



GROUP EXERCISE SCHEDULE

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING & AFTERNOON CLASSES						
	Cycle-Circuit Cycle (Chrissy) 6:00-7:00		Cycle-Circuit Cycle (Chrissy) 6:00-7:00			
	Yoga-All Levels F2 (Chuck) 7:00-8:00	Yoga-All Levels F2 (Dorothy) 7:00-8:00	Yoga-All Levels F2 (Amanda) 7:00-8:00			
AOA Core Strength F3 (Tanya) 8:30-9:00	Core Strength Express F3 (Ett) 9:00-9:30	AOA Core Strength F3 (Kerry) 8:30-9:00	Core Strength Express F3 (Kim) 9:00-9:30	AOA Core Strength F3 (Tanya) 8:30-9:00		
Zumba® Gold F1 (Alisha) 9:00-10:00	TRX \$ Cycle (Jana) 9:30-10:30	Zumba® Gold F1 (Laura) 9:00-10:00		Zumba® F3 (Laura) 9:30-10:30	Kickboxing Boot Camp F3 (Jen) 8:30-9:40	Cardio Strength F3 (Lily) 9:00-9:45
	Pilates-Mat F2 (John) 9:30-10:30			Pilates-Mat F2 (John) 9:30-10:30	Yoga-Hatha/Yoga-Vinyasa F2 (Chuck/Bianca) 9:00-10:15	Yoga-All Levels F2 (Shilpa) 10:00-11:15
Step F3 (Nisa) 9:30-10:30	Cardio Kickboxing F3 (Kim) 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) 10:40-11:40	Strength Training Express F3 (Laura) 10:30-11:00		
		Tai Chi & Qi Gong F1 (Merrillann) 10:00-11:00				
Yoga-All Levels F2 (Chuck) 11:15-12:15	SALSATION® F1 (Natascha) 11:40-12:40	Yoga-All Levels F2 (Biemnet) 11:00-12:00		Yoga-All Levels F2 (Damithia) 11:00-12:00	Pilates-Mat F3 (Olga) 11:00-12:00	Meditation F2 (Vira) 11:30-12:15
Tai Chi Second Section F3 (Stefanie) 11:10-12:10	Tai Chi Third Section F3 (Stefanie) 12:00-1:00		NEW! Tai Chi First Section F3 (Stefanie) 12:00-1:00			
NIA® F3 (Vicci) 12:15-1:15	Yoga-All Levels F2 (Rachael) 12:00-1:00	NIA® F3 (Ranee) 12:15-1:15	Yoga-All Levels F2 (Rachael) 12:00-1:00	NIA® F3 (Rossella) 12:15-1:15		
	Tai Chi & Qi Gong F1 (Merrillann) 1:15-2:15					
EVENING CLASSES						
Core Strength Express F3 (Jana) 5:00-5:30	Zumba® F3 (Lea) 5:20-6:20	Core Strength Express F3 (Autumn) 5:00-5:30	Zumba® F3 (Lea) 5:20-6:20	NEW! SALSATION® Kids F1 (Natascha) 5:00-6:00		
Step F3 (Jana) 5:30-6:00		Step F3 (Mary) 5:30-6:00				Zumba® Family F1 (Victoria) 5:00-6:00
Strength Training Express F3 (Jana) 6:00-6:30	Cardio Strength F3 (Jen) 6:30-7:30	Strength Training Express F3 (Mary) 6:00-6:30	Bollywood Fitness F3 (Kavita) 6:30-7:30			Yoga-All Levels F2 (Patti) 5:00-6:15
Boot Camp Gym (Kevin) 6:00-6:50	Above the Barre F1 (Katia) 6:30-7:30		NEW! Above the Barre F1 (Olga) 6:30-7:30			
Adult Karate \$ F2 (Adrian) 6:15-7:15	Yoga-Vinyasa F2 (Rae) 6:30-7:30		Yoga-All Levels F2 (Saori) 6:30-7:30			
Social Dance Rumba F1 (Alfred and Chris) 7:15-8:30	Zumba® F3 (Mila) 7:30-8:30	SALSATION® F3 (Natascha) 7:00-8:00		Zumba® F3 (Reyna) 7:00-8:00		
TRX® - Express Cycle (Petrina) 7:15-8:00			Circuit Training Gym (Autumn) 7:00-7:45			
Yoga-Power Vinyasa F2 (Rae) 7:30-8:30	Meditation F1 (Vira) 7:45-8:30	Yoga-Power Vinyasa F2 (Rae) 7:30-8:30				
Zumba® F3 (Katia) 8:00-9:00			Zumba® Toning 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

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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 by using your own body weight and light free weights. Designed to be done barefoot, but not required.

ADULT KARATE⁵. 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.

AOA CORE STRENGTH. Increase stability and balance using a variety of equipment and techniques targeting your core muscles – abs and back.

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. You will have fun, feel energized and get fit all at the same time!

BOOT CAMP. Get your extreme workout with extreme music! Dial up the adrenaline for a range of heart-pumping, strength building activities, which may include plyometrics, calisthenics, cycling, circuit training, jumping rope, speed work, lunging and more.

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 highly energetic class incorporates a full-body workout that targets all of the major muscle groups by integrating strength training with a cardio aerobic workout. *May use step platform.

CORE STRENGTH EXPRESS. This class will increase stability and balance by targeting your core muscles—abs, back and legs, using a variety of techniques. *Express classes are shortened versions of full classes.

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.

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

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

PILATES-MAT. This class is designed to increase core strength and flexibility plus align the mind and body. A series of movements are linked with the breath and performed from a sitting, reclining or standing position.

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!

SALSATION[®] KIDS. 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 fun for kids as young as 4 years old all the way up to 15 years old.

SOCIAL DANCE - RUMBA. This is a Latin dance style characterized by its slow rhythms and hip movements. This series go from July 1 to September 30. We start a new dance style series every two or three months. The next one will be Salsa, October 1 to November 30.

STEP. Enjoy fun, low-impact stepping using different speeds and choreography on and off the step.

STRENGTH TRAINING EXPRESS. Strengthen and tone your muscles using weights and other resistance equipment in this class. *Express classes are shortened versions of full classes.

TAI CHI & QI GONG. The simplified form practiced in this class combine slow, deliberate movements, meditation, and breathing exercises. Participants will move from posture to posture in a slow, rhythmic manner with great emphasis on proper breathing and relaxation. This class helps increase circulation, balance, alignment, and energy.

TAI CHI FIRST SECTION. 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.

TRX[®] \$. Learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer. Fees apply, register at front desk.

TRX[®] - EXPRESS. This is a high-intensity shortened class designed to increase strength and flexibility, burn calories and tone muscles. *Express classes are shortened versions of full classes.

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

YOGA-HATHA. Hatha yoga focuses on alignment and breath to gently calm the mind and release tension in the body.

YOGA-VINYASA. Maintain awareness and focus on the breath while moving through a series of poses. This style of yoga builds heat, flexibility, and strength while maintaining focus on good alignment.

YOGA-POWER VINYASA. A powerful, energetic flow using breath to movement transitions to connect the mind and body, while building strength, gaining flexibility and toning muscles.

ZUMBA[®]. Zumba[®] is a Latin-inspired dance class. Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.

ZUMBA[®] FAMILY. Zumba[®] is a Latin-inspired dance class. Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels. Family Focused.

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!

ZUMBA[®] TONING. A Latin-inspired dance class. Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels. This class adds light free weights to traditional Zumba[®].

CONTACT INFORMATION

CHRISSE MAHAN, HEALTH & WELL-BEING DIRECTOR

425 746 9900 or cmahan@seattleyymca.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.**