



# GROUP WELLNESS SCHEDULE

Updated September 1, 2017

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING CLASSES / 6:00AM-12:00PM</b>						
6:00-7:00 Bootcamp (DeOnte) WS1	6:00-7:00 Cycle Core (Tamara/Jeff) WS2		6:00-7:00 Cycle Core (Jeff) WS2	6:00-7:00 Bootcamp (DeOnte) WS1		
	7:00-8:00 Mat Pilates (Deb) RS		7:00-8:00 Mat Pilates (Deb) RS			
8:00-9:00 Cardio Strength	8:15-9:15 Zumba@	8:00-9:00 Cardio Strength		8:00-9:00 Cardio Strength	8:15-9:15 Cycle	
	8:15-9:15 Stretch (Deb) RS		8:15-9:15 Stretch (Deb) RS		8:30-9:30 Zumba@ (Aya) WS1	
9:15-10:15 AOA Cardio (Melissa) WS1		9:15-10:15 AOA Cardio (Lindsey) WS1	8:30-9:30 Zumba@ Gold (Elaine) WS2	9:15-10:15 AOA Cardio (Patricia/Lindsey) WS1	8:30-9:30 Yoga All Levels (Emily/Terry) RS	
9:30-10:30 Strength Training (Briana) WS2	9:30-10:30 Zumba@ Gold (Marla/Elaine) WS2	9:30-10:45 Advanced Yoga (Jenni) RS	9:30-10:45 AOA Hatha Flow Yoga (Jenni) RS	9:30-10:15 Cycle (Lori) WS2	9:45-10:45 Step & Strength (Laurel) WS1	
9:30-10:45 Ball Yoga (Jenni) RS	9:30-10:45 AOA Hatha Flow Yoga (Jenni) RS			9:30-10:45 Restorative Yoga (Terry) RS	9:45-10:45 Intermediate Yoga (Emily/Terry) RS	
			10:30-11:30 Mat Pilates (Pam) WS1		11:30-12:30 Yoga All Levels (Wali) RS	10:15-11:30 Med. Yoga (Jenni) WS1
10:30-11:30 Enhance Fitness (	10:30-11:30 Mat Pilates	10:30-11:30 Enhance Fitness		10:30-11:30 Enhance Fitness (Deb) WS1		
	10:45-11:45 AOA Circuit (Philomena) WS2	11:45-12:45 Yoga Flow (Lisa) RS		10:45-11:45 Cardio Strength (Melissa)		
<b>AFTERNOON CLASSES / 12:00PM-5:00PM</b>						
12:00-1:00 Zumba@ (Shab) WS1	12:00-1:00 AOA Strength (Philomena) WS2	12:00-1:00 Zumba@ (Shab) WS1	1:30-2:30 AOA Strength (Philomena) WS2			12:00-1:00 Zumba@ (Aya/Marla) WS1
	1:00-2:00 Gentle Yoga (Bonnie) RS		1:00-2:00 Gentle Yoga (Bonnie) RS			
	4:00-5:00 Specialized Recreation (Ben) WS2					
<b>EVENING CLASSES / 5:00PM-10:00PM</b>						
	5:30-6:45 Intermediate Yoga (Emily) RS					
5:30-6:45 Hatha Flow Yoga (Emily) RS	5:30-6:30 Bootcamp (Keonna) WS2		5:30-6:30 Strength Training (Troy) WS2	5:30-6:30 Zumba@ (Marla/Ashley) WS1		
5:30-6:30 Cycle (Tom/Tara M) WS2		5:45-6:45 Yoga 101		<b>5:30-6:30 Fit Kids (Family Programs) WS2</b>		
	5:45-6:45 Zumba@ (Cristina) WS1	5:45-6:45 Strength & Conditioning (Tara) WS1	5:45-6:45 Zumba@ (Lynne D) WS1	5:30-6:30 Yin Yoga (Emily) RS		
<b>6:45-7:45 Fit Kids (Family Programs) WS2</b>	6:45-7:45 Cycle (Tara) WS2	6:00-7:00 Cycle (Russ/Tom) WS2	6:45-7:45 Hip-Hop Cycle (Keonna) WS2	6:45-7:45 Strength & Conditioning (Troy) WS1		
7:00-8:00 Zumba@	7:00-8:00 Restorative Yoga	7:00-8:00 Zumba@	6:45-8:00 Hatha Flow Yoga			
7:15-8:15 Restorative Yoga (Emily)	7:00-8:00 P90X@ (Briana) WS1	<b>7:15-8:00 Fit Kids (Family Programs) WS2</b>				
		7:00-8:00 Women's Only				

# CLASS DESCRIPTIONS

## AOA (ACTIVE OLDER ADULTS) CARDIO

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

## AOA (ACTIVE OLDER ADULTS) CIRCUIT

Increase stamina and strength for daily living with a standing circuit workout. Light weights and non-impact aerobics are alternated in this fun workout. Chairs are offered for support, stretching and relaxation exercises.

## AOA (ACTIVE OLDER ADULTS) HATHA FLOW YOGA

This gentle class combats stress, improves circulation and enhances flexibility thru gentle relaxing poses and breathing techniques.

## AOA (ACTIVE OLDER ADULTS) 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.

## BALL YOGA

This gentle class combats stress, improves circulation and enhances flexibility thru gentle relaxing poses and breathing techniques with heavy emphasis on using the ball for balance and core stability.

## BOOTCAMP

Get your extreme workout with extreme music! Learn the basics of boot camp training, and dial up the adrenaline for a range of heart-pumping, strength building activities, which may include plyometrics, calisthenics, cycling, circuit training, jump rope, speed work and more.

## CARDIO BLAST

Dynamic rotating cardio sequences that burn calories and elevate your metabolic rate to burn more fat. Muscle conditioning for body sculpting and definition—it's your one-stop shop to a full body transformation.

## CARDIO STRENGTH

This high-energy class includes both strength training and aerobic exercise, and may use a step platform.

## CYCLE

Enjoy an energizing ride through hills and flat terrain, simulated by different levels of resistance that you control on a stationary bike. For all levels.

## CYCLE CORE

45 to 60-minute version of our regular cycling class, followed by core work done on the floor (abs, glutes, etc.)

## CYCLE-HIP-HOP

Hip Hop Cycle adds a unique twist to traditional cycling by adding old school and new school hip hop melodies.

## ENHANCE FITNESS

Sponsored by Group Health, Enhance Fitness is an exercise program for older adults designed to improve physical conditioning levels and to decrease the risk of falling. This class includes stretching, low-impact aerobics, balance training and strengthening.

## KARATE (S)

Shaped by East Asian philosophical concepts, karate focuses on increasing physical fitness, building self confidence and respect for self and others. Registration required.

## MAT PILATES

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. Emphasis placed on proper form and precise movements resulting in body definition without bulk.

## P90X@

Join this live version of the popular home workout series P90X. This workout offers a rich variety of intense routines from cardio to resistance training, strength training, plyometrics, ab work and more.

## R.I.P.E.D.@

A constantly changing format that combines Resistance, Intervals, Power, plyometrics, Endurance and Diet to help you attain and maintain your fitness in ways that are fun, safe and effective.

## SPECIALIZED RECREATION

Created to bring together kids and families with and without disabilities to participate in physical activity, the class emphasizes increasing participant skills, team building, and enjoying fitness. A weekly family class with a variety of formats.

## STEP & STRENGTH

Combining elements from fitness trends old and new, Step & Strength adds a challenging full-body workout. Step aerobics uses choreography performed on an adjustable step platform, while barre focuses on balance, muscular endurance, and coordination. Other props used may include weights, stability balls, and mats.

## STRENGTH & CONDITIONING

A high-intensity full body workout. It's boot camp that combines cardio and strength training. This circuit style class will work your entire body with little rest between exercises.

## STRENGTH TRAINING

This popular class attracts a wide range of exercises. Beginners and athletes alike enjoy this strength centered workout that uses an array of exercise equipment. Warm-up, strength and muscular endurance, core conditioning and a cool down are included.

## STRETCH

Reduce stress and create body harmony in this stretching class designed to stretch the entire body, including the lower back and core area. Mind and body stretching techniques designed to release tension, increase flexibility and stimulate circulation.

## MATT GRIFFIN YMCA

3595 S 188th Street

P 206.244.5880 F 206.244.5881 seattlemca.org

## YOGA 101

Get an introduction to basic yoga poses at a comfortable place for beginners.

## YOGA-ADVANCED

Yoga is an ancient practice that uses a combination of relaxation, breathing techniques and exercise to combat stress and help with circulation and movement of the joints. Take your yoga practice to the next level with this class!

## YOGA ALL LEVELS

This method of yoga practice integrates both body and mind through safe alignment and balanced breath. Build up your strength, stability and postural integrity while practicing mindfulness and breath awareness.

## YOGA CORE

In Yoga Core, you will be guided through a dynamic series of yoga poses and movements to strengthen, stretch and stabilize the core of your body, including abdominals, mid and lower back, upper thighs and glutes.

## 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 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.

## YOGA-HATHA FLOW // SLOW FLOW

This Vinyasa method of yoga practice integrates both body and mind through safe alignment and balanced breath. Build up your strength, stability and postural integrity while practicing mindfulness and breath awareness.

## YOGA-INTERMEDIATE

This class goes beyond the basics of yoga. Geared for students who have prior yoga experience, the class uses the standing poses and their foundation to build a more advanced flow (not recommended for beginners).

## YOGA & MEDITATION

Combine your love for Yoga with meditation, the art of breathing, concentration, contemplation, visualizations and deep relaxation. Class may vary in meditative style allowing for all levels to establish a meditation practice. This class will help relieve stress, increase happiness and develop patience.

## YOGA-MEDITATIVE

Over an hour and a half of meditation, combining yoga and artful breathing, concentration, contemplation, visualizations, mantras and meditative thinking. Class will vary in meditative styles, allowing all levels to establish a practice of meditative practice. Class helps relieve stress, increase happiness, and develop patience.

## YOGA-RESTORATIVE

A passive style of yoga with longer hold times. Allows for deeper relaxation and calmer mind.

## 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.

## YOGA-WOMEN'S ONLY

This class creates a comfortable and nurturing environment for females. Offering movements and poses to various skill levels, this class encourages women of all ages and backgrounds to enjoy benefits of yoga.

## ZUMBA@

Zumba is a Latin-inspired dance fitness class designed for everyone at any age, any background and any fitness level. No dance background required.

## ZUMBA GOLD@

Zumba Gold is a Latin-inspired dance fitness class designed for the active older adult population or the true beginner (reconditioned participant)

## Facility Hours

Monday-Friday 5am-10pm  
Saturday 8am-6pm  
Sunday 10am-6pm

## Child Care Hours

Monday-Friday 9am-1:30pm ; 4pm-8pm  
Saturday 8am-12:30pm  
Sunday 11am-2pm

## Follow us on Social Media!



We reserve the right to change the schedule without notice due to instructor availability, special events, or other branch needs.

## CONTACT INFORMATION

TRISTA HELVEY, DIRECTOR, HEALTHY LIVING  
206 244 5880 or  
thelvey@seattlemca.org

## KEY

*	Registration Required
	New Class!

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.