



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES						
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		
	STRONG - MP 5:20-6:20 Laura F.		TRX \$\$ -MP 5:30-6:15 Stefanie	STRONG - MP 5:20-6:20 Laura F.		
Cycle* - MP 8:15-9:00 Lindsey	Cycle* - MP 7:30-8:30 Jonathan	Cycle* - MP 8:15-9:00 Lindsey	Cycle* - MP 7:30-8:30 Jonathan	Cycle* - MP 8:15-9:00 Lindsey	Cycle * - GYM 8:00-8:55 Lindsey/Angie	Above the Barre 8:30-9:30 MP Evelyn
	Vinyasa Yoga - MP 8:45-9:45 Patti		Vinyasa Yoga - MP 8:45-9:45 Trina	TRX \$\$ - MP 9:10-9:55 Hallie	Zumba® - MP 8:00-8:55 Laura F.	
Bootcamp - GYM 9:15-10:15 Monica	Cycle* - GYM 9:15-10:15 Lindsey	Above the Barre 9:15-10:10 Kristin	Cycle* - GYM 9:15-10:15 Angie	HIIT - GYM 9:15-9:45 Kari	Bootcamp - GYM 9:05-10:00 Miranda/Abbey	
Zumba® - MP 9:10-10:10 Laura H.	Bootcamp - GYM 10:30-11:15 Hallie	P90X - GYM 9:15-10:15 Shar	Yoga - MP 10:00-11:00 Trina	CORE & More 9:45-10:30 GYM Kari	Vinyasa Yoga - MP 9:15-10:30 Teana	YIN - MP 9:45-10:45 Patti
TRX \$\$ - MP 10:15-11:00 Stefanie	Gentle Yoga 10:00-11:00 MP Patti	PiYo - MP 10:20-11:10 Shar	Total Body Sculpt 10:15-10:45 GYM Stephanie	Dance Fitness - MP 10:05-11:05 Katie	YIN - MP 10:45-11:45 Patti	
Enhance Fitness 11:15-12:15 MP Laura H.	Zumba® Gold - MP 11:15-12:15 Diana	Enhance Fitness 11:15-12:15 MP Diana	Zumba® Gold - MP 11:15-12:15 Diana	Enhance Fitness 11:15-12:15 MP Diana		
AFTERNOON/EVENING CLASSES						
Core Strength 12:45-1:30 MP Diana	TRX \$\$ - MP 12:30-1:15 Diana	Core Strength 12:30-1:15 MP Diana	**Tai Chi - MP 12:30-1:30 Uli			
	TRX \$\$ - MP 4:45-5:30 Kelli	TRX \$\$ - MP 4:45-5:30 Hallie	TRX \$\$ - MP 4:45-5:30 Kelli			PiYo - MP 3:00-4:00 Angie
PiYo - MP 5:45-6:45 Patti	Dance Fitness - MP 5:45-6:45 Alison	Above the Barre 5:45-6:45 MP Kristin	Zumba® - MP 5:45-6:45 Laura F./Heather			
P90X - GYM 6:15-7:10 Angie		Bootcamp - GYM 6:15-7:10 Hallie/Abbey	Cycle* - GYM 6:30-7:30 Krystal			
Nia - MP 7:15-8:15 Betsy	**Tai Chi - MP 7:00-8:00 Alfons	Zumba® - MP 7:00-8:00 Laura F.	YIN - MP 7:15-8:15 Patti			

*ALL CYCLE CLASSES REQUIRE A PASS FROM FRONT DESK **TAI CHI WILL RUN ON A 3 MONTH CYCLE

\$\$ - FEE-BASED CLASS, REGISTRATION REQUIRED

UPDATED 1.18.2018

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.

ABOVE THE 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

Maintain health and function through dynamic cardiovascular exercise, strength training, balance, and flexibility. Helping active older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.

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.

H.I.I.T.

High Intensity Interval Training combines a variety of high-intensity circuits to challenge your fitness level, tone your muscles and burn calories.

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 the expressive movements of NIA, a body-mind-spirit fitness and lifestyle practice.

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

Daily practice of Tai Chi Chuan brings many benefits, including improved strength, coordination, posture, concentration and a greater energy level. As the form is presented in a sequential manner, studying one movement each week, regular participation is preferable.

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 \$\$

Learn to leverage gravity and your body weight to perform hundreds of exercise on the TRX Suspension Trainer.

YOGA

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. Suitable for all levels.

VINYASA YOGA

Basic yoga postures-sequencing with breathing techniques. **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.