

CLASS DESCRIPTIONS

Above The Barre - A challenging and unique workout designed to tone and strengthen your entire body as well as increase flexibility by using your own body weight and light free weights. Designed to be done barefoot, but not required.

AOA – Cardio & Strength – Combine fun with fitness to increase your cardiovascular endurance. Move to the music through a variety of chair-based exercises designed to increase muscular strength, range of movement and activity for daily living skills.

AOA – Cardio Fitness – Combine fun with fitness to increase your cardiovascular endurance.

AOA – Circuit - Increase stamina and strength for daily living with a standing circuit workout. The class alternates between light weights and non-impact aerobics for a fun workout. Chairs are offered for support, stretching and relaxation exercises.

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 Mix - For those who like to do it all! Cardio variety may include, hi/low aerobics, dance aerobics, boot camp drills and cardio kickboxing

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

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!

Circuit Training – Queenax – A fast-paced station style workout incorporating a mixture of cardiovascular and strength training drills. This class incorporates the many different pieces of Queenax equipment including punching bags, torso trainer, and mini trampoline.

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

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.

Essentrics® - A dynamic workout that simultaneously lengthens and strengthens every muscle in the body, resulting in greater joint mobility and long, lean muscles. Bring own yoga mat.

Family Fitness – Queenax - The Queenax is a unique functional and suspended bodyweight training system. Improve endurance, strength, core stability, and much more using this state-of-the-art system. Family Fit is a fun and appropriately challenging class for the whole family.

Foam Rolling – Release and Roll - Learn mat-based movements using a foam roller to help align your body, strengthen your core and stimulate muscle recovery. Please bring your own foam roller.

Functional Strength – All Levels- Be strong at any age. This class is designed for older exercisers or those new to strength training. Strengthen and tone muscles in a way that simulates daily activities, increasing stability and mobility.

H.I.I.T. - High Intensity Interval Training uses moderate-intensity intervals alternated with high-intensity intervals for a full-body workout.

Interval Training - Alternate high- and low-intensity cardio with toning exercises for a total body workout.

Life Fitness Circuit - This unique format features timed strength training on Life Fitness Circuit equipment and may include cardio segments. All fitness levels welcome.

Moving For Better Balance - Improve your balance, mobility, walking and mental well-being in this adapted Tai Ji Quan program. You'll learn a variety of movements tailored to train, balance and controlling body movements for performing daily activities. Participants are encouraged to wear comfortable clothing and shoes. Chairs will be available. Participants must complete an assessment with YMCA staff prior to participation.

Pi/Yo™ - PiYo® is a flowing sequence that incorporates muscle sculpting of Pilates, flexibility of Yoga and nonstop, fluid movement. Define your whole body as you minimize the aches and pains that can come from high-impact workouts.

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

Strength & Conditioning - This high energy class includes both strength training and step aerobic exercise. Class includes a strength/resistance component utilizing a variety of equipment.

STRONG by ZUMBA® - STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

Queenax Express - The Queenax is a unique functional and suspended bodyweight training system. Improve endurance, strength, core stability, and much more using this state-of-the-art system. Express adds TRX to a challenging 30 or 45 minute strength and endurance workout.

Total Body Conditioning - This fun and challenging total body workout will test your strength and stamina while taking your conditioning to a whole new level. Define muscles by alternating workouts using weights, balls, bands, barbells, battle ropes, kettlebells and other equipment.

Tai Chi - Daily practice of Tai Chi Chuan brings many benefits, including improved strength, coordination, posture, concentration, and greater energy level. 1st Section is for those beginning their study of Tai Chi Chuan. 2nd Section is for all those who have studied 1st Section or with instructor's permission. 3rd Section is for those who have studied 1st and 2nd Sections or with instructor's permission.

Tween – Girls Fitness - Class for tween girls, ages 8–13. Let the Y help your tween learn how to grow stronger and more fit while having fun! Class size limited to 8.

Tween – Boys Fitness - Class for tween boys, ages 8–13. Let the Y help your tween learn how to grow stronger and more fit while having fun! Class size limited to 8.

CYCLING CLASS DESCRIPTIONS

Cycle – All Levels - Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio work-out. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.

Cycle – Power Pedal - High intensity interval training, intermediate to advanced cyclists.

Pedaling for Parkinson's - Research based pedaling class for Parkinson's patients. Participants use heart rate monitors to track appropriate pace. Doctor referral needed.

DANCE CLASS DESCRIPTIONS

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!

Dance Fitness - Enjoy easy to learn dance choreography that gets your heart pumping to the latest hits including hip hop, pop, and more.

Family Dance - This family dance class follows typical dance fitness format, where you and your family can learn fun, new moves, and easy-to-learn choreography. Come move, groove, dance, and play together! Best for kids aged 5+, and all abilities welcome.

Tween – Dance - Calling all kids, ages 7–13! Get ready to dance, shout, and laugh to different styles of music! Move to the beat, cheer each other on, and explore different ways to move and have fun!

ZUMBA® / ZUMBA® Gold / ZUMBA® Toning - 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® Gold is 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 is 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®.

YOGA /MEDITATION CLASS DESCRIPTIONS (Bring own mat)

AOA – Chair Yoga - This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques. Ideal for those with mobility and balance challenges - all postures are done standing near or seated in a chair.

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.

Therapeutic Yoga for Multiple Sclerosis and Parkinson's - A chair-based therapeutic yoga class for those with limited movements stemming from MS and Parkinson's. Free to members, Community participants \$60. 6-week sessions, registration required.

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 – Beginners Learn the basics of yoga postures, breathing and meditation while working towards increased flexibility, strength and overall body awareness.

Yoga – Gentle - Traditional yoga poses are modified with an emphasis on a slower pace and the use of props to ease stress and relax 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 – Restorative - A therapeutic yoga class, using blanket, straps and bolsters, to help reduce tension, relax muscles and calm the mind.

Yoga – Pilates Fusion - Basic yoga and Pilates movements are fused together creating an energetic flow with a focus on strengthening, toning, stretching, body awareness and finding balance in your body.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15 Cycle - Power Pedal Δ Club B/Steve	5:30-6:30 Cycle - Power Pedal Club B/Konnie	5:30-6:15 Cycle - Power Pedal Δ Club B/Rich	5:30-6:30 Cycle - Power Pedal Club B/Konnie		Room Abbreviations MG = Main Gym FG = Family Gym THC = Total Health Center MPR = Multipurpose Room RB = Racquetball Court YC = Youth Center NSC = Northshore Senior Center CEC = Carol Edwards Center	
5:45-6:45 Boot Camp MG/Lisa H	5:30-6:30 Total Body Conditioning MPR/Steve	5:45-6:45 Boot Camp MG/Lisa H	5:30-6:30 Total Body Conditioning MG/Steve	5:45-6:45 Yoga - All Levels Δ MPR/Heather		
6:30-7:15 Cycle - Power Pedal Δ Club RM B/Rachel		5:45-6:45 Yoga - All Levels Δ MPR/Heather		6:30-7:15 Cycle - Power Pedal Δ Club B/Rachel		
	7:00-8:00 Circuit Training - Queenax Δ THC/Varies	6:30-7:15 Cycle - Power Pedal Δ Club B/Rachel				
8:00-9:00 Functional Strength-All Levels MG/Candy	7:45-8:45 Essentrics® MPR/Natalia	8:00-9:00 Functional Strength-All Levels MG/Dawni Rae	7:45-8:45 Essentrics® MPR/Natalia	8:00-9:00 Functional Strength-All Levels MG/Adrienne	7:30-8:30 Cycle - Power Pedal Club B/Steve	7:45-8:45 Interval Training MG/Raj/Nikki
				8:15-9:00 Queenax Express Δ THC/Rich	8:00-9:00 Step FG/Sarah	
8:30-9:15 Pilates - Mat Δ MPR/Cindy S	8:45-9:20 H.I.I.T. MG/Amy O	8:30-9:15 Pilates - Mat Δ MPR/Anelody	8:45-9:20 H.I.I.T. MG/Jodi	8:30-9:15 Pilates - Mat Δ MPR/Anelody		
8:30-9:15 Cycle - All Levels Club B/Jane				8:30-9:15 Cycle - All Levels Club B/Jane/Cindy		
8:45-9:15 Core Strength - Express Δ Club A/Amy O.	8:45-9:30 Cycle - All Levels Δ Club B/Chris		8:45-9:30 Cycle - All Levels Δ Club B/Chris		8:45-9:30 Cycle - All Levels Δ Club B/Diane	
9:30-10:20 Total Body Conditioning FG/Shelby	9:00-10:00 AOA - Cardio Fitness Δ MPR/Candy	9:20-10:20 Total Body Conditioning	9:00-10:00 AOA - Cardio Fitness MPR/Candy	9:10-9:55 ZUMBA® FG/Glenna		
9:30-10:30 ZUMBA® Gold Δ MPR/Robyn M	9:30-10:45 Boot Camp MG/Jodi	9:30-10:30 ZUMBA® Gold Δ MPR/Robyn M	9:30-10:45 Boot Camp Δ MG/Jodi	9:30-10:45 Total Body Conditioning	9:15-10:15 Total Body Conditioning FG/Candy	
9:30-10:30 Cycle - Power Pedal Δ Club B/Amy O		9:30-10:30 Cycle - Power Pedal Δ Club B/Jodi		9:30-10:30 Cycle - Power Pedal Δ Club B/Rich/Amy O		
	9:30-10:30 PiYo™ CEC/Jami		9:30-10:30 PiYo™ CEC/Jami	9:30-10:15 Pilates - Mat Δ MPR/Anelody	9:00-10:00 Dance Fitness CEC/Kim	
10:00-10:45a Pilates - Mat CEC/Anelody		9:30-10:00 Life Fitness Circuit THC/Jen		9:30-10:00 Life Fitness Circuit / THC/Heather S	9:30-10:30 Yoga Pilates Fusion Δ MPR/Suzanne	
10:00-11:00 ZUMBA® MG/Kelly		10:00-11:00 ZUMBA® MG/Kelly				10:00-11:15 Yoga - All Levels Δ MPR/Cindy C
	10:15-11:00 AOA - Circuit MPR/Heather S		10:15-11:00 AOA - Cardio & Strength MPR/Treva	10:15-11:00 Queenax Express Δ THC/Lynette		
10:45-12:00 Yoga - All Levels Δ MPR/Suzanne	10:45-11:45 Dance Fitness CEC/Christie	10:45-12:00 Yoga - All Levels Δ MPR/Leslie B		10:30-11:30 AOA - Circuit MPR/Heather S	10:15-11:15 Above The Barre CEC/Sara/Kelly	



Δ = Ticketed Class
 TICKETS AVAILABLE AT THE MEMBERSHIP DESK 30 MINUTES BEFORE CLASS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	11:15am-12:00 AOA - Circuit MPR/Heather		11:15am-12:00 AOA - Cardio & Strength MPR/Kathy	10:30-11:00 Foam Rolling - Release and Roll Club A/Anelody		
11:15-12:15 Enhance Fitness® CEC/Kathy/Heather	11:15am-12:00 Queenax Express THC/Jen 	11:15-12:15 Enhance Fitness® CEC/Candy/Robin	11:15am-12:00 Queenax Express Δ THC/Jen 	11:15-12:15 Enhance Fitness® CEC/Rachel/Kay		
12:15-1:00 AOA - Chair Yoga Δ MPR/Suzanne	12:15-1:15 Cardio Strength MPR/Robyn M					11:30-12:30 Yoga - Beginners Δ MPR/Cindy C
	12:30-2:00 Therapeutic Yoga for Multiple Sclerosis and Parkinson's Club A/Elizabeth Starts September 11		12:15-1:15 Moving For Better Balance Registration Required- Advanced			11:45-12:45 ZUMBA® FG/Varies
12:15-1:00 Queenax Express Δ THC/Kirsten		12:15-1:00 Queenax Express Δ THC/Jen				
12:30-1:30 ZUMBA® CEC/Michelle	FM free, CM \$65 6-week sessions	12:30-1:30 ZUMBA® CEC/Glenna		12:30-1:30 ZUMBA® CEC/Christie		
1:15-2:15 Moving For Better Balance Registration Required-Advanced	1:30-2:30 Above the Barre MPR/Kelly	2:15-3:15 Tai Chi - Third Section MPR/Stefanie		1:15-2:00 Yoga - Gentle Δ MPR/Suzanne	1:00-2:00 Tai Chi - First Section MPR/Stefanie	
2:30-3:30 Moving For Better Balance Registration Required- Beginner		2:30-3:30 Moving For Better Balance Registration Required- Beginner			2:15-3:15 Tai Chi - Second Section MPR/Stefanie	
3:15-4:15 Pedaling for Parkinson's Club B/Rachel B.		3:15-4:15 Pedaling for Parkinson's Club B/Rachel		3:15-4:15 Pedaling for Parkinson's Club B/Rachel		
5:00-5:40p Cardio Mix Club A /Ashley 	6:00-7:00 Above The Barre/CEC/Sara					
	6:00-6:45 Tween - Queenax Δ (8-13)/THC Claire 			5:15-6:00 Queenax Express Δ THC/Glenna 		
	6:05-7:05 Total Body Conditioning  MG/Lisa C.	5:45-6:45 Circuit Training - Queenax Δ THC/Rebecca 	6:00-7:00 Above The Barre/CEC/Kelly			
6:00-7:00 Circuit Training - Queenax Δ THC/Rich	6:30-7:30 Bollywood - Fitness NSC/Mariana		6:05-7:05 Total Body Conditioning  MG/Lisa C.	6:00-6:50 Bollywood - Fitness MPR/Mariana		
6:00-7:00 Cycle - Power Pedal Δ Club B/Dayle		6:00-6:45 Cardio Kickboxing FG/Robyn M				
	7:10-8:00 Yoga - Vinyasa Δ Club A/Jenny	6:05-7:00 STRONG by ZUMBA® MG/Kelly	7:10-8:00 Yoga - Vinyasa Δ Club A/Jenny			
	7:10-8:10 ZUMBA® CEC/Christie	7:00-8:00 Tween - Dance (7-13) Club A/Kim	7:10-8:10 Dance Fitness CEC/Christie			
7:05-8:00 ZUMBA® MG/Sara	7:15-8:00 Queenax Express Δ THC/Nikki 	7:05-8:00 ZUMBA® MG/Sara	7:15-8:00 Queenax Express Δ THC/Nikki 			
	8:10-9:00 Yoga-Restorative Δ Club A/Jenny		8:10-9:00 Yoga-Restorative Δ Club A/Jenny			

GROUP EXERCISE CLASS GUIDELINES

- Arrive on time for classes. Early is better.
- No late entry into Yoga or Pilates classes 5 minutes past posted start time.
- Please turn off phones while in class.
- Please wear proper attire and footwear. Shoes required in most classes. Check with instructor.
- Youth 8-13 may attend with a supervising adult, if they are able to follow class structure and instructions.
- No children on sidelines of gyms or exercise rooms during class.
- For ticketed classes, tickets are available at check-in 30 minutes prior to class.
- Class schedules and instructors are subject to change without notice. We appreciate your flexibility and apologize for any inconvenience.

NOVEMBER 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



NORTHSHORE GROUP EX DROP-IN

Find our full schedule on the inside, class descriptions on the last page and fun in every class! For water fitness classes, see the pool schedule.

SCHEDULE KEY

The schedule key below will help you determine the location of your class, if you need a ticket to participate, if it is fee based, and other information.

MG = Main Gym

FG = Family Gym

THC = Total Health Center

MPR = Multipurpose Room

RB = Racquet Ball Court

NSC = Northshore Senior Center

CEC = Carol Edwards Center

Δ = Ticketed Class

TICKETS AVAILABLE AT THE MEMBERSHIP DESK 30 MINUTES BEFORE CLASS

 Shaded box = Class held at the Carol Edwards Center

Class Intensities:  = High powered
 = Challenging
 = Intense

CONTACT INFORMATION

Northshore YMCA
425.485.9797
Ashley Roy McKelvey - Healthy Living Director



NORTHSHORE YMCA

11811 NE 195th ST, Bothell WA 98011
P 425 485 9797 F 425 486 7757
ymcanorthshore.org

THE Y AT THE CAROL EDWARDS CENTER

17401 133rd Ave NE, Woodinville WA 98072
P 425 286 6122

NORTHSHORE SENIOR CENTER

10201 East Riverside Drive, Bothell, WA 98011
P 425 487 2441

CHECK THESE OUT!

All new classes and all classes with name, time, or location changes marked.

CLASS UPDATES:

MONDAYS:

Pilates-Mat – 10-10:45am CEC w/ Anelody
Cardio Mix – 5-5:40pm Club A w/ Ashley

TUESDAYS:

Tween - Queenax - 6:00-6:45pm w/ Claire

WEDNESDAYS:

Circuit Training Queenax — 5:45-6:45pm
THC w/ Rebecca

FRIDAYS:

Bollywood Fitness - 6-6:50 pm MPR
w/ Mariana

Moving for Better Balance

(Must register by start date, free for members.)

Beginner/All Levels- Mon. & Wed.

September 19th-December 12th
Club RM A

Advanced - Mon. & Thurs.

September 20-December 13th
MPR



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.