

GROUP EXERCISE

NOVEMBER 2009 • DOWNTOWN SEATTLE YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
▪ ▪ ▪ MORNING CLASSES ▪ ▪ ▪					
	Flow Yoga MP1 (Laura) 6:45-7:45	Group Cycling MP3 (Lindsey) 6:30-7:15			
		Circuit Training 5 th Floor (Lindsey) 7:30-8:00			
	International Senior Aerobics MP2 (Dean) 8:45-9:30		International Senior Aerobics MP2 (Dean) 8:45-9:30		Intermediate Yoga MP1 (Daniel) 10:00-11:30
	Chi Forms MP2 (Dean) 9:30-10:00		Chi Forms MP2 (Dean) 9:30-10:00		
Gentle Yoga MP1 (Lindsey) 10:00-11:00	SilverSneakers® MSROM MP2 (Staff) 10:00-10:50		SilverSneakers® MSROM MP2 (Staff) 10:00-10:50		
Functional Strength for Everyone MP2 (Juliet) 11:00-11:55		Functional Strength for Everyone MP2 (Jan) 11:00-11:55		Functional Strength for Everyone MP2 (Kyra) 11:00-11:55	
▪ ▪ ▪ AFTERNOON CLASSES ▪ ▪ ▪					
		Pilates MP1 (Bev) 11:30-12:30			
Step Aerobics MP2 (Rachel) 12:00-1:00	Cardio Strength MP2 (Margaret) 12:00-1:00	Zumba MP2 (Nancy) 12:00-1:00	Circuit Training MP2 (Juliet) 12:00-1:00	Strength Training MP2 (Lindsey) 12:00-1:00	
Group Cycling MP3 (Cornell) 12:00-1:00		Group Cycling MP3 (Margaret) 12:00-1:00		Group Cycling MP3 (Kyra) 12:00-1:00	
Intermediate Yoga MP1 (Bev) 12:30-1:30	All Levels Yoga MP1 (Ruth) 12:30-1:30	Intermediate Yoga MP1 (Bev) 12:30-1:30	All Levels Yoga MP1 (Ruth) 12:30-1:30	Intermediate Yoga MP1 (Bev) 12:30-1:30	
Pilates MP2 (Ruth) 1:00-2:00				Express BOSU MP2 (Kyra) 1:00-1:30	
▪ ▪ ▪ EVENING CLASSES ▪ ▪ ▪					
Flow Yoga MP1 (Bev) 5:15-6:30					
Group Cycling MP3 (Alicia) 5:15-6:00	Zumba MP2 (Gloria) 5:30-6:30	Group Cycling MP3 (Dave) 5:15-6:00	Zumba MP2 (Gloria) 5:30-6:30		
			Pilates MP1 (Sonja) 5:30-6:30		
Karate MP2 6:00-7:00		All Levels Yoga MP1 (Bev) 6:00-7:15	Karate MP3 6:00-7:00		
Cross Training Challenge MP1 (Steve) 6:05-7:05 **STARTS NOV 16					
Beginning Yoga MP1 (Bev) 6:30-7:45					

Questions or Comments?

Contact: **Lindsey Gregerson**, Assistant Director of Health & Wellness. Phone: 206-344-3181

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Although it is always our intention to follow the scheduled format, classes may change without notice when necessary. Classes with low attendance may be removed from the schedule. We appreciate your cooperation. See back for class descriptions.



BOSU™: BOSU™ is an acronym for "both sides up." Use the BOSU® Balance Trainer to train for sports performance and everyday functionality. Improve your balance, core strength, kinesthetic awareness, agility and cardiovascular capacity.

Cardio Strength: This high energy class attracts a wide range of exercisers and includes both strength and aerobic exercise. Beginners and athletes alike enjoy this workout which uses body bars, dumbbells, and resistance bands.

Chi Forms: Focus on movements inspired by traditional Tai Chi and Qigong forms in this easy to follow ½-hour class.

Circuit Training Challenge: Traditional exercise principles meet creative training methods in this challenging and fun class. Using an array of exercises, members will learn new ways to enjoy a total body workout. This class is appropriate for all skill and fitness levels.

Cross Training: It's a complete workout in one class! This unique format alternates timed intervals of strength and cardio segments, in a group or with rotating stations.

Express Core Strength: Focused on abdominal, inner thigh and lower back work, this class is a great complement to other activities. Do this 30-minute workout by itself or attend the Group Cycling class first for a well-rounded workout.

Functional Strength for Everyone: Be strong at any age! This class, designed for older exercisers and those new to strength training, works your muscles in a way that simulates daily activities through strength training, core strength, balance and flexibility. Increase your stability, mobility and functionality.

Group Cycling: Simulating various terrain on a stationary bike is an amazing non-impact cardio workout. This challenging workout is focused on interval training. Since you control the bike tension, the class can be done at many fitness levels.

International Senior Aerobics: This low-impact aerobics and strength class gives voice and choice to our non-English-speaking senior members. Increase strength, flexibility and muscle tone while learning to use various pieces of equipment. Learn about each others' cultures and get a fun workout. All are welcome.

Karate: Shaped by East Asian philosophical concepts karate focuses on increasing physical fitness, building self confidence, and respect for self and others. Jun Shihan, Tom Tanaka, 6th degree black belt, is assisted by other black belts in this traditional class that is a Downtown Y institution.

101 Series: These intro-level classes are offered in rotating 6-week sessions. Drop in any time, stay for 6 consecutive sessions to get the full range of material, and move onto the regular classes whenever you're ready. Each class covers a basic topic. Ask questions, take notes and get individual attention.

Pilates: Based on Joseph Pilates mat technique, this class is designed to increase core strength, flexibility and align the mind and body. A Pilates exercise routine can improve posture, athletic performance, and take strain off the lower back.

SilverSneakers® 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.

Step Aerobics: In this traditional, continuous, cardio-centered class, you'll learn fun choreography that combines classic step components with options for power movements. Movements are performed on and off an adjustable step. Options are provided to vary the level of complexity and impact.

Strength Training: This popular class attracts a wide range of exercisers. Beginners and athletes alike enjoy this strength-centered workout that uses body bars, bar bells, resistance bands, and dumbbells. Warm-up, strength and muscular endurance, core conditioning and a cool down are included.

Yoga: This ancient practice uses relaxation, breathing techniques, and physical exercises to combat stress, release tension, increase flexibility, and improve circulation and joint movement. Increase self-confidence, develop balance and coordination, and breathe more fully. Yoga can be practiced by anyone to achieve greater wellness.

Gentle Yoga: This most gentle and adaptable yoga class is suitable for new exercisers, seniors, and those with physical challenges. Range of motion, relaxation, and breathing techniques are emphasized. This class can be done from a chair.

All Levels Yoga: Appropriate for all levels, this class can be used as a gentle introduction to yoga or postures can be adapted to meet the needs of the individual students in each class. Stretching, breathing, balance and coordination are the focus.

Intermediate Yoga: Stretching poses, balances, and strengthening movements that condition the body while achieving mental discipline are emphasized. This class is suitable for those with some knowledge of yoga or a willingness to jump right into something new.

Flow Yoga: This athletic type of yoga focuses on repetition of poses in a flowing format. Work up a sweat and build muscle and inner focus.

Restorative Yoga: Similar to meditation, this is a relaxation and stress-relieving practice. Rest in passive poses and focus on the breath. Bev usually offers this class on the 1st Wednesday of each month at 12:30pm and 6pm

Zumba: Enjoy an hour of exciting music fused with various dance forms and aerobic movements in this exhilarating class. Great for beginners as well as seasoned dancers!