



# OCTOBER CLASS SCHEDULE

Health & Well-being  
UNIVERSITY FAMILY YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING CLASSES</b>						
	Hi/Lo Aerobics Pocock - Sarah 6:30-7:30		Hi/Lo Aerobics Pocock - Sarah 6:30-7:30			
	AOA Cardio & Strength Pocock - Larry 8:30-9:15 ☺	AOA Cardio & Strength Pocock - Larry 8:00-8:45	AOA Cardio & Strength Pocock - Cathy 7:45-8:30**	Cycling- All Levels Gates - Shanna 8:15-9:00	Pedal & Pump Gates - Bethany 9:15-10:30 ☺	
	Cycling- All Levels Gates - Mona 8:45-9:30 ☺		Cycling- All Levels Gates - Larry 8:45-9:30 ☺		Zumba@ Pocock - Alicia 8:30-9:20 ☺	
Step Pocock - Angela 9:00-10:00 ☺	Yoga- Intermediate Gates - Karen 9:45-11:00 ☺	Step & Sculpt Pocock - Angela 9:00-9:50 ☺	Yoga- All Levels Gates - Bev 9:45-11:00 ☺	Step Pocock - Angela 9:00-10:00 ☺	Step Pocock - Debe 9:30-10:20 ☺	Above the Barre Pocock - Jess 9:40-10:40 ☺
Yoga- All Levels Gates - Jim 10:00-11:00 ☺	Express Core Strength Pocock - Mona 9:40-10:00 ☺	Mat Pilates Pocock - Mona 10:00-11:00 ☺		Yoga- Intermediate Gates - Bev 10:00-11:00 ☺	Strength Training Express Pocock - Debe 10:30-11:00 ☺	Yoga- Intermediate Gates - Warren 10:00-11:15 ☺
Zumba Pocock - Alicia 10:10-11:00 ☺	Strength Training Pocock - Kristen 10:00-11:00 ☺		Strength Training Pocock - Kristen 10:00-11:00 ☺	Above the Barre Express Pocock - Jess 10:10-10:40 ☺		HIIT Express Pocock - Shanna 11-11:30AM ☺
	AOA Yoga Gates - Karen 11:15-12:15		AOA Yoga Gates - Karen 11:15-12:15		Yoga Flow Pocock - Beverly 11:15-12:30 ☺	
AOA Cardio & Strength Pocock - Penelope 11:15-12:00 ☺	AOA Cardio & Strength Pocock - Larry 11:15-12:00 ☺	AOA Cardio & Strength Pocock - Penelope 11:15-12:00 ☺	AOA Cardio & Strength Pocock - Larry 11:15-12:00 ☺	AOA Cardio & Strength Pocock - Penelope 11:15-12:00 ☺		
<b>AFTERNOON CLASSES</b>						
Meditation Gates - Bev 11:30-12:00 ☺		Meditation Gates - Bev 11:30-12:00 ☺		Feldenkrais® Gates - Garth 12:30-1:30		Sunday Lunch Pocock 12:30-2:30
Chair Yoga Pocock - Cindy 12:15-1:00	Feldenkrais® Gates - Garth 12:30-1:30	Chair Yoga Pocock - Cindy 12:15-1:00		Chair Yoga Pocock - Cindy 12:05-12:50		<b>Yoga for Stress Resilience</b> Gates - Jenny 3:30-4:45pm \$4/class for Y members <b>Info on back!</b>  <b>You can register:</b> - online - at Member Services - before class each week
Yoga- Gentle Gates - Bev 12:15-1:15		Yoga- Gentle Gates - Bev 12:15-1:15		Tai Chi II- sign up only Pocock - Stefanie 1:00-2:00		
	Above the Barre Pocock - Jess 4:00-4:50 ☺		Zumba- All Ages Pocock - Giovanna 4:15-5:00	Tai Chi I Sign up only Pocock - Stefanie 2:15-3:15		
	Yoga Flow Gates - Jess 5:00-6:00 ☺		See back for more details & rules.	Tai Chi III Sign up only Pocock - Stefanie 3:30-4:30		
<b>EVENING CLASSES</b>						
Mat Pilates Gates - Diane 5:00-5:55	Zumba Gold@ Pocock - Agnes 5:30-6:20 ☺	Zumba@ Pocock - Jamie 6:00-7:00	Zumba Gold@ Pocock - Agnes 5:30-6:20	2nd Friday of Every Month:  Yin Yoga October 13 Gates - Jim 5:15-6:45	3rd Friday of Every Month:  Restorative Yoga October 20 Gates - Bev 5:15-6:45	
Zumba@ Pocock - Sellyna 6:00-7:00	Cycling- All Levels Gates - Jessi 6:15-7:15 ☺		<b>CYCLE CLASS COMING SOON!</b> 5:45-6:45pm			
Belly Dance Performance Gates - Kat 6:00-7:00	Above the Barre Pocock - Jess 6:30-7:20 ☺	Yoga- All Levels Gates - Jubilee 7:05-8:20	Zumba@ Pocock - Kibbey 6:30-7:20	Zumba@ Pocock - Kibbey 5:30-6:30		<div style="background-color: #e0f2f1; padding: 5px;"><b>INSTRUCTOR CHANGE OR NEW CLASS</b></div> <b>** AOA Cardio &amp; Strength on Thurs. mornings will have a time change 45 minutes earlier while a new instructor is hired (time change starts 9/28)</b>
Belly Dance Pocock - Kat 7:10-8:00	Yoga- All Levels Gates - Dan 7:30-9:00		Yoga- All Levels Gates - Beverly 7:15-8:15	HIIT Pocock - Cathy 6:30-7:30		
Yoga- Slow Flow Gates - Jubilee 7:30-8:30	Strength & Conditioning Pocock - Bethany 7:30-8:30		Strength & Conditioning Pocock - Bethany 7:30-8:30			

☺ = childcare available

## UPTEMPO MOVES

**Strength Training:** Our beloved Body Shop class for total body strengthening with cardio intervals between sets.

**Cycling:** Indoor group cycling is a fantastic workout taught on a stationary bike where you will climb, sprint and everything in between. You control resistance and intensity. **Pump & Pedal:** Add 30 minutes of resistance training after a great cardio workout on the bike!

**H.I.I.T.– High Intensity Interval Training:** An exercise strategy alternating periods of intense cardio bursts with less– intense recovery periods. Boost your stamina and overall endurance.

**Hi/Lo:** Experience this cardiovascular workout using high- and/or low-impact aerobic movements performed in fun and challenging combinations, and includes strength training for all levels of exerciser

**Step:** A cardiovascular workout using adjustable platforms. Step classes are suitable for a variety of fitness and age levels. Instructors offer appropriate modifications so class is open to beginner and advanced steppers. **Step & Sculpt** combines aerobic choreography with strength training intervals.

**Strength & Conditioning:** This total body workout will test your strength and stamina while taking your conditioning to a whole new level; define and strengthen your muscles by constantly switching up the intensity.

## DOWNTEMPO MOVES

**Above the Barre:** A dynamic standing and floor workout fusing lightweight strength conditioning, yoga and Pilates inspired moves to strengthen and tone the body. Class is designed as a barefoot workout, but not required.

**Strength Training:** A fun, strength-centered workout that uses free weights, body bars, resistance bands, and other equipment. Bring more muscle definition to the body, build strength and endurance.

**Feldenkrais®:** Using gentle movement sequences and directed attention, habitual neuromuscular patterns are revealed and alternative movements are explored that improve performance in all areas of your life.

**Mat Pilates:** A system of stretching and strengthening exercises that work the deeper muscles to achieve efficient and graceful movement, improve alignment and breathing, and increase body awareness.

**Tai Chi:** Introduce yourself to the martial arts through the slow and graceful movements of Yang Family Tai Chi Chuan. Tai Chi ultimately leads to many benefits including improved posture, coordination, balance, concentration and energy level. Registration is required for this class. Registration opens quarterly in January, April and September.

**Yoga:** **All-levels:** Appropriate for all levels, instructor gives more options to suit the needs of the class. Focuses on stretching, breath, and adapting poses to suit the individual.

**Yoga-Gentle:** More time is spent explaining basics of the poses. Great for beginners or those wanting to refine their practice.

**Yoga Intermediate:** More advanced poses with a focus on strength and deepening your practice. This class suits those with some knowledge of yoga.

**Flow:** Move from pose to pose with the breath.

**Restorative Yoga:** A relaxation and stress-relieving practice. Rest for longer periods of time in passive poses and focus on the breath.

**Yin Yoga:** 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 for Stress Resilience:** September 10-December 17

In this series, we will explore yoga as a therapeutic antidote to stress: slowing down, doing less, and open to receiving. We will be gently stretching the body in active postures before settling into passive restorative poses fully supported by props all within a still, quiet, and warm environment.

**This series will address ways to:** Release muscle tension, quiet the mind, balance the nervous system, promote restful sleep, build mental, emotional and physical resilience.

**\$4/class for Y members and \$14/class non-members**

## DANCE MOVES

**Advanced Belly Dance Performance:** This class is open to all– levels and is a drop in class with a focus on learning choreography. The instructor finds opportunities for those who would like to perform at various community functions. New choreography is learned every four to six weeks. Performing is optional, but having fun is not!

**Belly Dance:** Experience a fun Middle Eastern art form that focuses on the entire body. Get toned and have fun with an emphasis on abdominal control, hip and chest isolation, proper posture and relaxation through stretching.

**Zumba®:** Fuses fast and slow Latin rhythms in easy to follow moves to create a dynamic workout. **All-Ages:** This family-friendly class is open to adults & youth for an all-ages dance workout! Youth under 13 years of age need to have an adult/guardian (16 or older) in class with them.

**Zumba Gold®:** Zumba Gold is easy and fun! More time is allotted for warm-ups, cool downs and steps are simplified and low impact. It is an ideal class for people who like to workout to fun music, active older adults, beginners to Zumba, and people wanting modifications because of injuries or physical limitations.

## AOA: Active Older Adults

**AOA Yoga:** focuses on improving body functionality for everyday living. Chairs, blocks, straps, bolsters, and blankets are used to create stability and more openness in the yoga posture.

**AOA Cardio:** A fun, cardiovascular and strength-centered workout that uses free weights, resistance bands and balls. A chair is used for seated exercises and standing support.

**Chair Yoga** - Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

**Feldenkrais®:** Awareness Through Movement lessons are based on principles of physics, biomechanics and an empirical understanding of learning and human development. Using gentle movement sequences and directed attention, habitual neuromuscular patterns are revealed and alternative movements are explored that improve performance in all areas of your life.

We reserve the right to change the schedule without notice due to special events, training, maintenance or class needs.

As a courtesy to others, please arrive on time. It is Y policy that participants be no more than 10 minutes late. If new to the class, please arrive early to meet the instructor.

Questions?

Contact Cathy House Health & Wellness Director  
chouse@seattleyymca.org, (206) 524-1400

## UNIVERSITY FAMILY YMCA

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**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.**