

GET FIT, FEEL GREAT

GROUP EXERCISE SCHEDULE– Sammamish Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Water Fitness 8:00-9:00am Juli/Pat		Water Fitness 8:00-9:00am Juli/Pat		Water Fitness 8:00-9:00am Juli/Pat	
Step & Strength (B-ball gym) 9:30-10:30am Avivit	Circuit Training 9:30-10:30am Vicki	Step & Strength (B-ball gym) 9:30-10:45am Avivit	Circuit Training (B-ball gym) 9:30-10:30am Vicki	Step & Strength 101 (B-ball gym) 9:30-10:30am Avivit	Circuit Training 9:15am Staff
Cycling 9:30-10:00am Karla		Cycling 9:30-10:00am Karla			
Cycling 10:05-10:35am Karla	Cycling 10:00-10:30am Karla	Cycling 10:05-10:35am Karla		Cycling 101 10:00-10:30am Margaret	
SilverSneakers® MSROM 11:00-11:45am Vicki	SilverSneakers® CardioCircuit 11:00-11:45am Avivit	SilverSneakers® MSROM 11:00-11:45am Vicki	SilverSneakers® YogaStretch® 11:15am Vicki	SilverSneakers® MSROM 11:00-11:45am Avivit	
Yoga w/ Meditation 6:45-8:15pm Brandy	Circuit Training 6:00-7:00pm Vicki	Express Yoga 6:30-7:25pm Brandy	Circuit Training (B-ball gym) 6:00-7:00pm Vicki		
		Express Yoga 7:35-8:30pm Brandy			



Age Guidelines

Weight/Cardiovascular Room

13 and older: May use the weight/cardiovascular room without supervision after completing an orientation with YMCA fitness staff.
8-12 years: Must be accompanied by a supervising individual (14+ years) who remains in the room and is actively monitoring the youth.
Ages 7 and under: Not permitted in weight/cardiovascular room. *(Exceptions may be made for infants that are secured in an approved device and that are in close proximity to the guardian. Please check in at the front desk before starting your workout.)*

Group Exercise Classes

Youth ages 10-13: May participate in a group class with a supervising individual if they are willing and able to follow the class structure.
Circuit Training class– participants must be 14 or older.

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle is a charitable, non-profit membership organization serving King and south Snohomish counties since 1876.

Sammamish Family YMCA

FITNESS CLASS DESCRIPTIONS

Water Fitness

Jump in for a terrific hour of aqua-aerobics in the pool! Meet your health and fitness goals using gentle, water-based resistance.

Step & Strength

Enjoy a great aerobic workout on a step platform, combined with strength & toning segments – upstairs in the gym! *(101 class is focused on teaching the basics of this class format).*

Circuit Training

Join us in the Fitness Center or the Gym for conditioning with alternating strength and cardio stations.

Yoga

Exercise your spirit, mind, and body with us in the conference room! This class is appropriate for all abilities.

SilverSneakers® Muscular Strength and Range of Movement Conditioning (MSROM)

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. Join us in the gym.

SilverSneakers CardioCircuit®

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.

YogaStretch®

This class will move your whole body through a complete series of seated and standing stretches. Chair support is offered to safely perform a variety of exercises designed to increase flexibility, balance and range of movement. Part of this class will also be dedicated to relaxation techniques.

Cycling

Join us for an instructor-led indoor cycling class using stationery bikes. Please sign up for your bike at the front desk prior to class.

