



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP WELLNESS SCHEDULE

Summer 2017

New schedule begins Monday, July 3rd

MORNING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle—CR 5:30-6:30am Kathy	Bootcamp—SG 5:30-6:30am Holly	Cycle—CR 5:30-6:30am Kathy	Bootcamp—SG 5:30-6:30am Holly	Cycle—CR 5:30-6:30am Kathy		
P90X—SG 5:30-6:30am Jana	Water Walking—AP 7-10am No Instructor	P90X—SG 5:30-6:30am Jana	Water Walking—AP 7-10am No Instructor	P90X—SG 5:30-6:30am Jana		
Yoga (Power)—RR 6-7am Anitha	NEW! Cycle Express— CR 6:15-7am Jake	Yoga (Power)—RR 6-7am Anitha	NEW! Cycle Express— CR 6:15-7am Jake			
*NEW! Yoga (Flow)— RR 8-9am Grace	NEW! Run Circuit— Meet in lobby 7-7:30am Jake	Yoga (Flow)—RR 8-9am Maribeth	NEW! Run Circuit— Meet in lobby 7-7:30am Jake	Muscle Tone—GF1 6:30-7:00am Kathy	HIIT —GF1 8:15-9:15am Michelle	
	NEW! Circuit—SG 7:30-8:30am Vicki	NEW! Yoga in the Park—Beaver Lake 9-10am Renee		Aqua (All Levels)—LP 8-9am Pat		
Aqua (All Levels)—LP 8-9am Natalie	Yoga (Power)—RR 8-9am Joelle	Aqua (All Levels)—LP 8-9am Pat	Yoga (Viniyoga)—RR 7:15-8:15am Elaine	Cycle Express—CR 8:15-9am Margaret	Power Cycle—CR 8:30-9:30am Paul	NEW! *Yoga (Slow Flow)—GF1 8:30-9:30am Madison
Walking Group—Off Site 8-9am Vicki	NEW! Aqua Power— LP 8:30-9:30am Natalie		NEW! Aqua Power— LP 8:30-9:30AM Dominique	Pumped—GF1 8:15-9:10am Diana	Bootcamp—SG 8:30-9:15am Mihaela	Cycle—CR 8:30-9:30am Teresa
Pumped—GF1 8:15-9:10am Diana	Circuit—SG 9-10am Vicki	NEW! Pumped—GF1 8:15-9:10am Diana	Nia—RR 9:15-10:15am Alyson	Circuit—SG 9-10am Avivit	*Yoga (Slow Flow)— GF1 9:30-10:30am Tiffany	New! Yoga (All Levels)—GF1 9:45-10:45am Madison
NEW! HIIT—Meet in lobby 9-9:45am Katie	Nia—RR 9:15-10:15am Ranee	Running Group—Off Site 9-10am Vicki	HIIT—SG 9:15-9:45am Jenny	*Yoga (Flow)—RR 9:15-10:15am Renee Meena	Zumba—SG 9:30-10:30am Christina	
*Mat Pilates—RR 9:15-10:15am Tarah	Power Cycle—CR 9:15-10:15am Paul	*Mat Pilates—RR 9:15-10:15am Karen	NEW! Cycle—CR 9:30-10:30am Jake	New! Zumba—Back Parking Lot 9:30-10:30am Liz	Cycle—CR 9:45-10:45am Cornell	Core—SG 9:45-10:15am Teresa
Step & Strength—GF1 9:20-10:35am Avivit	*Yoga (Gentle)—GF1 9:30-10:30am Sanjyot	Step & Strength—GF1 9:30-10:45am Avivit	*Yoga (Gentle)—GF1 9:30-10:30am Sanjyot	*Barre—GF1 9:30-10:30am Margaret	Yoga (Viniyoga)—GF1 10:45-11:45am Tiffany	Zumba—SG 10:30-11:30am Yang
Zumba—SG 9:30-10:30am Christina	Turbo Kick—LG 9:30-10:30am Jana	Zumba—SG 9:30-10:30am Jessica	Zumba—LG 9:45-10:45am Rachel	Zumba Gold—LG 9:30-10:25am Diana	Core—RR Cornell 11-11:30am	Meditation—RR 11am-12pm Anoop
Cycle—CR 9:45-10:45am Tim	NEW! Zumba—LG 10:45-11:45am Rachel	Cycle—CR 9:30-10:30am Michelle	Total Body Conditioning—SG 10-10:45am Vicki	*Mat Pilates—RR 10:30-11:20am Karen		STRONG by Zumba—GF1 11:45am-12:45pm Yang
*Barre—GF1 10:45-11:45am Margaret	Bootcamp—SG 10:15-11am Holly	Power Core—LG 10:45-11:15am Michelle	*Yoga (All Levels)— GF1 10:45-11:45am Sanjyot	AOA Strength—GF1 11 am—12 pm Avivit		
Zumba Gold—LG 11-11:55am Diana	*Yoga (All Levels)— GF1 10:45-11:45am Sanjyot	AOA Strength—GF1 11 am—12 pm Vicki	Line Dancing—SG 11-11:45am Vicki	Bootcamp—SG 11am-11:55am Tim		
Bootcamp—SG 11:00am-12:00pm Jamie	AOA Cardio—SG 11:15am-12pm Avivit	Bootcamp—SG 11am-12pm Shiloh			SAMMAMISHYMCA.ORG	

AFTERNOON AND EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Core—GF1 12-12:30pm Avivit ★	Aqua (Arthritis & Injury)—AP 12-1pm Cheryl ★	Yoga (Flow)—RR 12-12:55pm Renee Meena	Aqua (Arthritis & Injury)—AP 12-1pm Cheryl ★	Zumba —SG 12:00-1:00pm Jessica ★		
	Basic Step—GF1 12-1pm Jenny ★	Cycle Express—CR 12-12:45pm Tim	Cycle—CR 12-1pm Tim	AOA Chair Yoga—GF1 12:15-1pm Grace		
	NEW! Adaptive Dance—GF1 1:45-2:30pm Teresa	Barre Express—GF1 12:15-1:00PM Jamie	Meditation—RR 12:00-12:30pm Grace			
Hard Core—SG 4:45-5:30 pm Margie	NEW! Bootcamp— Meet in lobby 3:30-4:15pm Shiloah	Hard Core—SG 4:45-5:30 pm Margie ◆	NEW! Adaptive Yoga—GF1 1:30-2:30pm Anitha	Mat Pilates—GF1 4:45-5:35pm Karen ★		
	NEW! Super Strength—GF1 5-5:45pm Teresa ◆	Cycle Express—CR 5:45-6:30pm Kelly	NEW! Super Strength—GF1 5-5:45pm Teresa ◆	*Yoga (Gentle)—RR 5:45-6:45pm Anitha ★		
Bootcamp—SG 6-6:45pm Jamie	Total Body Conditioning—SG 6:00-6:45pm Vicki	Bootcamp—SG 6-6:45pm Mihaela	Yoga (Power)—RR 6:00-7:00pm Sheetal P.			
BollyWorks Fitness—GF1 6-6:45pm Soumya ◆	Mat Pilates—GF1 6-7pm Kate ★	Yoga (All Levels)—RR 6:30-7:45pm Karen ◆	Mat Pilates—GF1 6-7pm Teresa			
Barre—GF1 7-8pm Jamie ★	Yoga (Power) - RR 6:30-7:30pm Sheetal P. ★	Barre—GF1 7-8pm Jamie ★	Cycle—CR 6:30-7:30pm Tim ★			
Aqua Zumba—LP 7-8pm Jean ★	Cycle—CR 6:30-7:30pm Tim	Aqua (All Levels)—LP 7-8pm Natalie ★	Yoga (Yin)—RR 7:15-8:15pm Sheetal P. ★	Zumba—GF1 7-8pm Laura ★		
Zumba—SG 7-8pm Jeanell	Zumba—SG 7-8pm Jean	Zumba—SG 7-8pm Jeanell ★	Bollywood Fitness—SG 7:30-8:30pm Sheetal S. ★			
Tai Chi Intro—RR 7:15-8:15pm Ross ★	Bootcamp Kickboxing—GF1 7:15-8:15pm John	Tai Chi Advanced—GF1 8:15-9:15pm Ross ★				

GET OUTSIDE WITH THE Y!

This summer we encourage you to get outside with the Y! All classes highlighted in purple on the schedule will be held outside in the Upper Commons, Lower Commons, or at Beaver Lake Park.

Membership to the Y is required for participation and please note that childcare will **NOT** be provided for any of the outdoor classes.

ROOM KEY:

CR	Cycle Room
LG	Large Gym
SG	Small Gym
LS	Loft Space
GF1	Group Fitness 1
GF2	Group Fitness 2
RR	Reflection Room
AP	Activity Pool
LP	Lap Pool

CLASS AGES:

All Classes	14+ (Ages 10-13 with Adult Supervision)
Family Classes	Ages 8+
Dance Classes	Ages 8+
Teen Classes	Ages 13-18

TICKETS All classes marked with an * require a ticket. Tickets are FREE and can be picked up at the membership desk 30 minutes prior to the start of class. The ticket reserves your spot in class and the instructor will collect the ticket from each participant prior to the start of class.

★ **GETTING STARTED?** We are committed to helping you achieve your goals every step of the way! Here are some of our beginner Group Exercise programs that will get you fit while having fun in a supportive group setting!

◆ **CHALLENGE YOURSELF!** If you are not new to exercise, are involved in a workout routine, familiar with strength training, and are in good health, here are some of our challenging classes for you!

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**

ADAPTIVE DANCE: Dancing can be a great emotional release and form of expression and communication. The mixing of musical, physical, and social components in an adaptive dance class can provide a non-threatening environment in which participants can further develop new skills.

ADAPTIVE YOGA: This class emphasizes the experience within poses, not simply physical accomplishments. Dynamic awareness moves through the mind body relationship both with and without muscular action.

AOA CARDIO: Combine fun with fitness to increase your cardiovascular endurance with a great workout.

AOA CHAIR YOGA: Great for people with mobility or balance difficulty, yoga poses are done standing near or seated in a chair.

AOA STRENGTH: Move to the music through a variety of chair-based exercises designed to increase muscular strength, range of movement and activity for daily living skills.

AQUA (ALL LEVELS): A gentle water fitness program for all levels, focusing on aerobic exercise, strengthening and stretching the major muscles of the body.

AQUA (ARTHRITIS & INJURY): Those with limited movement are invited to take part in mild water exercises that emphasize range of motion and strength.

AQUA (POWER): Come join this low-impact but high-intensity water workout. You will burn calories with cardio and interval training in the water.

AQUA ZUMBA®: A safe, challenging, water-based, Zumba® fitness workout. *Aqua socks or shoes recommended, but not required.

BARRE: A challenging and unique workout designed to sculpt and strengthen your entire body as well as increase flexibility. Use your own body weight and light free weights to define and tone your body.

BASIC STEP: Basic moves, basic patterns, and a great way for you to have fun and learn cardio step.

BOLLYWOOD FITNESS: Inspired by the high energy music of Indian films, this mixed level class combines traditional Indian folk dance movements with modern dance techniques and exercise components to create a complete body workout.

BOLLYWORKS FITNESS: (45 minutes) Get ready for an energy packed, cardio dance session where you get your thumbka on as you move through high to low intensity movements to Bollywood music.

BOOT CAMP: Extreme music, extreme workout. This class may include plyometric movements, calisthenics, circuit training, and speed work.

BOOT CAMP KICKBOXING (45 minutes): Kickbox your way into high energy intervals. You will kick, punch, and integrate bodyweight exercise for a full-body workout.

CORE: This class will increase stability and balance by targeting your core muscles of the abs, back, and legs, using a variety of techniques.

CYCLE: Strengthen your lungs and lower body with this non-impact form of exercise. Since you control the bike tension, this class can be done at many fitness levels.

CYCLE EXPRESS (45 minutes): This is a high-intensity interval training for immediate to advanced cyclists.

FAMILY YOGA (45 minutes): This class is for families with kids ages 8+. Have fun with your kids while gaining flexibility and strength.

HARD CORE (45 minutes): Core, power, performance! This class will focus on developing your athletic strength through a high intensity core workout.

HIIT: Moderate intensity intervals are alternated with high intensity intervals for a full body workout.

LINE DANCING: Learn the popular line dances of the past and present. A fun way to exercise your mind and body and dance socially without a dance partner.

MAT PILATES: This class is designed to increase core strength and flexibility plus align the mind and body.

MEDITATION: Learn and practice centuries old meditation techniques to relax and increase your overall sense of well-being.

NIA: This class is a sensory-based movement practice that draws from martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit.

P90X LIVE®: This workout offers a rich variety of intense routines from cardio to resistance training, strength training, plyometrics, ab work, and more.

POWER CYCLE: This class is a safe, non-impact workout, which uses aerobic and anaerobic drills to challenge participants. Learn proper indoor cycling form and technique while incorporating rolling hills, flat roads, climbs, sprints and more.

PUMPED: This low weight, high repetition barbell class will challenge all of your major muscle groups. Through resistance training you will sculpt, tone and strengthen your entire body as you squat, press, lift and curl.

RUN CIRCUIT (30 minutes): This class combines bodyweight exercises including step-ups, squats, lunges, planks, etc. with running intervals to improve form and speed. *Class meets in the lobby and is held outside in the Lower Commons.

RUNNING GROUP: This coached running session is open to all levels and includes a quick warm-up, an outdoor run, and lastly stretching and recovery. *Group meets off-campus. Contact Vicki Sosey at vsosey@seattlemca.org for details.

STEP & STRENGTH: Enjoy a great aerobic workout on a step platform, combined with strength and toning segments.

STRONG BY ZUMBA™: This class combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

SUPER STRENGTH: An advanced full body workout that targets all of the major muscles groups. You will integrate strength and stretching exercises to produce stronger bones and muscles.

TAI CHI (INTRO): A system of exercises intended to promote mental focus, physical strength, balance, and coordination of mind and body.

TAI CHI (ADVANCED): This class is for those who have practiced Tai Chi previously. In this class you will practice the whole form, and focus on a section in more detail. Interested students may also practice Push Hands.

TOTAL BODY CONDITIONING: This is an energetic workout including strength, cardio and core. Each week is a different workout so you always stay challenged.

TURBO KICK®: This class combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn.

WALKING GROUP: Improve your heart health by participating in this instructor-led walking group. *Group meets in the lobby.

WATER WALKING: Move through the Lazy River at your own pace, creating your own level of difficulty for a custom workout. *No instructor, aqua socks or shoes recommended.

YOGA (ALL LEVELS): Explore the benefits of yoga, an ancient practice of relaxation, breathing techniques, and exercise. Combat stress, improve circulation, and enhance flexibility for greater overall health.

YOGA (FLOW): This class strives to maintain awareness and focus on the breath while moving through a series of postures. This style of yoga builds heat, flexibility and strength while maintaining focus on good alignment.

YOGA (GENTLE): This class is appropriate for all students seeking the benefits of a very relaxing, gentle and restorative practice. Deep restorative work improves range of motion and joint mobility, reduces pain and the effects of stress.

YOGA (POWER): A fitness-based approach to yoga with emphasis on strength and flexibility for the more advanced.

YOGA (SLOW FLOW): Build up your strength, stability and postural integrity while practicing mindfulness and breath awareness.

YOGA (VINIYOGA): This is a very individualized, gentle yoga practice that links the breath with the movement. The intent is to improve movement and function.

YOGA (YIN): A gentle yoga practice in which poses are held for 2-5 minutes allowing joints and fascia to release. This class will complement your Vinyasa practice and will open and release areas in need of more flexibility.

ZUMBA®: A Latin-inspired dance class! Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.

ZUMBA® GOLD: Just as fun as Zumba, just not as fast. Easy to follow steps that help improve balance, strength, and flexibility. Great for beginners.