 50+.

### **STEP**

Enjoy fun, low-impact stepping using different speeds and choreography on and off an adjustable step.

**AOA STEP** – geared towards the Active Older Adult 50+.

### **STEP CIRCUIT**

Enjoy alternating between step and strength segments.

### **TAI CHI**

Focus on body alignment, balance control, flexibility and coordination. Registration Required for higher level classes.

**BASICS** – Introduces Tai Chi principles.

**ARTHRITIS**– Helps reduce pain and improve balance and flexibility for those with arthritis. Part of the Arthritis

### **COAL CREEK FAMILY YMCA**

13750 Newcastle Golf Club Rd., Newcastle, WA 98059  
P 425 282 1500 F 425 282 1501 coalcreekyymca.org

### **TEEN BOOTCAMP**

Get your extreme workout with extreme music! Dial up the adrenaline for a range of heart-pumping, strength-building activities, which may include plyometrics, calisthenics, cycling, circuit training, jumping rope, speed work, lunging and more. Ages 13-18.

### **YOGA**

Explore the benefits of yoga, an ancient practice of relaxation, breathing techniques and exercise. Combat stress, improve circulation and enhance flexibility for greater overall health.

#### **Must bring your own mat.**

**ALIGN BASED YOGA** – focuses on alignment in the poses, developing awareness and connection with the breath and a little meditation. The intention is to foster a sense of joy, discovery and fun while toning and stretching your muscles.

**AOA YOGA** – is designed for ages 50 +. This gentle class focuses on stretching, breathing, balance and coordination.

**ATHLETIC YOGA** – whether you are a recreational athlete, or an elite athlete training for competition, this is the class for you! It's designed specifically for those who consider themselves athletes and have been practicing yoga for at least 6 months.

**GENTLE YOGA** – focuses on a variety of postures to challenge the body at each individual's level and to focus the mind in a more gentle/introductory way.

**HATHA YOGA** – focuses on a variety of balancing, standing, seated and supine/prone postures to challenge the body at each individual's level and to focus the mind.

**IYENGAR YOGA** – focuses on the structural alignment of the physical body. It aims to unite the body, mind and spirit for health and well-being.

**KIDS YOGA** – designed for kids ages 4+ and focuses on a variety of balancing, standing, seated and supine/prone postures to challenge the body Parents welcome to participate

**POWER YOGA** – is a fitness-based approach to yoga with emphasis on strength and flexibility for the more advanced.

### **ZUMBA**

Find out why everyone loves this energizing, Latin-inspired dance exercise class! Get a great cardio workout and learn fun new moves. No dance background needed, and open to all fitness levels.

**ZUMBA GOLD** – designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically.

### **CONTACT INFORMATION**

Alethia Rodriguez, Healthy Living Director

P 425 282 1518

E arodriguez@seattleyymca.org