



JANUARY CLASS SCHEDULE

Health & Well-being
UNIVERSITY FAMILY YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING CLASSES						
		All Level Cycling Gates - David 6:30-7:15				
All Level Cycling Gates - Ruth 6:30-7:15	Hi Lo Aerobics Pocock - Sarah 6:30-7:30	Meditation/ Yoga Pocock - Tara 6:30-7:30	Hi Lo Aerobics Pocock - Sarah 6:30-7:30	Core Yoga Safeco - Beverly 6:30-7:30	All Level Cycling Gates - Holly 8:15-9:15	
Kids Gym Safeco 8:30-12:00	Kids Gym Safeco 8:30-12:00	Kids Gym Safeco 8:30-12:00	Kids Gym Safeco 8:30-12:00	Kids Gym Safeco 8:30-12:00	Kids Gym Safeco 8:15-1:00	
Express Body Shop Pocock - Kyra 7:30-8:00	All Level Cycling Gates - Mona 8:45-9:30	Express Body Shop Pocock - Kyra 7:30-8:00	All Level Cycling Gates - Kyra 8:45-9:30	All Level Cycling Gates - Kyra 8:00-8:45	OPEN HOUSE: January 21 9:30-1pm Bring your friends! Classes, food, prizes!	
	Yoga Level II Gates - Tara 9:30-11:00	Zumba* NEW Pocock - Alicia 8:00-9:00 *begins January 18	Yoga Level I/II Gates - Bev 9:45-11:00		Zumba* NEW Pocock - Lisa 8:30-9:30 *begins January 28	
Step I/II Pocock - Tavia 9:00-10:00	Core Xpress Pocock - Mona 9:40-10:00	Step I/II Pocock - Debe 9:00-10:00	Spontaneous Abs Pocock - Kyra 9:40-10:00	Step I/II Pocock - Tavia 9:00-10:00	Step II/III Pocock - Debe 9:30-10:30	
All Level Yoga Pocock - Hayden 10:00-11:00	Body Shop Pocock - Kyra 10:00-11:00	Pilates Pocock - Mona 10:00-11:00	Body Shop Pocock - Kyra 10:00-11:00	Yoga II Pocock - Kathleen 10:00-11:00	Express Body Shop Pocock - Debe 10:30-11:00	Yoga II Safeco - Jubilee 10:30-11:45
	AOA Yoga Gates - Tara 11:15-12:15		AOA Yoga Gates - Tara 11:15-12:15	All Level Cycling Gates - Larry 10:00-10:45	Zooming for Zambia Fundraiser - Gates 9:30-11:00am	
Silver Sneakers@ -MS Pocock - Penelope 11:15-12:00	Silver Sneakers@ -MS Pocock - Kyra 11:15-12:00	Silver Sneakers@ -MS Pocock - Kelli 11:15-12:00	Silver Sneakers@ -MS Pocock - Hayden 11:15-12:00	Silver Sneakers@ -MS Pocock - Larry 11:15-12:00	Yoga Flow Pocock - Beverly 11:15-12:30	
AFTERNOON CLASSES						
Chair Yoga Pocock - Cindy 12:15-1:00	Yoga I Pocock - Tara 12:15-1:00		Yoga I Safeco - Tara 12:15-1:00	Tai Chi - Sign up only Pocock - Stefanie 1:00-2:00	YOGA FOR SLEEP workshop January 21, 1-2:30	Teen Feed Pocock 1:00-3:00
	All Level Cycling Gates - Kyra 12:15-1:00	Silver Sneakers@ -MS Pocock - Lisa Stuebing 1:15-2:00		Tai Chi - Sign up only Pocock - Stefanie 2:15-3:15		Tai Chi Refinement NEW Sign up only Pocock - Stefanie 3:30-4:30
Exercise & Thrive Alums - sign up only Pocock - Cherie 2:00-2:30		APL Safeco 2:00-3:15	APL Pocock 1:45-3:15	Tai Chi I - Sign up only Pocock - Stefanie 3:30-4:30 *begins January 13	Yoga II/III Pocock - Bridgett 3:30-4:30	
EVENING CLASSES						
All Level Cycling Gates - Kyra 5:30-6:30	Step: Free-to-Be-Fit Pocock - Agnes 5:30-6:30	Zumba Pocock - Rahel 5:30-6:30	Nia Pocock - Gretchen 5:30-6:30	January 20th : Restorative Yoga Safeco - Bev 5:15-6:45		
	Pilates Safeco - Corissa 5:30-6:30	Pilates Safeco - Sonja 6:00-7:00	All Level Cycling Gates - Aliou 5:30-6:15	Zumba NEW Pocock - Rahel 5:30-6:30		
Turbo Kick Pocock - Melissa 6:00-7:00	Cardio Jazz Pocock - Sonja 6:30-7:30	Turbo Kick Pocock - Melissa 6:45-8:00	Body Shop Pocock - Aliou 6:30-7:30	Nia Pocock - Gretchen 6:30-7:30		
Belly Dance Performance Safeco - Kat 6:00-7:00	All Level Cycling Gates - Jessi 6:15-7:15	Healthy Living Talk: The Health Benefits of Yoga Jan 11, 6:15-7:15pm	Yoga II Safeco - Beverly 7:15-8:15			
Belly Dance Conditioning Safeco - Kat 7:00-8:00	Body Shop/ Flexibility Pocock - Katrina 7:30-8:45	All Level Yoga Safeco - Jubilee 7:00-8:15				
Yoga I/II Pocock - Jubilee 7:30-8:30	Yoga II/III Safeco - Dan 8:00-9:30	Jump Rope Pocock - Ruth 8:00-9:00				

Questions? Contact Hayden Wartes
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UNIVERSITY FAMILY YMCA CLASS DESCRIPTIONS

UPTEMPO MOVES

Boot Camp: Get fit, get strong with this circuit type workout. You will be stronger than ever and pushed to your potential using weights, bands, and other equipment.

Turbo Kick: A fun, challenging aerobic workout that uses boxing and martial arts conditioning moves. This high energy class delivers an amazing cardio workout, plus strength and core stabilization.

Cycling: Indoor group cycling is a fantastic workout taught on a stationary bike where you will climb, sprint and everything in between. You control resistance and intensity.

Free to Be Fit®: Aerobics for everyone. In Free to Be Fit, the environment is designed to be safe, judgment-free, and fun, so participants can enjoy pleasure-based movement.

Hi/Lo: Experience this cardiovascular workout using high- and/or low-impact aerobic movements performed in fun and challenging combinations, and includes strength training for all levels of exerciser.

Jump Rope: Jump ropes aren't just for kids and boxers! Come join in on this fun and challenging cardio class. Jump ropes provided.

Step: A cardiovascular workout using adjustable platforms. Step classes are suitable for a variety of fitness and age levels. Classes include warm-up, stepping, strength conditioning, and stretching.

I: Beginner classes use fewer combinations and much repetition of each movement pattern to allow for an easy transition into the world of Step.

II: Intermediate classes have less repetition and more complex movements. Level of intensity is always up to you.

III: Advanced classes use the most intricate movement patterns. For experienced steppers.

DOWNTEMPO MOVES

Body Shop: A fun class focusing on a strength-centered workout that uses strength equipment, including the Body Bar, resistance tubing & bands, and free weights. You'll bring more muscle definition to the body, build strength and endurance.

Flexibility: Learn different stretching techniques as you focus on increasing your flexibility safely.

Pilates: is a system of stretching and strengthening exercises that work the deeper muscles to achieve efficient and graceful movement, improve alignment and breathing, and increase body awareness.

Tai Chi: Introduce yourself to the martial arts through the slow and graceful movements of Yang Family Tai Chi Chuan. Daily practice of Tai Chi Chuan ultimately leads to many benefits including improved posture, coordination, balance, concentration and general energy level.

Yoga: Experience a vast collection of spiritual techniques and practices aimed at integrating mind, body and spirit to achieve a state of enlightenment or oneness.

Hatha: The Hatha yoga predominantly practiced in the West consists of mostly asanas or postures understood as physical exercises. It is also recognized as a stress-reducing practice.

Iyengar: A form of yoga known for its use of props, such as belts and blocks, as aids in performing asanas or postures.

Vinyasa Flow: The word Vinyasa means "breath-synchronized movement." Instructor guides you from one pose to the next.

DANCE MOVES

Belly Dance Conditioning: Experience a fun Middle Eastern art form that focuses on the entire body. Get toned and have fun with an emphasis on abdominal control, hip and chest isolation, proper posture and relaxation through stretching.

Belly Dance Performance: This class is open to all- levels and is a drop in class, but with a focus on learning choreography. The instructor finds opportunities for those who would like to perform at various community functions. New choreography is learned every four to six weeks. Performing is optional, but having fun is not!

Cardio Jazz: A fusion style class of modern dance and jazz that consists of core work and toning, jazz isolations, legwork, and energetic moves across the floor that get your hearts beating! Each class concludes with learning a fun combination of dance steps to great tunes.

Nia: A holistic dance fitness class with a personal twist. Set to a variety of soul-stirring music, the Nia class experience blends intuitive dance, martial arts and yoga movements. Adaptable to all athletic levels, this creative workout promises to boost strength, flexibility and peace of mind. Bring water and your bare feet!

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.

LIVESTRONG EXERCISE & THRIVE

A strength program developed in partnership with Fred Hutchinson Cancer Research Center Survivorship Program for people who are at least 90 days out of active cancer treatment.

WOMEN & MEN ON WEIGHTS – WOW & MOW

Explore the principles of weight training and learn proper technique. Develop a total body plan to fit your goals and receive personal attention with small class sizes. Sign up online or at front desk!

AOA: Active Older Adults

AOA Yoga: focuses on improving body functionality for everyday living. Chairs, blocks, straps, bolsters, and blankets are used to create stability and more openness in the yoga posture.

SILVER SNEAKERS ®:

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, and balls are offered for resistance. A chair is used for seated and standing support

Chair Yoga - 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. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

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. It is Y policy that class participants should be no more than 10 minutes late. If you are new to the class,

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.