



GROUP FITNESS SCHEDULE SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
P90X - GYM 5:20-6:20 Shar	Cycle Circuit - GYM 5:20-6:20 Stefanie	P90X - GYM 5:20-6:20 Stefanie	Cycle Circuit - GYM 5:20-6:20 Kari	P90X - GYM 5:20-6:20 Shar	Cycle* - GYM 8:00-8:55 Lindsey/Angie	Vinyasa Yoga - MP 8:30-9:30 Evelyn
	STRONG by Zumba - MP 5:20-6:20 Laura		TRX \$\$ - MP 5:30-6:15 Stefanie	STRONG by Zumba - MP 5:20-6:20 Laura		
AOA Strength - MP 8:00-9:00 Jennifer	Vinyasa Yoga - MP 8:45-9:45 Patti	Dance Fitness - MP 9:15-10:15 Jill/Katie	Vinyasa Yoga - MP 8:45-9:45 Trina		Zumba - MP 8:00-8:55 Laura	YIN - MP 9:45-10:45 Patti
Bootcamp - GYM 9:15-10:15 Monica	Cycle* - GYM 9:15-10:15 Lindsey	P90X - GYM 9:15-10:15 Shar	Cycle* - GYM 9:15-10:15 Angie	TRX \$\$ - MP 9:10-9:55 Hallie	Bootcamp - GYM 9:05-10:00 Miranda/Abbey	Zumba Toning - MP 2:30-3:45 Alisha
Zumba Toning - MP 9:10-10:10 Ashlie	Bootcamp - GYM 10:30-11:15 Hallie	PiYo - MP 10:20-11:10 Shar	Yoga - MP 10:00-11:00 Trina	30 Minute Cardio HIIT - GYM 9:15-9:45 Kari	Vinyasa Yoga - MP 9:15-10:30 Teana	PiYo - MP 4:00-5:00 Angie
TRX \$\$ - MP 10:15-11:00 Stefanie	Therapeutic Yoga - MP 10:00-11:00 Amy		Total Body Sculpt - Gym 10:30-11:00 Stephanie	CORE & More - GYM 9:45-10:30 Kari	YIN - MP 10:45-11:45 Patti	
				Dance Fitness - MP 10:05-11:05 Katie		
EnhanceFitness - MP 11:15-12:15 Laura	Zumba Gold - MP 11:15-12:15 Diana	EnhanceFitness - MP 11:15-12:15 Diana	Zumba Gold - MP 11:15-12:15 Diana	EnhanceFitness - MP 11:15-12:15 Diana	<p>Classes and/or instructors may change without notice.</p> <p>Due to the popularity of classes, it is recommended you arrive early. See back for class descriptions.</p> <p>Class participants must be 14 years.</p> <p>Youth ages 10-13 may participate with supervising adult if they are willing and able to follow class.</p> <p>MP = Multi-purpose room Gym = Basketball gym</p> <ul style="list-style-type: none"> ● = All Cycle Classes Need Tickets ● \$\$ Fee-based class, registration required <p>■ = classes with time/instructor changes</p> <p style="text-align: right;"><i>Updated 8.24.17</i></p>	
Core Strength - MP 12:45-1:30 Diana		Core Strength - MP 12:30-1:15 Diana	Tai Chi - MP 12:30-1:30 Uli **Starts Sept 14			
	TRX \$\$ - MP 4:30-5:15 Kelli	TRX \$\$ - MP 4:30-5:15 Hallie	TRX \$\$ - MP 4:30-5:15 Kelli			
PiYo - MP 5:30-6:30 Patti	Dance Fitness - MP 5:30-6:30 Alison	BARRE - MP 5:30-6:30 Kristin	Zumba - MP 5:30-6:30 Laura/Alisha	Yoga - MP 6:00-6:45 Ragini		
P90X - GYM 6:15-7:10 Angie	Cycle Circuit - GYM 6:00-7:00 Amy	Boot Camp - GYM 6:15-7:10 Hallie	Cycle - Gym 6:00-7:00 Angie	Meditation - MP 6:45-7:15 Ragini		
Dance Fitness - MP 7:15-8:15 Jill	Tai Chi - MP 7:00-8:00 Alfons	Dance Fitness - MP 7:00-8:00 Alison	YIN - MP 7:15-8:15 Patti			

FOR MORE INFORMATION CONTACT:

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AOA (Active Older Adults)

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

30 MINUTE CARDIO HIIT

This high intensity interval training (HIIT) class is not for the faint of heart! With a cardio focus and goal of maximum calorie burn in minimal time, Tabatta and other style intervals will be a main stays. Expect exercises such as burpees, mountain climbers, plyometrics, and more.

BARRE

Barre is the hottest method of training since the Pilates boom! Our classes use applied functional exercises without an actual barre - come and experience what it feels like to reform yourself for better posture and overall health! Classes combine techniques of ballet, balance training, Pilates, and toning, to strengthen, lengthen, and align your entire body. **It is recommended that you bring your own mat.**

BOOTCAMP (INDOOR/OUTDOOR)

Get your extreme workout! Dial up the adrenaline for a range of heart-pumping, strength-building activities, which may include plyometric, calisthenics, circuit training, jumping rope, speed work, lunging and more.

CORE & MORE

This 40 minute express class is a great way to add strength exercises to your weekly routine, with a strong focus on building core strength. Each class will focus on a couple of major muscle groups in addition to the abs/core.

CORE STRENGTH

This 45-minute class will focus on improving your core and strength by using a variety of weights/bands/bars and floor mat exercises. The combination of resistance training and core/ab work will shape and tone your muscles, improve your core, balance, strength and overall general fitness. This class is open to all ages and all levels of fitness.

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 CIRCUIT

Cycle Circuit combines 30-45 minutes of heart pumping all-level cycle, with 15-30 of core focused strength training.

DANCE FITNESS

A people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. It will be an exciting 60 minute workout where we will focus on getting our heart rates up and crunching those abs all while we dance to awesome music!

ENHANCE FITNESS

This class is a well rounded workout that caters to the older adult, those new to exercise, or those with physical limitations. Classes can be modified to be done in a chair or standing, and incorporates cardio, strength, balance, and stretching.

GENTLE YOGA

Focuses on a variety of postures to challenge the body at each individual's level and to focus the mind in a more gentle/introductory way.

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.

P90X

Join this LIVE version of the popular at home workout series P90X@! P90X offers an amazing amount of variety with each workout targeting a specific goal, and helping members break through fitness and weight loss plateaus. Come prepared for a high intensity, total body workout.

PIYO

PiYo@ combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. **It is recommended that you bring your own mat.**

TAI CHI

A system of exercises intended to promote mental focus, physical strength, balance, and coordination of mind and body.

THERAPEUTIC YOGA

Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the philosophy and practice of Yoga. Each class is based on who walks into the room so each class is different because we are different everyday. Yoga Therapy provides the harmony and balance of physical and mental practices using the tools taught over 2000 years ago. Such tools as asana (postures), pranayama (breath work), meditation, and the Ayurvedic system of health. This class is for everyBODY and all ages.

TOTAL BODY SCULPT

A challenging and dynamic whole body muscle conditioning class using dumbbells, bands, exercise balls & bars as resistance tools. Exercises will be modified to accommodate all fitness levels. Be prepared to work all your muscles!

TRX \$\$

TRX Suspension Training utilizes your own body weight to functionally increase strength, power, flexibility, and balance while working in a variety of planes and all ranges of motion. Your core is constantly engaged throughout this 45 minute workout building the smaller stabilizer muscles that often get overlooked in traditional strength classes.

YOGA/CANDLELIGHT YOGA

ALL LEVELS YOGA--A slower paced yoga class with emphasis on deep breathing, core work, and held postures. Variations and modifications are given allowing for all fitness levels, to participate and enjoy. Friday night offers Yoga with candles.

YOGA-LATES

Fusion of Yoga and Pilates

VINYASA YOGA

Vinyasa means "breath-synchronized movement," and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Vinyasa movements are smoothly flowing and almost dance-like. Open to all levels. **It is recommended that you bring your own mat.**

YIN

The practice is geared towards holding postures for an extended period of time, the practice is on the mat no standing, the use of props, blocks, straps blankets. Main focus is to increase flexibility, connecting mind and body.

ZUMBA

Find out why everyone loves this energizing, Latin-inspired dance exercise class! Get a great cardio workout and learn fun new moves. No dance background needed, and open to all fitness levels.

ZUMBA STRONG

Combines high intensity interval training with the science of synced music motivation.

ZUMBA GOLD

This lower impact version of traditional Zumba will give you the fun and workout of Zumba, with less impact on the joints!

ZUMBA TONING

This class adds light free weights to a Latin-inspired dance fitness party.

SNOQUALMIE VALLEY YMCA

35018 SE RIDGE ST Snoqualmie, WA 98065
425.256.3115

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