




**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP WELLNESS

MAY 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	Cardio Strength-MP 5:30-6:30 Shar	Cycle Fusion - GYM 5:30-6:30 Kari	Step Aerobics MP 5:30-6:30 Shar	Cycle Fusion- GYM 5:30-6:30 Kari	Cardio Variety- MP 5:30-6:30 Shar	MP = Multi-Purpose Room
8	Cardio Strength - GYM/MP 8:45-9:45 Jennifer	Yoga - MP 8:45-9:45 Karen	Cardio Strength - GYM 8:45-9:45 Jennifer	Yoga-MP 8:45-9:45 Karen	Zumba - GYM 8:45-9:45 Erma	
	Zumba - GYM 9:30-10:30 Heather	*Cycle Fusion - GYM 8:45-9:45 Erin		*Cycle Fusion - GYM 8:45-9:30 Erin	Pilates - MP 9:30-10:30 Jackie	Boot Camp - GYM 9-9:50 Deanna
10		Gentle Yoga - MP 10:00-11:00 Karen	Zumba - GYM 10:00-11:00 Shanyn ***BEGINS MAY9TH	Gentle Yoga - CAC 10:00-11:00 Karen	Zumba Gold - GYM 10:00-11:00 Treva	AOA Cardio Strength- MP 10:00 - 10:50 Becky
	Circuit Training - MP 10:15-11:00 Heidi C.		Circuit Training - MP 10:15-11:00 Deanna	Pilates - MP 10:00-11:00 Maria		
11	EnhanceFitness-MP 11:15-12:00 Heidi C.		EnhanceFitness-MP 11:15-12:00 Deanna	Kickboxing - MP 11:05-11:35 Maria	EnhanceFitness-MP 11:15-12:00 Treva	Yoga - MP 11:30-12:30 Kathy
3		Teen Workout - Fitness Center (ages 10+) 3:00-4:00 Staff		Teen Workout - Fitness Center (ages 10+) 3:00-4:00 Staff	Classes and/or instructors may change without notice. Due to the popularity of classes, it is recommended you arrive early. See back for class descriptions. *Cycle classes, with the exception of 5:30AM, require first come/first serve ticket available at front desk. Classes participants must be 14 years. Youth ages 10- 13 may participate with supervising individual if they are willing and able. to follow class. **Family Class- ages 8+	
	Outdoor Bootcamp *Rain or Shine! Meets in lobby 4:00-5:00 Heidi C. ***BEGINS JUNE 4TH			Pilates - MP 4:00-5:00 Heidi P. ***BEGINS MAY 10TH		
5	*Cycle - GYM 5:15-6:10 Paul	Step - MP 5:15-6:00 Rosemary	*Cycle - GYM 5:15-6:10 Paul	** Family Kickboxing- MP 5:15-6:00 Rosemary		
	Boot Camp - GYM 6:15-7:10 Deanna	Core Fusion - MP 6:05-6:55 Rosemary	Boot Camp - GYM 6:15-7:10 Tanya	Core Fusion - MP 6:05-6:55 Rosemary		
7	**Family Zumba - GYM 7:15-8:15 Jill	Yoga - MP 7:00-8:00 Heidi P.	**Family Zumba - GYM 7:15-8:15 Heather	Yoga - MP 7:00-8:00 Heidi P.		

 = New or changed classes
Changed Class Times or

Updated 5/1/2012

FOR MORE INFORMATION CONTACT:
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BOOTCAMP

Get your extreme workout! 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 class for a complete workout! The combination of strength training and aerobic exercise, with a soothing cool down at the end, will leave you ready to tackle your day.

CARDIO VARIETY

Join this high-energy class for 40 minutes of aerobic exercise, followed by 20 minutes of strength training, cool down, and stretching. This class may include, but is not limited to, elements of kickboxing, step, and traditional floor aerobics. Class is taught in an interval (varying intensity) type format.

CIRCUIT TRAINING

A workout catered just for you! This format alternates timed intervals of strength and cardio segments, with rotating stations. Since you are working at individual stations, there is opportunity for all fitness levels to workout at their own intensity level.

CORE FUSION

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.

CYCLE

Strengthen your lungs and lower body with this non-impact form of exercise. Since you control the bike tension, this class can be done at many fitness levels.

CYCLE FUSION 45 and 60 MIN

This class includes 30-45 minutes of traditional cycle, followed by 15-30 minutes of complimentary exercise including, but not limited to: strength training, plyometrics, cardio intervals, Pilates, and yoga.

ENHANCE FITNESS

This class is catered to the older population, those new to exercise, or with physical limitations. Class can be modified to be done in a chair or standing, and incorporates cardio, strength, balance, and stretching.

KICKBOXING

Learn boxing and martial arts conditioning moves in this engaging cardio class. Punch, kick, and block your way to a healthy lifestyle!

***FAMILY KICKBOXING**

This class is designed to be appropriate for ages 8+

OUTDOOR BOOTCAMP

This class will challenge your physical limits, and lift your spirits! Get a breath of fresh air with this special summer only class.

POWER CYCLE

This hour long class takes the indoor cycle experience to the next level. Class is taught at a more challenging intensity, with modifications offered for all levels of cyclists.

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.**

STEP

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

TEEN WORKOUT HOUR

This staff monitored workout hour in the fitness center is a great chance for pre-teens and teens to come hang out with friends, get some exercise, and get their Healthy Living questions answered. Ages 10+

YOGA

Explore the benefits of yoga, an ancient practice of relaxation, breathing techniques and exercise. 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. combat stress, improve circulation and enhance flexibility for greater overall health. **Must bring your own mat.**

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.

POWER YOGA this class is taught at a more challenging pace for an exhilarating workout. Prior yoga experience recommended.

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.

***FAMILY ZUMBA**

This class is designed to be appropriate for ages 8+

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

SNOQUALMIE VALLEY YMCA

35018 SE RIDGE ST Snoqualmie, WA 98065
425-256-3115

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.