

# GROUP EXERCISE

## CLASS SCHEDULE

MONDAY		
TIME	Class/Area	Instructor
5:30-6:30	Urban Grit/Club RM B	Rich
5:45-6:45	Yoga/MPR	Tamara
6:45-7:45	Group Cycling/Club RM B	Dana
8:15	Walking Group/Lobby	Faye
8:30-9:15	Pilates/MG	Candy
8:30-9:15	Group Cycling/Club RM B	Meredith/Dana
9:00-10:00	Shallow H2O Aerobics/Pool	Kris
9:15-10:15	Cardio & Strength/MPR	Jana
9:30-10:15	Pilates/FG	Anelody
9:30-10:15	Zumba@/MG	Jenny
9:30-10:30	Group Cycling/Club RM B	Tammy
10:30-11:45	Yoga/MPR	Suzanne
12:00-1:00	MS Yoga	Lydia
12:00-1:00	Arthritis Class/Pool	Gail
5:45-6:45	Belly Dancing/MPR	Gypsy
1:15-2:00	Zumba@/MPR *Starts Nov 23	Katie
5:45-6:45	Urban Grit Cycling/Club RM B	Mary-Clayton
6:00-7:00	Step/FG	Sara
7:00-7:45	Group Cycling/Club RM B	Cindy
7:15-8:00	Zumba@/FG	Suzanne
TUESDAY		
5:30-6:30	Group Cycling/Club RM B	Lori
5:45-6:45	Cardio & Strength/MPR	Diane
8:45-9:30	Group Cycling/Club RM B	Cindy
9:00-10:00	SilverSplash@/Pool	Terra
9:00-10:00	AOA Land Aerobics/MPR	Janet
9:30-10:30	Boot Camp/MG	Jodi
10:30-11:30	SilverSneakers@ 1/MPR	Janet/Elaine
12:00-1:00	SilverSneakers@ 1/MPR	Janet/Elaine

## CLASS DESCRIPTIONS

### 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

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 Straining

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

### Express 101 BOSU

This class introduces participants to the Bosu Balance Trainer. Learn the elements of safe and effective use of the versatile BOSU Balance Trainer as well as increase balance and body awareness.

### Express Pilates

This is a 30 minute version of our regular Pilates class. See "Pilates" for complete description.

### Express 101 Qigong

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

### Express 101 Group Cycling

Three week progressive cycling classes to teach you bike fit, safety, and the language of group cycling. Starts first week of every month.

CLASS SCHEDULE AND DESCRIPTIONS CONTINUE ON NEXT PAGE

**TUESDAY**

12:00-1:00	Arthritis Class/Pool	Cathy
1:00-1:30	Express 101 Bosu/MPR	Shauna
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	Susanne
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
6:45-7:45	Group Cycling/Club RM B	Steve
8:15	Walking Group/Lobby	Faye
8:30-9:15	Pilates/MG	Connie
8:30-9:15	Group Cycling/Club RM B	Meredith/ Dana
9:00-10:00	Shallow H2O Aerobics/Pool	Anne
9:30-10:00	Life Fitness Circuit/THC	Lynette
9:30-10:15	Pilates/FG	Cindy
9:30-10:15	Zumba®/MG	Jenny
9:30-10:30	Group Cycling/Club RM B	Jodi
9:15-10:30	Cardio & Strength/MPR	Nichole
10:30-11:45	Yoga/MPR	Suzanne
12:00-1:00	Arthritis Class/Pool	Ginger
12:00-1:00	Yoga/MPR	Lydia
1:45-2:15	Express 101 Qigong/MPR	Ed B.
2:15-2:45	Express 101 Tai Chi/MPR	Ed B.
5:45-6:15	Express 101 Qigong/MPR	Ed B.
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	Budd
7:00-7:30	Exp 101 Group Cycling/Club RM B*	Ed M.

**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	Cindy
9:00-10:00	Silver Splash®/Pool	Cyndi
9:00-10:00	AOA Land Aerobics/MPR	Janet
9:30-10:30	Boot Camp/MG	Jodi
10:30-11:30	SilverSneakers® 2/MPR	Janet/Elaine

**Group Cycling**

Instructor led indoor cycling class using stationery bikes.

**Jazz Dance**

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

**Life Fitness Circuit**

It's a complete workout in one class! 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. Class taught by trained YMCA instructor. Everyone is welcome, people with MS have priority.

**Pilates**—Based on Joseph Pilates mat 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, 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 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**

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 a progressive format and not suitable for those new to Tai Chi. Please see Express 101 Tai Chi class description if you are new to Tai Chi.

**Express 101 Tai Chi**

Tai Chi uses slow movements to promote health, circulation and relaxation. It concentrates on breathing, core muscle strength, and harmony of the mind, body and spirit. 30 minute class format for those new to Tai Chi.

**Urban Grit**

Interval training is for intermediate to advanced cyclists. Focus is on endurance, strength, proper form and technique. 60 minutes in duration. High intensity.

**Walking Group**

Members meet in lobby to walk the trails around the business park. All members are welcome.

**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.

**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.

\* 101 Group Cycling - Progressive class takes place first three weeks of each month.

**THURSDAY**

12:00-1:00	SilverSneakers® 2/MPR	Janet/Elaine
12:00-1:00	Arthritis Class/Pool	Cathy
1:00-1:30	Express 101 Bosu/MPR	Shauna
5:30-6:00	Life Fitness Circuit/THC	Dana
6:00-6:45	Group Cycling/Club RM B	Kim
6:00-7:00	Pilates/MPR	Rachel
6:00-7:00	Body Shop/MG	Lisa
7:05-8:05	Aqua Power/Pool	Randy
7:15-8:30	Yoga/MPR	Lani

**FRIDAY**

5:30-6:30	Urban Grit/Club RM B	Lisa
6:45-7:45	Group Cycling/Club RM B	Steve/Dana
8:15	Walking Group/Lobby	Faye
8:30-9:15	Pilates/MG	Connie
9:00-10:00	Shallow H2O Aerobics/Pool	Kris
9:30-10:00	Life Fitness Circuit/THC	Janet
9:30-10:00	Express Pilates/MPR	Anelody
9:30-10:30	Group Cycling/Club RM B	Tammy
9:30-10:30	Body Shop/MG	Dawni Rae
10:30-11:30	Silver Sneakers® I/MPR	Janet/Elaine
12:00-12:30	Express 101 Strength Training/MPR	Janet/Elaine
12:00-1:00	Arthritis Class/Pool	Ginger
12:30-12:45	Core Strength/MPR	Janet/Elaine

**SATURDAY**

7:15-8:15	Urban Grit/Club RM B	Angela
7:30-7:55	Express 101 Qigong/MPR	Ed B.
7:55-8:25	Express 101 Tai Chi/MPR	Ed B.
8:00-9:00	Shallow H2O Aerobics/Pool	Kris/Annette
8:30-9:30	Step/MPR	Sara/Mary Beth
8:30-9:15	Group Cycling/Club RM B	Ed H.
9:00-10:00	Body Shop/FG	Candy
9:30-10:15	Group Cycling/Club RM B	Rachel
10:45-11:30	Yoga Pilates Combo/MPR	Suzanne
12:45-1:45	101 Yoga/MPR	Kathy

**SUNDAY**

10:15-11:25	Yoga/MPR	Lydia
11:30-12:30	101 Yoga/MPR	Lydia
1:00-2:00	Yoga/MPR	Lydia
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.

**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 well-being.

**SilverSneakers@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 performed 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.

**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!

**CLASS LOCATIONS**

MG = Main Gym

FG = Family Gym

MPR = Multipurpose Room

THC = Total Health Center

**CONTACT INFORMATION****Dana Oliver**

Health and Wellness Director  
doliver@seattleyymca.org

425-485-9797

**ymcanorthshore.org**

11811 NE 195th ST, Bothell WA 98011

# 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
8:15	Walking Group/Lobby	Faye
9:00-10:00	Shallow H2O Aerobics/Pool	Kris
9:30-10:15	Zumba@/MPR	Jenny
12:00-1:00	Arthritis Class/Pool	Gail
12:00-1:00	MS Yoga/MPR	Lydia
1:15-2:00	Zumba@/MPR *Starts Nov 23	Katie
5:45-6:45	Belly Dancing/MPR	Gypsy
7:15-8:00	Zumba@/FG	Suzanne
TUESDAY		
9:00-10:00	Silver Splash/Pool	Mary
9:00-10:00	AOA Land Aerobics/MPR	Janet
10:30-11:30	SilverSneakers@ I/MPR	Janet/Elaine
12:00-1:00	SilverSneakers@ I/MPR	Janet/Elaine
12:00-1:00	Arthritis Class/Pool	Cathy
1:00-1:30	101 Bosu/MPR	Shauna
7:05-8:05	Aqua Power/Pool	Susanne
WEDNESDAY		
8:00-8:30	MS Aquatics/Pool	Jane
8:15	Walking Group/Lobby	Faye
9:00-10:00	Shallow H2O Aerobics/Pool	Anne
9:30-10:00	Life Fitness Circuit/THC	Lynette
9:30-10:15	Zumba@/MPR	Jenny
12:00-1:00	Arthritis Class/Pool	Ginger
1:45-2:15	Express 101 Qigong/MPR	Ed B.
2:15-2:45	Express 101 Tai Chi	Ed B.
5:45-6:15	Express 101 Qigong/MPR	Ed B.
6:15-6:45	Express 101 Tai Chi/MPR	Ed B.
7:00-7:30	101 Group Cycling/Club RM B *	Ed M.

THURSDAY		
Time	Class	Instructor
9:00-10:00	Silver Splash/Pool	Mary
9:00-10:00	AOA Land Aerobics/MPR	Janet
10:30-11:30	Silver Circuit II/MPR	Janet/Elaine
12:00-1:00	Silver Circuit II/MPR	Janet/Elaine
12:00-1:00	Arthritis Class/Pool	Cathy
5:30-6:00	Life Fitness Circuit/THC	Dana
1:00-1:30	101 Bosu/MPR	Shauna
7:05-8:05	Aqua Power/Pool	Randy
FRIDAY		
8:15	Walking Group/Lobby	Faye
9:00-10:00	Shallow H2O Aerobics/Pool	Kris
9:30-10:00	Life Fitness Circuit/THC	Janet
10:30-11:30	Silver Sneakers I/MPR	Janet
12:00-12:30	Express 101 Strength Training/MPR	Janet/Elaine
12:30-12:45	Core Strength/MPR	Janet/Elaine
SATURDAY		
7:30-7:55	Express 101 Qigong/MPR	Ed B.
7:55-8:25	Express 101 Tai Chi/MPR	Ed B.
8:00-9:00	Shallow H2O Aerobics/Pool	Kris/Annette
12:45-1:45	101 Yoga/MPR	Kathy
SUNDAY		
11:30-12:30	101 Yoga/MPR	Lydia

\* 101 Group Cycling - Progressive class takes place first three weeks of each month.

Schedule subject to change without notice.

**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.