



# GROUP EXERCISE SCHEDULE

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING &amp; AFTERNOON CLASSES</b>						
	<b>Cycle Circuit</b> Cycle (Chrissy) 6:00-7:00		<b>Cycle Circuit</b> Cycle (Chrissy) 6:00-7:00			
	<b>Yoga</b> F2 (Chuck) 7:00-8:00	<b>Yoga</b> F2 (Dorothy) 7:00-8:00	<b>Yoga</b> F2 (Amanda) 7:00-8:00			
<b>Healthy Back</b> F3 (Tanya) 8:30-9:00		<b>Healthy Back</b> F3 (Kerry) 8:30-9:00		<b>Healthy Back</b> F3 (Tanya) 8:30-9:00		
<b>Zumba Gold</b> F1 (Alisha) 9:00-10:00	<b>Express Core Strength</b> F3 (Ettty) 9:00-9:30	<b>Zumba Gold</b> F1 (Laura) 9:00-10:00	<b>Express Core Strength</b> F3 (Kim) 9:00-9:30	<b>Zumba</b> F3 (Laura) 9:30-10:30	<b>Kickboxing Boot Camp</b> F3 (Jen) 8:30-9:40	<b>Cardio Strength</b> F3 (Lily) 9:00-9:45
<b>TRX Blast</b> Cycle (Nichole) 9:00-9:30	<b>Mat Pilates</b> F2 (John) 9:30-10:30			<b>Mat Pilates</b> F2 (John) 10:00-10:45	<b>Hatha Yoga/Vinyasa Yoga</b> F2 (Chuck/Bianca) 9:00-10:15	<b>Yoga</b> F2 (Shilpa) 10:00-11:15
<b>Step</b> F3 (Nisa) 9:30-10:30	<b>Cardio Kickboxing</b> F3 (Jen) 9:30-10:30	<b>Step</b> F3 (Irene) 9:30-10:30	<b>Cardio Kickboxing</b> F3 (Kim) 9:30-10:30		<b>Zumba</b> F3 (Jane) 9:45-10:45	<b>Zumba Toning</b> F3 (Jane/Alisha) 10:00-11:15
<b>Strength Training Express</b> F3 (Nisa) 10:30-11:00	<b>Above the Barre</b> F3 (Chrissy) 10:40-11:30	<b>Strength Training Express</b> F3 (Irene) 10:30-11:00	<b>Above the Barre</b> F3 (Kristina) 10:40-11:40	<b>Strength Training Express</b> F3 (Laura) 10:30-11:00		
	<b>Adult Recess</b> Gym (Hope) 10:30-11:30	<b>Tai Chi Intermediate</b> F1 (Merrillann) 10:00-11:00				
<b>Yoga</b> F2 (Chuck) 11:00-12:00	<b>SALSATION®</b> F1 (Natascha) 11:40-12:40	<b>Yoga</b> F2 (Karen) 11:00-12:00		<b>Yoga 101</b> F2 (Karen) 11:00-12:00	<b>NEW! Mat Pilates</b> F3 (Olga) 11:00-12:00	<b>Meditation</b> F2 (Vira) 11:30-12:15
<b>Tai Chi First Section</b> F3 (Stefanie) 11:10-12:10	<b>Tai Chi Third Section</b> F3 (Stefanie) 12:00-1:00		<b>Tai Chi Second Section</b> F3 (Stefanie) 12:00-1:00			
<b>NIA</b> F3 (Vicci) 12:15-1:15	<b>Yoga</b> F2 (Rachael) 12:00-1:00	<b>NIA</b> F3 (Randeel) 12:15-1:15	<b>Yoga</b> F2 (Rachael) 12:00-1:00	<b>NIA</b> F3 (Ross) 12:15-1:15		
	<b>Tai Chi 101</b> F1 (Merrillann) 1:15-2:15			<b>NEW! Line Dancing Workshop</b> F1 (Teresa) 1:30-2:30		
<b>EVENING CLASSES</b>						
<b>Express Core Strength</b> F3 (Jana) 5:00-5:30	<b>Zumba</b> F3 (Lea) 5:20-6:20	<b>Express Core Strength</b> F3 (Autumn) 5:00-5:30	<b>Zumba</b> F3 (Lea) 5:20-6:20			
<b>Step</b> F3 (Jana) 5:30-6:00		<b>Step</b> F3 (Mary) 5:30-6:00				<b>Family Zumba</b> F3 (Victoria) 5:00-6:00
<b>Strength Training Express</b> F3 (Jana) 6:00-6:30	<b>Cardio Strength</b> F3 (Kim) 6:30-7:30	<b>Strength Training Express</b> F3 (Mary) 6:00-6:30				<b>Yoga</b> F2 (Patti) 5:00-6:15
	<b>NEW! Bollywood Fitness</b> Gym (Kavita) 6:30-7:30		<b>Bollywood Fitness</b> F3 (Kavita) 6:30-7:30			
<b>Boot Camp</b> Gym (Kevin) 6:00-6:50	<b>Above the Barre</b> F1 (Katia) 6:30-7:30		<b>Mat Pilates</b> F1 (Mary) 6:30-7:15			
<b>Adult Karate</b> <sup>5</sup> F2 (Adrian) 6:15-7:15	<b>Vinyasa Yoga</b> F2 (Rae) 6:30-7:30	<b>Adult Karate</b> <sup>5</sup> F2 (Rick) 6:15-7:15	<b>Yoga</b> F2 (Saori) 6:30-7:30			
<b>Social Dancing Nightclub Two Step</b> F1 (Alfred and Chris) 7:15-8:30	<b>Zumba</b> F3 (Mila) 7:30-8:30	<b>SALSATION®</b> F3 (Natascha) 7:00-8:00		<b>Zumba</b> F3 (Reyna) 7:00-8:00		
<b>TRX Blast</b> Cycle (Petrina) 7:15-8:00			<b>Circuit Training</b> Gym (Autumn) 7:00-7:45			
<b>Power Yoga</b> F2 (Rae) 7:30-8:30	<b>Meditation</b> June 5, 12, 19 F1 (Vira) 7:45-8:30	<b>Power Yoga</b> F2 (Rae) 7:30-8:30				
<b>Zumba</b> F3 (Katia) 8:00-9:00			<b>Zumba Toning</b> F3 (Jane) 7:40-8:40			

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 & TRX, 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

P 425 746 9900 F 425 746 6265 seattleymca.org

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<sup>5</sup>.** 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.** Come play with us and have all the fun of your childhood playground without the peer pressure! You'll work on your coordination skills while getting your daily exercise by playing games like Toss the Bacon, Bullseye Bounce, Turtle Wushu, Group Juggle, and The Greedy Game amongst other activities.

**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.

**LINE DANCING WORKSHOP<sup>5</sup>.** Learn to line dance to popular Motown, Disco, Latin & Swing music of the past and present. A great way to exercise both your mind and body. It's also a fun way to dance socially without needing a dance partner. Fees apply.

**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 - NIGHTCLUB TWO STEP.** This is an easy flowing and relaxed dance to slow music such as "Lady in Red", not to be confused with the faster Country Two Step. This series go from May 1 to June 30. We start a new dance style series every two months. The next one will be Salsa (July 1 to August 31).

**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 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, SECOND SECTION AND THIRD SECTION.** A system of exercises intended to promote mental focus, physical strength, balance, and coordination of mind and body. The First Section is an intro class that 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. The Second and Third Sections are for those who have studied the previous section(s), or have instructor's permission.

**TRX BLAST.** This 30 or 45 minutes fast paced class is a total-body workout using the suspension trainer. A great way to build on your strength and endurance or just burn extra calories and have fun!

**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.

**HATHA YOGA.** This class focuses on balancing through standing, seated, supine and prone postures.

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

**VINYASA YOGA.** Vinyasa is all about using movement with breath to flow from one pose to the next. Build up your strength, stability and postural integrity while practicing mindfulness and breath awareness.

**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!

**FAMILY ZUMBA.** A fun activity for all the family! Parents and kids dance together to current hits and world music, plus interactive games that will keep you smiling while you move. No dance experience required.

**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.