

CLASS DESCRIPTIONS

ABS-O-GLUTELY

An intense class which uses a variety of techniques designed to target your abs, glutes, and lower back

AOA STRETCHING

A stretching and strengthening class for Active Older Adults which is designed to help you stretch your body with controlled movements.

CARDIO & STRENGTH, TOTAL BODY CONDITIONING, TOTAL STRENGTH

An intense class which includes both strength training and aerobic exercise, and may include a step platform and plyometrics.

CARDIO KICKBOXING

This class features boxing footwork, martial arts movements, and challenging cardio intervals performed to up-tempo music.

CORE STRENGTH

This class focuses on building strength throughout the core muscle groups by utilizing various conditioning and balance techniques.

DANCE AEROBICS

A class designed to get you moving while having fun and getting a great work out. This class covers different styles such as disco, Bollywood, hip hop, Latin, funk, old skool and street jazz.

HI/LO CARDIO

A fun alternative to get your heart rate up, work your muscles, and burn calories by utilizing low-impact choreographed movements.

NIA DANCE

NIA is barefoot movement to music with soul and kick. It is a technique that combines dance, non-impact martial arts, the healing movement arts of the Alexander Technique, Feldenkrais, and yoga.

MAT PILATES

This class is designed to increase your core strength and flexibility, as well as align the body and mind. This class uses equipment such as stability balls, resistance bands, and/or hand weights and requires movements that work the core which are linked to breathing and done from a seated, reclined, or standing position.

SILVERSNEAKERS @ MUSCULAR STRENGTH AND RANGE OF MOTION

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 weights, elastic tubing with handles, and a ball are offered for resistance using chairs for seated and standing support.

SILVERSNEAKERS @ CARDIO CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand 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.

STEP

A high-intensity cardio class that combines movements performed on an elevated step.

TAI CHI/QIGONG

A graceful and slow-flowing combination of movements originally developed in China. The practice of Tai Chi builds strength and flexibility in the joints, relieves stress, improves body posture, increases balance, coordination, stamina, and the ability to focus.

ZUMBA

A Latin style of dance that will get your heart rate up while working your core.

YOGA LEVEL 1—GENTLE YOGA, BEGINNING YOGA, CHAIR YOGA, YOGA FORM & TECHNIQUE

These adaptable yoga classes are suitable for new exercisers, seniors and anyone with physical challenges. Range of motion, relaxation, and breathing techniques are emphasized along with balance and coordination.

YOGA LEVEL II—YOGA FLOW

This athletic style of yoga focuses on repetition of poses in a flowing format. Work up a sweat, build muscle, and improve inner focus.

YOGA LEVEL III—POWER YOGA

An athletic, moderately challenging energetic yoga practice that will increase stamina and strength. Intermediate to advanced level.

YOGA, MEDITATION, & CHANTING

Along with familiar asanas (postures), this class will explore the philosophical side of yoga by blending in meditation, pranayama, and chant.

CONTACT INFORMATION

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Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.