



GROUP WELL-BEING SCHEDULE

January 1 - March 31, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	Urban Grit Cycling Studio 5:00-5:45				Urban Grit Cycling Studio 5:00-5:45		
6:00	Sunrise Cycling Cycling Studio 6:00-6:45		Sunrise Cycling Cycling Studio 6:00-6:45	Self-Guided Meditation Reflection Room 6:00-7:00	Sunrise Cycling Cycling Studio 6:00-6:45		
	Inter/Adv Yoga Reflection Room 6:15-7:30	Cardio Interval Wellness Studio 6:15-7:15	Inter/Adv Yoga Reflection Room 6:15-7:30	Cardio Interval Wellness Studio 6:15-7:15	Inter/Adv Yoga Reflection Room 6:15-7:30		
	Power Sculpt Wellness Studio 6:15-7:15		Power Sculpt Wellness Studio 6:15-7:15		Power Sculpt Wellness Studio 6:15-7:15		
8:00	Low Impact Wellness Studio 8:15-9:15	Circuit Training Gym 9:30-10:30	Low Impact Wellness Studio 8:15-9:15	Circuit Training Gym 9:30-10:30	Low Impact Wellness Studio 8:15-9:15	Body Blast! Wellness Studio 8:15-9:30	
9:00	Step & Conditioning Wellness Studio 9:30-10:30	Kickboxing Circuit Wellness Studio 9:30-10:30	Step & Conditioning Wellness Studio 9:30-10:30	Kickboxing Circuit Wellness Studio 9:30-10:30	Step & Conditioning Wellness Studio 9:30-10:30	Cycle & Core Cycling Studio 8:45-9:45	
	Family Yoga Family Wellness 9:30-10:30	Pilates Mat Reflection Room 9:30-10:30		Pilates Mat Reflection Room 9:30-10:30	Family Yoga Family Wellness 9:30-10:30	Int./Adv. Yoga Reflection Room 9:15-10:30	
	All Levels Cycling Cycling Studio 9:30-10:30	Express Cycle Cycling Studio 9:15-10:00	All Levels Cycling Cycling Studio 9:30-10:30	Express Cycle Cycling Studio 9:15-10:00	All Levels Cycling Cycling Studio 9:30-10:30	Zumba Gym 8:45-9:45	Yoga Flow Reflection Room 10:15-11:15
10:00	AOA Land Gym 10:00-11:00		AOA Land Gym 10:00-11:00		AOA Land Gym 10:00-11:00	Step & Conditioning Wellness Studio 10:15-11:15	Turbo Kick Wellness Studio 10:30-11:30
10:45	SilverSneakers@ MS Wellness Studio 10:45-11:30	SilverSneakers@ CC Wellness Studio 10:45-11:30	SilverSneakers@ MS Wellness Studio 10:45-11:30	SilverSneakers@ CC Wellness Studio 10:45-11:30	Chair Yoga Wellness Studio 10:45-11:30	Pilates Mat 101 Reflection Room 10:45-11:45	
11:45	Zumba Gold Wellness Studio 11:45-12:30		Zumba Gold Wellness Studio 11:45-12:30				
12:00	Power Yoga Reflection Room 12:00-1:15	All Levels Yoga Reflection Room 12:00-1:15	Power Yoga Reflection Room 12:00-1:15	All Levels Yoga Reflection Room 12:00-1:15	Power Yoga Reflection Room 12:00-1:15		
	Express Cycle Cycling Studio 12:00-12:45	Zumba Wellness Studio 12:15-1:00	Express Cycle Cycling Studio 12:00-12:45	Zumba Wellness Studio 12:15-1:00	Express Cycle Cycling Studio 12:00-12:45		
1:00	Tai Chi Wellness Studio 1:00-2:00	AOA Volleyball Drop In Gym 1:30-3:30	Tai Chi Wellness Studio 1:00-2:00		Sports Massage Family Wellness 1:00-4:45		
5:00	Express Stability Core Wellness Studio 5:00-5:30		Express Abs & Core Wellness Studio 5:00-5:30		Express Stability Core Wellness Studio 5:00-5:30	Power Yoga Reflection Room 4:00-5:15	
	All Levels Yoga Reflection Room 5:30-6:45	Beginning Yoga Reflection Room 5:00-6:15	All Levels Yoga Reflection Room 5:30-6:45	Beginning Yoga Reflection Room 5:00-6:15	All Levels Yoga Reflection Room 5:30-6:45		
	Step Wellness Studio 5:45-6:45	Cardio Step Wellness Studio 5:45-6:45	Power Step Wellness Studio 5:45-6:45	Power Strength Wellness Studio 5:45-6:45	Step 101 Wellness Studio 5:45-6:45		
6:00	All Levels Cycling Cycling Studio 6:45-7:45	Cycle & Core Cycling Studio 6:00-7:00	All Levels Cycling Cycling Studio 6:45-7:45	Cycle & Core Cycling Studio 6:00-7:00	Zumba Gym 5:30 - 6:30		
	Zumba Gym 7:00-8:00	All Levels Yoga Reflection Room 6:30-7:45	Zumba Gym 7:00-8:00	All Levels Yoga Reflection Room 6:30-7:45			
7:00	Pilates Mat Reflection Room 7:15-8:00	Strength & Conditioning Wellness Studio 7:00-8:00	Pilates Mat Reflection Room 7:15-8:00	Strength & Conditioning Wellness Studio 7:00-8:00			
8:00		Align Based Yoga Reflection Room 8:00-9:00	Inter/Adv Pilates Reflection Room 8:15-9:00	Align Based Yoga Reflection Room 8:00-9:00			
		Drop In Meditation Rotary Room 8:00-9:00					

Class descriptions on back.

HEALTH & WELL-BEING CLASS DESCRIPTIONS

AOA (Active Older Adults) Land: This lively low impact workout combines fun movements to improve cardiovascular endurance, with muscular strength and flexibility routines. Hands weights, resistance bands are sometimes used in class.

Adult Seido Karate: Mon & Wed 7 – 8 pm.
Register at the Member Service Desk.

Body Blast/Power Sculpt: An intense class focusing on a strength-centered workout that uses strength equipment, including the Body Bar, resistance tubing & bands, and weights. You'll bring more muscle definition to the body, build strength and endurance, and you'll sweat, too!

Cardio Interval Training: This interval class involves alternating high intensity with low intensity recovery periods using a variety of class formats. Muscular strength and abdominal core work may be included.

Strength & Conditioning/Power Strength: This high-energy class includes both strength training and step aerobic exercise. Class includes a strength/resistance component utilizing a variety of equipment.

Circuit Training: This class is designed to take the participant through a one-hour program consisting of stations, set up for specific muscular strength and endurance exercises as well as cardio-vascular conditioning.

Cycling: An indoor, stationary cycling program taught by certified group cycling instructors.

All Levels: Beginner to experienced; join us for a great ride! The class involves upbeat, motivating music and group camaraderie.

Urban Grit/Sunrise Cycling: Interval training for intermediate to advanced cyclists. This class focuses on endurance, strength, proper form and technique.

Cycle/Core: This beginner to experienced all levels cycling class may include a variety of intervals and or sprints with an abdominal training component included.

Express Stability Core: 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.

Express Body Shop: A shorter workout that utilizes simple but affective balance, agility and body weight exercises to help you reach your fitness goals.

Boot Camp: Activities may include jump rope, crunches, push-ups, weight training using body weight and/or hand weights and elements of kickboxing. The workout will increase your metabolism, help to build muscular strength and endurance, and reduce body fat. This class is appropriate for youth 14 and older when accompanied by a parent or guardian.

Chair Yoga: You will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Especially for active older adults, the true beginner, and/or people who are not used to exercising, or people who may be limited physically.

Low Impact: This lively low impact workout combines fun movements to improve cardiovascular endurance, with muscular strength and flexibility routines.

Kickboxing: Intense workout utilizing leg and core muscles to do repeated kicks at varying intervals. Great for beginners and advanced exercisers alike.

Pilates Mat: Based on the Joseph Pilates 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 or resistance bands.

101 Pilates Mat: This is an introductory class for beginners and those returning to exercise.

Step: Step class is designed for the intermediate exerciser. Class format utilizes a 4 or 6 inch platform and provides basic patterns that incorporate lower intensity movements and simple choreography. Class may include strength/resistance component utilizing a variety of equipment.

Step 101: Step class is designed for the beginner exerciser. Class format utilizes a platform and provides basic/simple patterns that incorporate lower intensity movements and simple choreography.

Power Step: This high-energy, low impact step class is designed for the intermediate/advanced exerciser. Class format utilizes a 4, 6, or 8-inch platform and provides basic patterns that incorporate high intensity power movements and challenging choreography. Step your way through this quick, but fun workout.

Self-Guided Meditation: Reduce stress; develop mindfulness, tranquility and insight through visualization, breath utilization and focus. Invite peace.

Tai Chi Kuang Ping Yang: This long form from the Yang family is a beautiful slow moving meditation in motion. We are guided to the awareness that the present moment is the only place in time where our next movement, whether it be physical, mental or emotional, is open to choice. We create the path we walk based on these choices. Consistent practice of Tai Chi helps us to relax from the fast pace of multi-tasking and recognize the moment at hand. The movements help to reconnect us to mind-body awareness and restore harmony and balance into our daily routines.

SilverSneakers®: SilverSneakers group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment.

SilverSneakers® Muscular Strength & Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SilverSneakers® Cardio Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with

handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

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.

Align Based Yoga: The focus is 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.

101 Yoga: This is an introductory class for beginners and those returning to exercise.

All Levels Yoga: Appropriate for all levels, including beginners. Postures and instructions are adapted to meet the needs of the individual students in each class.

Intermediate/Advanced Yoga: This class incorporates more advanced and/or stronger postures for strength and stamina with an emphasis on proper form and technique, 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.

Family Yoga: Gentle strengthening exercises to tone and relax new parents' body and meditation to calm the mind. This class is for the whole family to enjoy. Postures are used to increase abdominal and back strength and build stamina. Class also includes stretches for youth.

Turbo Kick: A combination of intense kickboxing moves choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals strength/endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment.

Zumba: High energy hypnotic Latin rhythms and easy to follow moves create a dynamic workout system that will blow you away. Join the party!

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. The main difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun. The same great Latin styles of music and dance are used.

We reserve the right to change the schedule without notice due to special events, training, maintenance, or class needs.

As a courtesy to others, please arrive to classes on time. Members arriving more than 10 minutes late may be asked to leave by the class instructor.

Contact Sean Klever,
Health & Well-Being Operations Director with questions regarding our Group Wellness programs at sklever@seattlemymca.org