



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Updated February 6, 2012

NORTSHORE YMCA CLASS SCHEDULE

MONDAY

Time	Class/Area	Instructor
5:30-6:30	Urban Grit/Club RM B	Steve
5:45-6:45	Yoga/MPR	Cara
5:45-6:45	Boot Camp	Lisa
6:45-7:45	Group Cycling/Club RM B	Dana
8:00-8:30	Express 101 Strength Training/MPR	Lynette
8:30-8:45	Core Strength	
8:45-9:00	Flexibility	
8:15-9:15	Walking Group/Lobby	Members
8:30-9:15	Pilates/MG	Candy
8:30-9:15	Group Cycling/Club RM B	Jane
9:00-10:00	Shallow H2O Aerobics/Pool	Kris
9:15-10:15	Cardio & Strength/MPR	Shelby
9:30-10:30	ZUMBA®/MG	Jenny
9:30-10:30	Group Cycling/Club RM B	Tammy
10:30-11:45	Yoga/MPR	Suzanne
12:00-1:00	Arthritis Class/Pool	Varies
12:00-1:00	MS Yoga/MPR	Suzanne
6:00-6:45	Belly Dancing/MPR	Indigo
5:45-6:45	Urban Grit Cycling/Club RM B	Mary-Clayton
6:00-7:00	Step/FG	Candy
7:00-7:45	Group Cycling/Club RM B	Nicki
7:15-8:00	ZUMBA®/MG*	Sara

TUESDAY

5:30-6:30	Group Cycling/Club RM B	Lori
5:45-6:45	Step/MPR	Traci
8:45-9:30	Group Cycling/Club RM B	Chris
8:45-9:45	Boot Camp/MG	Jodi/Lisa
9:00-10:00	SilverSplash®/Pool	Cyndi
9:00-10:00	AOA Land Aerobics/MPR	Candy
10:00-11:00	Boot Camp/MG	Jodi/Lisa
10:30-11:30	SilverSneakers® 1/MPR	Heather/Elaine
12:00-1:00	SilverSneakers® 1/MPR	Heather/Elaine
12:00-1:00	Arthritis Class/Pool	Varies

*Ticket Required

CLASS LOCATIONS

MG = Main Gym
FG = Family Gym

THC = Total Health Center
MPR = Multipurpose Room

All classes at the Y at the Carol Edwards Center are now on the Y at the Carol Edwards Center Group Exercise Schedule.

CLASS DESCRIPTIONS

Adult Ballet

Enjoy the beauty and grace of ballet movements while improving your strength, balance and flexibility. Dress in apparel that does not inhibit movement, ballet shoes recommended.

AOA Land Aerobics

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

Belly Dancing

Belly dance is a fun, beautiful, Middle Eastern art form that celebrates bodies of all type. Emphasis is on fitness, abdominal control, hip and chest isolation, proper posture and relaxation through stretching. Anyone with hips and a desire to move them are welcome!

Body Shop

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!

Boot Camp

A high energy class using drills of interval activity. Circuits of jump rope, crunches, push-ups, and running stairs. The workout will increase your metabolism, build muscles and reduce body fat.

Cardio & Strength 101

This class introduces participants to aerobic exercise and strength training using a variety of equipment and techniques.

Cardio & Strength

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

Core Strength

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 101 Strength Training

Use hand weights, resistance bands and strength equipment in a 30-minute strength training class format.

Express 101 Qigong

Experience meditation with gentle movements to cultivate the body's vital energy and stimulate self-healing, spiritual growth and prevent illness.

Flexibility

This 15-minute class increases flexibility in a safe, gentle environment. Use of stability balls and other tools may be used to enhance stretching exercises.

TUESDAY

1:00-1:45	101 Cardio and Strength/MPR	Carrie
5:00-5:45	Group Cycling/Club RM B	Maggie
6:00-6:45	Group Cycling/Club RM B	Ed H.
6:00-7:00	Pilates/MPR	Kris
6:00-7:00	Body Shop/MG	Lisa
7:05-8:05	Aqua Power/Pool	Nancy/Tracy
7:15-7:45	Life Fitness Circuit/THC	Jairid
7:15-8:15	Yoga/MPR	Andrea
8:30-9:30	Yoga/MPR	Andrea

WEDNESDAY

5:30-6:30	Urban Grit/Club RM B	Rich
5:45-6:45	Boot Camp/FG	Lisa
5:45-6:45	Yoga/MPR	Heather
6:45-7:45	Group Cycling/Club RM B	Steve
8:00-8:30	101 Strength Training/MPR	
8:30-8:45	Core Strength	Lynette
8:45-9:00	Flexibility	
8:00-9:00	MS Aquatics/Pool	Jane
8:15-9:15	Walking Group/Lobby	Members
8:30-9:15	Pilates/MG	Connie
8:30-9:15	Group Cycling/Club RM B	Lisa
9:00-10:00	AQUA ZUMBA®/Pool	Amy
9:15-10:15	Cardio & Strength/MPR	Carrie
9:30-10:00	Life Fitness Circuit/THC	Susie
9:30-10:30	ZUMBA®/MG	Jenny
9:30-10:30	Group Cycling/Club RM B	Jodi
10:30-11:45	Yoga/MPR	Suzanne
12:00-1:00	Arthritis Class/Pool	Janning
12:00-1:00	Yoga/MPR	Suzanne
1:45-2:15	Express 101 Qigong/MPR	
2:15-2:45	Express 101 Tai Chi/MPR	Ed B
5:45-6:15	Express 101 Qigong/MPR	
6:15-6:45	Express 101 Tai Chi/MPR	Ed B
6:00-7:00	Step/FG	Joyce
6:00-6:45	Group Cycling/Club RM B	Dana
7:00-7:45	Group Cycling/Club RM B	Cindy
7:15-8:00	ZUMBA®/MG*	Julie

THURSDAY

5:30-6:30	Group Cycling/Club RM B	Nicki
5:45-6:45	Step/MPR	Traci
8:45-9:30	Group Cycling/Club RM B	Chris
8:45-9:45	Boot Camp/MG	Jodi/Lynette
9:00-10:00	Silver Splash®/Pool	Cyndi
9:00-10:00	AOA Land Aerobics/MPR	Rochelle

Group Cycling

Instructor led indoor cycling class using stationery bikes. To participate, please pick up Ticket to Ride 30 minute prior to class at the Member Services Desk.

Life Fitness Circuit

This unique format features timed strength training on Life Fitness Circuit equipment. May also include cardio segments. Suitable for all fitness levels.

MS Yoga

People with MS have the opportunity to address mobility, flexibility, muscle strength and endurance potential. Everyone is welcome, people with MS have priority.

NIA®

Creative movement that fuses dance, martial arts and mind/body awareness. Low impact moves raise your heart rate and leave you feeling energized and refreshed. NIA® is usually performed barefoot.

Pachanga

Cardio dance party with Latin music. Taught in Spanish and English. Fiesta Latina en vivo diviertete con ejercicio y baile (en tu idioma).

Pilates

Based on Joseph Pilates mat technique. 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.

SilverSneakers® 1-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® 2-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.

Step

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

Tai Chi and Express 101 Tai Chi

Martial art that uses slow movements to promote health, circulation and relaxation in a progressive format. Concentration is on breathing, core muscle strength, and harmony of the mind, body and spirit.

Urban Grit

Focus is on endurance, strength, proper form and technique. 60 minutes in duration. High intensity.

Walking Group

Participants meet in lobby to walk the trails around the business park. Open to the community.

Yoga

An ancient practice that uses a combination of relaxation, breathing techniques and exercise to combat stress, help circulation and movement of the joints.

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.

*Ticket Required

THURSDAY

10:00-11:00	Boot Camp/MG	Jodi/Lynette
10:30-11:30	SilverSneakers® 2/MPR	Elaine
12:00-1:00	SilverSneakers® 2/MPR	Elaine
12:00-1:00	Arthritis Class/Pool	Varies
1:00-1:45	101 Cardio and Strength/MPR	Carrie
5:00-5:45	Group Cycling/Club RM B	Maggie
6:00-6:45	Group Cycling/Club RM B	Jon
6:00-7:00	Body Shop/MG	Lisa
6:00-7:00	Pilates/MPR	Katia
7:05-8:05	Aqua Power/Pool	Randy
7:15-7:45	Life Fitness Circuit	Jairid
7:15-8:30	Yoga/MPR	Lani

FRIDAY

5:30-6:30	Urban Grit/Club RM B	Nicki
5:45-6:45	Boot Camp/FG	Carrie/Angie
6:45-7:45	Group Cycling/Club RM B	Steve/Dana
8:00-8:30	101 Strength Training/MPR	
8:30-8:45	Core Strength	Lynette
8:45-9:00	Flexibility	
8:15-9:15	Walking Group/Lobby	Members
8:30-9:15	Group Cycling/Club RM B	Lisa/Jane
8:30-9:15	Pilates/MG	Connie
9:00-10:00	Shallow H2O Aerobics/Pool	Kris
9:00-9:45	Pachanga/FG	Angelica
9:30-10:00	Life Fitness Circuit/THC	Heather
9:30-10:30	Group Cycling/Club RM B	Rich
9:30-10:30	Body Shop/MG	Dawni Rae
10:30-11:30	Silver Sneakers® I/MPR	Heather/Elaine
12:00-1:00	Arthritis Class/Pool	Varies
12:00-1:00	Yoga/MPR	Suzanne

SATURDAY

7:30-8:30	Group Cycling/Club RM B	Steve
7:30-7:55	Express 101 Qigong/MPR	
7:55-8:25	Express 101 Tai Chi/MPR	Ed B.
7:45-8:45	Boot Camp/FG	Lynette/Shelby
8:00-9:00	Shallow H2O Aerobics/Pool	Annette
8:30-9:30	Step/MPR	Sarah/Sara
8:45-9:30	Group Cycling/Club RM B	Ed
9:00-10:00	Body Shop/FG	Candy
10:45-11:30	Yoga Pilates Combo/MPR	Suzanne
12:00-1:00	Arthritis Class/Pool	Janning
1:00-2:00	Adult Ballet/MPR	Suzanne

SUNDAY

10:15-11:25	Yoga/MPR	Cindy
11:30-12:30	101 Yoga/MPR	Cindy
1:00-2:00	Yoga/MPR	Heather
2:15-3:15	Tai Chi/MPR	Ed B.

WATER FITNESS CLASS DESCRIPTIONS

Arthritis Foundation YMCA Aquatic Program Intensity level 1
This class is designed for those with limited movement. Program consists of mild water exercises emphasizing range of motion and strength.

AQUA ZUMBA®

Known as the ZUMBA® "pool party," the AQUA ZUMBA® program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing hooting and hollering. Integrating the ZUMBA® formula and philosophy with traditional aqua fitness disciplines, the AQUA ZUMBA® class blends it all together in a safe, challenging water-based workout that's cardio-conditioning, body-toning and most of all, exhilarating beyond belief. All ages and fitness levels are welcome. Class held the first and third Wednesdays of the month.

Aqua Power

 Intensity level 4

A higher intensity level, deep & shallow water workout consisting of aqua jogging, triathlon training, intervals and more to pump up your heart and strengthen your body!

MS Aquatics

 Intensity level 1

This water exercise class is based on an exercise-rest-exercise pattern. We provide optimal exercise conditions for people with weakened limbs, fatigue, and balance challenges. This class promotes strength, stamina, and flexibility. Focus is on physical, emotional and social wellbeing.

SilverSplash®

 Intensity level 2

Are you looking for a way to start your day off great? Join us in a water exercise class, designed with you in mind. We help you maintain your cardiovascular strength by utilizing the water's buoyancy and resistance, all while having fun with a great bunch of people.

Shallow Water Aerobics

 Intensity level 3

Walking, running, jumping and a variety of aerobic movements are preformed in the shallow end of the pool to increase heart rate and provide both a cardiovascular and strength training workout. A variety of water equipment, dumbbells, noodles, etc. are used for conditioning.

CONTACT INFORMATION

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Health & Well-being Program Supervisor
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425 485 9797 x8025

101 CLASSES

When you step into the YMCA, you'll notice that it's a friendly place filled with people of all ages, shapes and sizes. We offer these warm, friendly and supportive classes to help you find the physical activity that suits your needs. Everyone is welcome.

MONDAY

Time	Class	Instructor
8:00-8:30	Express 101 Strength Training/MPR	Lynette
8:30-8:45	Core Strength	
8:45-9:00	Flexibility	
8:15-9:15	Walking Group/Lobby	Members
10:30-11:15	NIA@/CEC	Gayle
12:00-1:00	Arthritis Class/Pool	Ginger
12:00-1:00	MS Yoga/MPR	Suzanne
1:00-2:00	ZUMBA@/CEC	Amy
6:00-6:45	Belly Dancing/MPR	Indigo

TUESDAY

9:00-10:00	Silver Splash@/Pool	Cyndi
9:00-10:00	AOA Land Aerobics/MPR	Candy
10:30-11:30	SilverSneakers@ I/MPR	Heather/Elaine
12:00-1:00	SilverSneakers@ I/MPR	Heather/Elaine
12:00-1:00	Arthritis Class/Pool	Cathy
1:00-1:45	101 Cardio and Strength/MPR	Carrie
6:00-7:00	ZUMBA@ Workshop/CEC*	Indigo
7:05-8:05	Aqua Power/Pool	Susanne
7:15-7:45	Life Fitness Circuit/THC	Jairid

WEDNESDAY

8:00-9:00	MS Aquatics/Pool	Jane
8:15-9:15	Walking Group/Lobby	Members
8:00-8:30	Express 101 Strength Training/MPR	Lynette
8:30-8:45	Core Strength	
8:45-9:00	Flexibility	
9:30-10:00	Life Fitness Circuit/THC	Susie
10:30-11:15	NIA@/CEC	Gayle
12:00-1:00	Arthritis Class/Pool	Janning
1:45-2:15	Express 101 Qigong/MPR	Ed B.
2:15-2:45	Express 101 Tai Chi	
5:45-6:15	Express 101 Qigong/MPR	Ed B.
6:15-6:45	Express 101 Tai Chi/MPR	

THURSDAY

Time	Class	Instructor
9:00-10:00	Silver Splash@/Pool	Cyndi
9:00-10:00	AOA Land Aerobics/MPR	Candy
10:30-11:30	Silver Sneakers@ 2/MPR	Elaine
12:00-1:00	Silver Sneakers@ 2/MPR	Elaine
12:00-1:00	Arthritis Class/Pool	Cathy
1:00-1:45	101 Cardio and Strength/MPR	Carrie
7:05-8:05	Aqua Power/Pool	Randy
7:15-7:45	Life Fitness Circuit	Jairid

FRIDAY

8:00-8:30	Express 101 Strength Training/MPR	Lynette
8:30-8:45	Core Strength	
8:45-9:00	Flexibility	
8:15-9:15	Walking Group/Lobby	Members
8:30-9:15	Cardio Jazz/CEC	Suzanne
9:15-10:00	Pachanga/MPR	Angelica
9:30-10:00	Life Fitness Circuit/THC	Heather
10:30-11:30	Silver Sneakers@ I/MPR	Heather
12:00-1:00	Arthritis Class/Pool	Gail
1:00-2:00	ZUMBA@/CEC	Amy
5:30-6:15	ZUMBA@/CEC	Nijah
6:30-7:15	Bollywood/CEC	Komal

SATURDAY

7:30-7:55	Express 101 Qigong/MPR	Ed B.
7:55-8:25	Express 101 Tai Chi/MPR	
10:15-11:00	Relaxing Yoga/Meditation/CEC	Cecilia
12:00-1:00	Arthritis Class/Pool	Janning
1:00-2:00	Adult Ballet/MPR	Suzanne

SUNDAY

11:30-12:30	101 Yoga/MPR	Cindy
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Schedule subject to change without notice.

CEC= THE Y AT THE CAROL EDWARDS CENTER
17401 133rd Ave NE, Woodinville

NORTHSHORE YMCA

11811 NE 195th ST, Bothell WA 98011
P 425 485 9797 F 425 486 7757 ymcnorthshore..org

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.



THE Y AT THE CAROL EDWARDS CENTER

GROUP EXERCISE SCHEDULE

Updated February 6, 2012

MONDAY

Time	Class/Area	Instructor
9:30-10:15 am	Mat Pilates	Anelody
10:30-11:15 am	NIA@*	Gayle
1:00-2:00 pm	ZUMBA®	Amy
7:15-8:00 pm	ZUMBA®	Christie

TUESDAY

6:00-7:00 pm	ZUMBA® Workshop	Indigo
7:15-8:00 pm	ZUMBA®	Joyce

WEDNESDAY

9:30-10:15 am	Mat Pilates	Candy
10:30-11:15 am	NIA@*	Gayle
7:15-8:00 pm	ZUMBA®	Amy

THURSDAY

7:15-8:00 pm	ZUMBA®	Sara
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FRIDAY

8:30-9:15 am	Cardio Jazz	Suzanne
9:30-10:15 am	Mat Pilates	Anelody
1:00-2:00 pm	ZUMBA®	Amy
5:30-6:15 pm	ZUMBA®	Kristin
6:30-7:15 pm	Bollywood Dance	Komal

SATURDAY

9:00-10:00 am	ZUMBATOMIC®*	Cecilia
9:00-10:00 am	ZUMBA®	Amy
10:15-11:00 am	Relaxing Yoga/Meditation*	Cecilia

*Class begins week of February 11



THE Y AT THE CAROL EDWARDS CENTER
17401 113rd Ave NE, Woodinville

CLASS DESCRIPTIONS

Bollywood Dance

This Indian dance style blends hand, arm, and footwork combinations to give you a fun, exhilarating workout. Suitable for all levels.

Cardio Jazz

Move to the most popular jazz music, including Hip-Hop, Funk, Lyrical and Broadway. All fitness levels welcome.

Mat Pilates

Based on Joseph Pilates mat technique. 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.

NIA®

Creative movement that fuses dance, martial arts and mind/body awareness. Low impact moves raise your heart rate and leave you feeling energized and refreshed. NIA is usually performed barefoot.

Relaxing Yoga/Meditation

Slow, relaxing yoga moves with instructor-led meditation. Quiet time to restore your mind, body and spirit.

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.

ZUMBATOMIC®

Kid-friendly dance routines. Ages 7-12 years.

ZUMBA® Workshop

Learn the basic steps. A great way to get started with ZUMBA®. Families are welcome with children ages 6+.

CONTACT INFORMATION

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THE Y AT THE CAROL EDWARDS CENTER
17401 133rd Ave NE, Woodinville, WA 98072
P 425 286 6122 ymcanorthshore.org

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.