

GROUP WELLNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	All Level Cycling Cycling Studio 6:00-6:45	Self-Guided Meditation Reflection 6:00-7:00	All Level Cycling Cycling Studio 6:00-6:45	Self-Guided Meditation Reflection 6:00-7:00	All Level Cycling Cycling Studio 6:00-6:45		
6:15	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	Cardio Interval Wellness Studio 6:15-7:15	Inter/Adv Yoga Reflection Room 6:15-7:30		
7:00	Body Sculpt Wellness Studio 6:30-7:30	All Levels Cycling Cycling Studio 7:15 - 8:00	Body Sculpt Wellness Studio 6:30-7:30	All Levels Cycling Cycling Studio 7:15 - 8:00	Body Sculpt Wellness Studio 6:30-7:30		
8:15	Low Impact Wellness Studio 8:15-9:15		Low Impact Wellness Studio 8:15-9:15		Low Impact Wellness Studio 8:15-9:15		
9:30	Cardio Step & Conditioning WS 9:30-10:30	Kickboxing Circuit Wellness Studio 9:30-10:30	Cardio Step & Conditioning WS 9:30-10:30	Kickboxing Circuit Wellness Studio 9:30-10:30	Cardio Step & Conditioning WS 9:30-10:30	Zumba Gym 9:00-10:00	
	All Levels Cycling Cycling Studio 9:30-10:30		All Levels Cycling Cycling Studio 9:30-10:30		All Levels Cycling Cycling Studio 9:30-10:30	Int./Adv. Yoga Reflection Room 9:15-10:30	
	Family Yoga Family Wellness 9:30-10:30	Circuit Training Family Wellness 9:30-10:30		Circuit Training Family Wellness 9:30-10:30	Family Yoga Family Wellness 9:30-10:30	Cycle & Core Cycling Studio 9:30-10:30	
10:00	AOA Land Gym 10:00-11:00	Pilates Mat Reflection 9:30-10:30	AOA Land Gym 10:00-11:00	Pilates Mat Reflection 9:30-10:30	AOA Land Gym 10:00-11:00	Cardio Step & Conditioning WS 10:15-11:15	
10:45	SilverSneakers® MS Well. Std. 10:45-11:30	SilverSneakers® CC Well. Std. 10:45-11:30	SilverSneakers® MS Well. Std. 10:45-11:30	SilverSneakers® CC Well. Std. 10:45-11:30	SilverSneakers® Yoga Well. Std. 10:45-11:30	Pilates Mat 101 Reflection 10:45-11:45	
11:45	SilverSneakers® CC Well. Std. 11:45-12:30		SilverSneakers® CC Well. Std. 11:45-12:30				
12:00 - 2:00	Express Cycle Cycling Studio 12:00-12:45	All Levels Yoga Reflection 12:00-1:00	Express Cycle Cycling Studio 12:00-12:45	All Levels Yoga Reflection 12:00-1:00	Express Cycle Cycling Studio 12:00-12:45		Step Wellness Studio 1:00-2:00
	Tai Chi Family Wellness 1:00-2:00	Zumba Wellness Studio 12:15-1:00	Tai Chi Family Wellness 1:00-2:00	Zumba Wellness Studio 12:15-1:00			Core & Strength Wellness Studio 2:00-2:45
5:00	Express Stability Core Well. Studio 5:00-5:30	Yoga 101 Reflection 5:00-6:15	Express Abs & Core Well. Studio 5:00-5:30	Yoga 101 Reflection 5:00-6:15	Express Stability Core Well. Studio 5:00-5:30		
5:30	All Levels Yoga Reflection 5:30-6:45	Cardio Step Wellness Studio 5:30-6:15	All Levels Yoga Reflection 5:30-6:45	Cardio & Strength Wellness Studio 5:30-6:15	All Levels Yoga Reflection 5:30-6:45		
	Step Wellness Studio 5:45-6:45	Family Boot Camp Family Wellness 5:30-6:15	Power Step Wellness Studio 5:45-6:45	Family Boot Camp Family Wellness 5:30-6:15	Step 101 Wellness Studio 5:45-6:45		
6:00	All Levels Cycling Cycling Studio 6:45-7:45	Express Body Shop Wellness Studio 6:15-6:45	All Levels Cycling Cycling Studio 6:45-7:45	Express Body Shop Wellness Studio 6:15-6:45	All Levels Cycling Cycling Studio 6:45-7:45		
	Zumba Gym 7:00-8:00	Cycle & Core Cycling Studio 6:00-7:00	Zumba Gym 7:00-8:00	Cycle & Core Cycling Studio 6:00-7:00			
7:00	Pilates Mat Reflection 7:15-8:00	All Levels Yoga Reflection 6:30-7:45	Pilates Mat Reflection 7:15-8:00	All Levels Yoga Reflection 6:30-7:45			
8:00	Inter/Adv Pilates Reflection Room 8:15-9:00	Cardio Step & Conditioning WS 7:00-8:00		Cardio Step & Conditioning WS 7:00-8:00			

CLASS DESCRIPTIONS

Adult Seido Karate Mon & Wed 6:30-7:30pm.
Register at the Member Service Desk.

Body 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.

Cardio Step & Conditioning: 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: 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.

Family Boot Camp: The whole family is invited! A high-energy class using drills of interval activity. Activities may include jump rope, crunches, push-ups and running stairs. The workout will increase your metabolism, help to build muscular strength and endurance, and reduce body fat. Families with children 4+.

Family Circuit Training: The whole family is invited! 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.

Kickboxing Circuit: Using boxing and martial arts conditioning moves, this high energy group class provides an excellent cardio workout, plus

strength and core work.

Hip Hop: Your chance to try a variety of styles such as breaking, popping, locking and krumping, house dance or even old school. This is a youth/adult class for ages 7 and up.

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

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: Tai Chi is a martial art that uses slow movements to promote health, circulation and relaxation. It concentrates on breathing, core muscle strength, and harmony of the mind, body, and spirit. This class is suitable for all levels.

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.

SilverSneakers® YogaStretch:

YogaStretch 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.

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.

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.

Parent & Tot Yoga: Gentle strengthening exercises to tone and relax new parents' body and meditation to calm the mind. This class is for new Parent's and their young children. Postures are used to increase abdominal and back strength and build stamina. Class includes baby play and baby stretches.

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

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 Rene De Los Santos, Health & Wellness Director with questions regarding our Group Wellness programs (rdlsantos@seattlemca.org).