



GROUP EXERCISE SCHEDULE

JANUARY-MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING & AFTERNOON CLASSES						
Cardio Strength (Etty) 6-7	Cycle Circuit (Chrissy) 6-7	Step & Strength (Petrina) 6-7am	Cycle Circuit (Chrissy) 6-7			
Healthy Back (Tanya) 8:30-9	Yoga Gates Rm (Chuck) 7-8		Yoga Gates Rm (Amanda) 7-8			
	Express Core Strength (Etty) 9-9:30	Healthy Back (Kerry) 8:30-9	Express Core Strength (Kimberly) 9-9:30	Healthy Back (Tanya) 8:30-9	Kickboxing Bootcamp (Jen) 8:30-9:40	
Step (Nisa) 9:30-10:30	Cardio Kickboxing (Jen) 9:30-10:30	Step (Irene) 9:30-10:30	Cardio Kickboxing (Kimberly) 9:30-10:30	Zumba (Kristina) 9:30-10:30		
Zumba (Kristina) 9:15-10	Recess Gym (Hope) 10:30-11:30	Intermediate Tai Chi MP (Ray) 10-11		Strength Training Express (Kim) 10:30-11	Zumba (Jane) 9:45-10:45	Yoga Gates Rm (Faith) 10:15-11:30
Strength Training Express (Nisa) 10:30-10:55	Above the Barre (Chrissy) 10:40-11:30	Strength Training Express (Irene) 10:30-11:00	Above the Barre (Kristina) 10:40-11:30	101 Yoga Gates Rm (Karen) 11-12	Yoga Gates Rm (Saori/Chuck) 10-11:15am	Zumba Toning (Jane/Tracy) 10-11:15
Yoga Gates Rm (Chuck) 11-12	Tai Chi (Stefanie) 12-1	Yoga Gates Rm (Karen) 11-12	Tai Chi (Stefanie) 12-1		NIA (Alyson) 11-noon	
	Yoga Gates Rm (Rachael) 12-1		Yoga Gates Rm (Rachael) 12-1			
NIA (Ranee) 12:15-1:15	101 Tai Chi MP (Merrillanne) 1:15-2:15	NIA (Ranee) 12:15-1:15		NIA (Ranee) 12:15-1:15		
EVENING CLASSES						
Express Core Strength (Jana) 5-5:30		Express Core Strength (Autumn) 5-5:30				
Step (Jana) 5:30-6	Zumba (Lea) 5:20-6:20	Step/Strength (Mary) 5:30-6:30	Zumba (Lea) 5:20-6:20			Yoga Gates Rm (Chris) 5-6:15
Strength Training Express (Jana) 6-6:30						
Karate^s Gates Rm (Adrian) 6:15-7:15	Yoga Gates Rm (Faith) 6:30-7:30	Karate^s Gates Rm (Adrian) 6:15-7:15				
	Cardio Strength (Kimberly) 6:30-7:30	Tai Chi Refinement \$ MP (Stefanie) 6:30-7:30	Yoga Gates Rm (Shilpa) 6:30-7:30			
	Above the Barre MP (Katia) 6:30-7:30pm	Zumba (June) 7:00-8pm	Bollywood (Kavita) 6:30-7:30			
Yoga—Power (Rae) 7:30-8:30	Meditation Gates Rm (Vira) 7:45-8:30	Yoga-Power (Rae) 7:30-8:30pm	Boot Camp MP (Autumn) 7-7:45PM	Zumba (Reyna) 7-8 pm		
Freestyle Dance—MP (Ed and Irene) 7:30-8:30						
Zumba (Katia) 8-9			Bellydancing MP (Mariam) 8:00-9			

Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice. Please see the Gym, Cycling, Active Older Adults and Aquatics Schedules and Program Guides for other fitness activities.

GROUP EXERCISE DESCRIPTIONS

ABOVE THE BARRE. A challenging and unique workout designed to sculpt and strengthen your entire body, as well as increase your flexibility. Use your own body weight and light free weights to define and tone. Meant to be done barefoot, but not required.

BELLY DANCE. This body-positive ethnic dance welcomes all levels of exercisers. Primary focus is on hip movement, but also includes arm and hand technique, shimmies, traveling steps and danceable combinations.

CYCLE CIRCUIT. Combine your cycling with bursts of strength training for a total body workout that never gets boring. This class includes half strength work and half cycling in varying intervals.

BOOT CAMP. Get an extreme workout! Dial up the adrenaline for a range of heart-pumping and strength-building exercises. May include plyometric, calisthenics, circuit training, speed work, and more, using body weight and other equipment.

CARDIO KICKBOXING. Learn boxing and martial arts moves in this high-energy class with challenging cardio intervals. Punch, kick and block your way to greater fitness.

CARDIO STRENGTH. Join this high-energy class for strength training and aerobic exercise (may use a step platform).

EXPRESS CORE STRENGTH. Increase your strength, stability and balance by targeting the muscles of your abs, back and legs using a variety of techniques and equipment.

CORE STRENGTH. Increase your strength, stability and balance by targeting the muscles of the abs, back, legs and other major muscle groups using a variety of equipment and techniques.

HEALTHY BACK. Strengthen your lower back and abdominal muscles, increase flexibility, and relax the muscles surrounding the spine. Great for all fitness levels.

NIA. Enhance your physical, mental, emotional and spiritual well being through expressive movements of NIA, a body-mind-spirit fitness and lifestyle practice.

KARATE. Increase physical fitness, build confidence, and respect for others through Karate. This ancient martial art incorporates a variety of techniques, including blocks and strikes.

101 SERIES. Geared towards members who are new to exercise or to the class. Learn basic instruction, form and concepts. While not required for regular classes, the 101 series provides a slower pace, individual attention, and time for questions and answers.

MEDITATION. Train your mind, like you train your body, for the perfect antidote to daily stress. Learn and practice centuries old meditation techniques to relax and increase your overall sense of well being.

STRENGTH TRAINING. Strengthen and tone your muscles using weights and other resistance equipment.

STEP. Enjoy fun, low-impact stepping using different speeds and choreography.

TAI CHI. A system of exercises intended to promote mental focus, physical strength, balance, and coordination of mind and body. This intro class focuses on the first section of the form, working on basic postures and movements, and discussion of the core principles.

TAI CHI Refinement. Join Stefanie Russell, Certified Instructor, Yang Family Tai Chi Chuan Association, in the study of the Yang Family 103 Hand Form. The Form is presented in a sequential manner, studying one new movement each week, so regular participation is preferable and registration is required. The three sections of the form are presented on Wednesday and Thursday evenings.

YOGA-POWER. A fitness based approach to yoga, balancing strength and flexibility for those with previous yoga experience.

YOGA. Yoga is an ancient practice that uses a combination of relaxation, breathing techniques and exercises to combat stress, help circulation and movement of the joints. It can be practiced by anyone to achieve greater health.

ZUMBA. A Latin inspired dance class! Have fun and get a great cardio workout. No dance experience is needed—great for all fitness levels.

CONTACT INFORMATION

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FITNESS STUDIO GUIDELINES:

- **Youth 14 and older** may attend any group exercise class without an adult. **Youth 10–13** can attend family friendly classes with a parent or guardian. **Children under the age of 10** are not allowed in the fitness studio without an adult.
- **Proper aerobic shoes** must be worn at all times.
- 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.
- If you do need to leave class early, please **remember to cool-down and stretch.**