



GROUP EXERCISE SCHEDULE

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING & AFTERNOON CLASSES						
Cardio Strength F3 (Etty) 6:00-7:00	Cycle Circuit Cycle (Chrissy) 6:00-7:00	Cardio Strength F3 (Olga) 6:00-7:00	Cycle Circuit Cycle (Chrissy) 6:00-7:00			
	Yoga F2 (Chuck) 7:00-8:00		Yoga F2 (Amanda) 7:00-8:00			
Healthy Back F3 (Tanya) 8:30-9:00	Express Core Strength F3 (Etty) 9:00-9:30	Healthy Back F3 (Kerry) 8:30-9:00	Express Core Strength F3 (Kim) 9:00-9:30	Healthy Back F3 (Tanya) 8:30-9:00	Kickboxing Boot Camp F3 (Jen) 8:30-9:40	Cardio Strength F3 (Lily) 9:00-9:45
Zumba 101 F1 (Kristina) 9:15-10:00	Mat Pilates F2 (John) 9:30-10:30	Zumba Gold F1 (Laura) 9:00-9:45		Zumba F3 (Kristina) 9:30-10:30	Yoga F2 (Chuck) 9:00-10:15	Yoga F2 (Shilpa) 10:00-11:15
Step F3 (Nisa) 9:30-10:30	Cardio Kickboxing F3 (Jen) 9:30-10:30	Step F3 (Irene) 9:30-10:30	Cardio Kickboxing F3 (Kim) 9:30-10:30		Zumba F3 (Jane) 9:45-10:45	Zumba Toning F3 (Jane/Alisha) 10:00-11:15
Strength Training Express F3 (Nisa) 10:30-11:00	Above the Barre F3 (Chrissy) 10:40-11:30	Strength Training Express F3 (Irene) 10:30-11:00	Above the Barre F3 (Kristina) 10:40-11:30	Strength Training Express F3 (Olga) 10:30-11:00		
	Adult Recess Gym (Hope) 10:30-11:30	Tai Chi Intermediate F1 (Merrillann) 10:00-11:00				
Yoga F2 (Chuck) 11:00-12:00	SALSATION® F1 (Natascha) 11:40-12:40	Yoga F2 (Karen) 11:00-12:00	SALSATION® F1 (Natascha) 11:40-12:40	Yoga 101 F2 (Karen) 11:00-12:00		
Tai Chi First Section F3 (Stefanie) 11:10-12:10	Tai Chi Third Section F3 (Stefanie) 12:00-1:00		Tai Chi Second Section F3 (Stefanie) 12:00-1:00			
	Yoga F2 (Rachael) 12:00-1:00		Yoga F2 (Rachael) 12:00-1:00			
NIA F3 (Vicci) 12:15-1:15	Tai Chi 101 F1 (Merrillann) 1:15-2:15	NIA F3 (Ranee) 12:15-1:15		NIA F3 (Alyson) 12:15-1:15	NIA F3 (Alyson) 11:00-12:00	
EVENING CLASSES						
Express Core Strength F3 (Jana) 5:00-5:30	Zumba F3 (Lea) 5:20-6:20	Express Core Strength F3 (Autumn) 5:00-5:30	Zumba F3 (Lea) 5:20-6:20			
Step F3 (Jana) 5:30-6:00		Step F3 (Mary) 5:30-6:00				
Strength Training Express F3 (Jana) 6:00-6:30	Cardio Strength F3 (Kim) 6:30-7:30	Strength Training Express F3 (Mary) 6:00-6:30	Bollywood Fitness F3 (Kavita) 6:30-7:30			
Boot Camp Gym (Kevin) 6:00-7:00	Yoga F2 (Rae) 6:30-7:30		Yoga F2 (Saori) 6:30-7:30			Yoga F2 (Chris) 5:00-6:15
Adult Karate[§] F2 (Adrian) 6:15-7:15	Above the Barre F1 (Katia) 6:30-7:30	Adult Karate[§] F2 (Rick) 6:15-7:15	Circuit Training Gym (Autumn) 7:00-7:45			
Social Dancing West Coast Swing Series F1 (Alfred and Nursen) 7:15-8:30	Zumba F3 (Mila) 7:30-8:30	Zumba (Aris) & SALSATION® (Natascha) F3 7:00-8:00	Zumba Toning F3 (Jane) 7:40-8:40	Zumba F3 (Reyna) 7:00-8:00		
Yoga-Power F2 (Rae) 7:30-8:30	Meditation F1 (Vira) 7:45-8:30	Yoga-Power F2 (Rae) 7:30-8:30				
Zumba F3 (Katia) 8:00-9:00			Belly Dancing F1 (Mariam) 7:30-9:00			

Although it is always our intention to follow the scheduled format, classes, rooms 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.

F1=Fitness 1. F2=Fitness 2. F3=Fitness 3. Cycle=Cycling Studio. Gym=Gymnasium.

§: register at front desk, fees apply

BELLEVUE FAMILY YMCA

14230 Bel-Red Road, Bellevue, WA 98007

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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.**

CLASS 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.

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

ADULT RECESS. Participants in this group work hard, but they play harder. Hula hoop, boot camp, dance, Pilates, strength, step, dodge ball, jump rope... we do it all!

BELLY DANCING. 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.

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. Have fun, feel energized and get fit, all at the same time!

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. This fun and challenging total body workout will test your strength and stamina while taking your conditioning to a whole new level. This class will define and strengthen your muscles by constantly switching up the intensity by using weights, balls, bands and other equipment.

CIRCUIT TRAINING. Maximize your time by getting a complete workout in one class! This format alternates timed intervals of strength and cardio segments, in a group or with rotating stations.

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.

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.

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

KICKBOXING BOOT CAMP. A combination of cardio kickboxing moves with boot camp style strength-building exercises.

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.

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.

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

SOCIAL DANCING—WEST COAST SWING SERIES. WCS is a very versatile partner dance, with a wide variety of tempos and music styles you can dance to. This class is progressive. First 15 minutes are a quick catch-up on the basic steps for newcomers. If possible, come with a partner.

SALSATION®. Dance fitness program based on functional training with focus on musicality and lyrical expression. The dance moves are designed to ensure the body moves in a natural and healthy way, making it safe and gentle on the joints and fun for everyone!

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

STRENGTH TRAINING EXPRESS. Strengthen and tone your muscles using weights and other resistance equipment in this 30-min class.

TAI CHI 101. Learn the fundamentals of Tai Chi, move through the poses slowly while learning the principles behind this martial arts practice. This class is important to anyone who has never done Tai Chi before.

TAI CHI INTERMEDIATE. 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.

TAI CHI FIRST SECTION. 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. The Form is presented in a sequential manner, studying one new movement each week. The First Section is ideal for those beginning their study of Traditional Yang Family Tai Chi Chuan.

TAI CHI SECOND SECTION. For all those who have studied the First Section of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission.

TAI CHI THIRD SECTION. For those who have studied the First and Second Sections of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission.

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. This 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. It can be practiced by anyone to achieve greater health.

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

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

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

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!

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.

CONTACT INFORMATION

CHRISSEY MAHAN, HEALTH & WELL-BEING DIRECTOR
425 746 9900 or cmahan@seattlemca.org

FITNESS ROOMS 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.**