

GROUP WELLNESS

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING CLASSES

5	Circuit Training- WS 5:30-6:30 (Kari)		Bootcamp - WS 5:30-6:30 (Connie)		Step/Strength - WS 5:30-6:30 (vaires)		
6	Mat Pilates - WS 6:45-7:45 (Allison)	Step Circuit - WS 6:00-7:00 (Lisa)	Mat Pilates - WS 6:45-7:45 (Allison)	Step Circuit - WS 6:00-7:00 (Lisa)			
	Yoga (Power) - RR 6:00-7:15 (Betsy)		Yoga (Power) - RR 6:00-7:15 (Betsy)		Yoga (Align Based) - RR 6:00-7:15 (Sanjyot)		
7							
8	Senior Strength - WS 8:00-8:45 (Alethia)	Strength Training - WS 8:00-9:00 (Marie)	AOA Step - WS 8:15-9:15 (Barb)	Strength Training - WS 8:00-9:00 (Marie)	Nia - WS 8:15-9:15 (Randee)	Cardio Variety - WS 8:15-9:15 (Marie)	Circuit Training - WS 8:30-9:30 (Lisa/Marie)
	SilverSneakers®-Gym2 MSROM 8:15-9:15 (Barb)	AOA Yoga - RR 8:15-9:15 (Dorothy)	SilverSneakers®-Gym2 MSROM 8:15-9:15 (Alethia)	AOA Yoga - RR 8:15-9:15 (Dorothy)	SilverSneakers®-Gym2 MSROM 8:15-9:15 (Barb)	Yoga (Power) - RR 8:30-9:45 (Betsy/Yella)	Yoga (Align Based)- RR 8:30-9:45 (Allison L.)
9	Yoga (Hatha)- RR 9:30-10:45 (Dorothy)	Strength Training - WS 9:30-10:30 (Jo)	Yoga (Hatha) - RR 9:30-10:45 (Dorothy)	Strength Training - WS 9:30-10:30 (Jo)	Yoga 101 (Hatha) - RR 9:30-10:30 (Dorothy)	Strength Training - WS 9:30-10:30 (Tori)	
	Step Circuit - WS 9:30-10:30 (Dayna)	Mat Pilates 101 - RR 9:30-10:30 (Shana)	Cardio Kickboxing - WS 9:30-10:30 (Dayna)	Mat Pilates - RR 9:30-10:30 (Shana)	Step - WS 9:30-10:30 (Dayna)		
	Zumba - Gym 2 9:30-10:30 (Deena)		Zumba - Gym 2 9:30-10:30 (Deena)		Zumba - Gym 2 9:30-10:30 (Chris)		
10	Mat Pilates - RR 11:00-12:00 (Michaela)	SilverSneakers®-WS MSROM 10:45-11:45 (Jo)	Mat Pilates - RR 11:00-12:00 (Michaela)	SilverSneakers®-WS MSROM 10:45-11:45 (Jo)		Yoga (Hatha) - RR 10:00-11:15 (Betsy/Yella)	Yoga (Hatha) - RR 10:00-11:15 (Tori)
						Family Zumba*-Gym 2 10:00-11:00 (Chris)	

AFTERNOON CLASSES

11	Circuit Training - WS 11:45-12:45 (Lucy)		Circuit Training - WS 11:45-12:45 (Lucy)	Yoga (Power) - RR 11:00-12:15 (Yella)	Strength Training - WS 11:45-12:45 (Chris)		Yoga 101- RR 11:30-12:30 (Tori)
12		Yoga (Power) - RR 12:00-1:15 (Saori)					
3							Mat Pilates - RR 3:00-4:00 (Maridelle)
4	Step Circuit - WS 4:30-5:30 (Debbie)			Step Circuit - WS 4:30-5:30 (Karla)			Family Cond*-WS 4:00-5:00 (Julene)

EVENING CLASSES

5			Xpress Strength Training -WS 5:00-5:45 (Alethia)				
	Yoga (Kundalini)- RR 5:30-6:45 (Sosie)	Mat Pilates - RR 5:30-6:30 (Shana)	Yoga (Kundalini) - RR 5:30-6:45 (Sosie)	Mat Pilates - RR 5:30-6:30 (Shana)	Relaxation Yoga - RR 5:30-6:45 (varies)		
6	Strength Training - WS 6:00-7:00 (Heather Y.)	Nia - WS 6:00-7:00 (Randee)	Bootcamp - WS 6:00-7:00 (Yuki)	Cardio Kickboxing -WS 6:00-7:00 (Tien)	Family Cond*-WS 6:00-7:00 (Julene)		
	Zumba - Gym 2 6:15-7:15 (Marie)	Yoga workshop**- RR 6:45-8:00 (Carmen)	Zumba - Gym 2 6:15-7:15 (Kitty)	Yoga (Iyengar) - RR 6:45-8:00 (Carmen)	Family Zumba* -Gym 2 6:15-7:15 (Brooklyn)		
	Hip Hop - WS 7:15-8:15 (Keelie)	Family Zumba* -Gym 2 6:45-7:45 (Kitty)	Meditation - RR 7:00-8:30 (Ocean)	Zumba 101 - Gym 2 6:45-7:45 (Marie)			
		Strength Training - WS 7:15-8:15 (Tien)	Step - WS 7:15-8:15 (Tori)	Strength Training - WS 7:15-8:15 (Tien)			
	Ski Fit - Gym 2 7:30-8:30 (Julene)		Ski Fit - Gym 2 7:30-8:30 (Julene)				

WS = Wellness Studio
RR = Reflection Room

Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice. As a courtesy to others, please arrive to classes on time. See back for class descriptions. Youth 14+ may attend classes without an adult. Youth 8-13 can attend family friendly classes* with an adult.

Please see Group Cycling, Pool & Gym Schedules for other exercise options.

Updated 10/23/09

****Yoga workshops:**

- 11/3 Neck & Shoulders
- 11/10 Lower Back
- 11/17 Abs
- 11/24 Relax & Breathe

GROUP WELLNESS CLASS DESCRIPTIONS

BOOTCAMP. Extreme music, extreme workout. This class may include plyometrics, calisthenics, circuit training, jumping rope, speed work, lunging and various other physical challenges that will push your endurance and strength to the limit!

CARDIO KICKBOXING. Combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning.

CARDIO VARIETY. For those who like to do it all! Cardio variety may include step, hi/low aerobics and cardio kickboxing along with strength and stretch segments.

CIRCUIT 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.

FAMILY CONDITIONING. This class is designed for kids 8 years and older to participate in with their family. Class may include plyometrics, calisthenics, circuit training, jumping rope, speed work, lunging and various other physical challenges that will challenge your endurance and strength capacity.

HIP HOP. A high-energy class that uses the latest sounds in rap, R&B and pop music. This class will break down steps and technique to bring out your inner Hip Hop dancer.

MAT 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. **Must bring your own mat.**

MEDITATION. Learn to relieve stress and cultivate mindful awareness. Gain balance and perspective by quieting the busy mind. This class is limited to 10 participants.

NIA. Combine dance, martial arts and the healing arts in this expressive high energy, fusion fitness class. All levels welcome.

SILVERSNEAKERS®. This class offers muscular strengthening, range of movement conditioning, a variety of support positions with a chair and demonstrated exercise modifications.

MSROM - Muscular Strength Range of Motion

SKI FIT. This circuit-style workout will alternate between cardio and strength-training stations to increase your endurance and performance on the slopes and will help prevent injury.

STRENGTH TRAINING. These group exercise classes are designed to build muscular strength and enhance muscular endurance. A wide variety of equipment including resistance bands.

Senior Strength - same concept as strength training, but geared towards 50 and up.

STEP. Low-impact movements performed on and off an adjustable step. Intensity is determined by speed, travel patterns and choreography.

AOA Step - designed for ages 50 and up.

STEP CIRCUIT. This format alternates timed intervals of step and strength segments.

STEP STRENGTH. The first half of this class will focus on step routines and the second will be strength training.

TAI CHI. This class 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.

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. **Must bring your own mat.**

Align Based Yoga - The focus is on alignment in the poses, developing awareness and connection with the breath and a little meditation. The intention is to foster a sense of joy, discovery and fun while toning and stretching your muscles.

AOA Yoga - is designed for ages 50 and up. This gentle class focuses on stretching, breathing, balance and coordination.

Hatha Yoga - focuses on a variety of balancing, standing, seated and supine/prone postures to challenge the body at each individual's level and to focus the mind.

Iyengar Yoga - focuses on the structural alignment of the physical body. It aims to unite the body, mind and spirit for health and well-being.

Kundalini Yoga - uses a dynamic blend of postures, movement, sound current, breath and meditation to relax and heal your mind and body, elevating your spirit and allowing it to flow freely.

Power Yoga - is a fitness-based approach to yoga with emphasis on strength and flexibility

Yoga 101 - This class can be used as an introduction to yoga or as a gentle class for anyone. Stretching, breathing, balance and coordination are the focus.

ZUMBA. Zumba fuses fast and slow Latin rhythms in easy to follow moves to create a dynamic workout. It is fun and easy to do and is a "feel happy" workout that is great for the mind and body.

Family Zumba - This class is designed for kids 8 years and older to participate in with their family.

Zumba 101 - This class is designed for those new to Zumba.

FITNESS STUDIO GUIDELINES

- **Youth 14 and older** may attend group exercise classes without an adult. **Youth 8–13** can attend family friendly classes marked with an * with a parent or guardian.
- If you have a preexisting injury or need to have modifications or changes made in your workout, please meet with instructor prior to class so that the instructor can be aware of your needs.

CONTACT INFORMATION

Jaime Greene, Health & Wellness Director

425-282-1517

jgreene@seattleyymca.org