



CAROL EDWARDS GROUP EXERCISE

CEC NOVEMBER 2018 Schedule

ATTENTION:
Woodinville Residents
\$8/CLASS
No Membership Required!

Day/Time	Class/Area	Instructor
MONDAY		
10:00-10:45a	Pilates–Mat 	Anelody
11:15a-12:15p	Enhance Fitness	Kathy/ Heather
12:30-1:30p	ZUMBA®	Emily
TUESDAY		
9:30-10:30a	PiYo®	Jami
10:45-11:45a	Dance Fitness	Christie
6:00-7:00p	Above The Barre	Sara
7:10-8:00p	ZUMBA®	Christie
WEDNESDAY		
11:15a-12:15p	Enhance Fitness	Candy/Robin
12:30-1:30p	ZUMBA®	Glenna
THURSDAY		
9:30-10:30a	PiYo®	Jami
6:00-7:00p	Above The Barre	Kelly
7:10-8:10p	Dance Fitness	Christie
FRIDAY		
11:15a-12:15p	Enhance Fitness	Rachel/ Kay Dees
12:30-1:30p	ZUMBA®	Christie
SATURDAY		
9:00-10:00a	Dance Fitness	Kim
10:15-11:15a	Above the Barre	Kelly
CLASS DESCRIPTIONS ON REVERSE		

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.

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

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.

PiYo®

Pi/Yo™ takes the muscle-sculpting, core-firming benefits of Pilates and the strength and flexibility advantages of yoga and cranks up the speed to deliver a true fat-burning, low-impact workout.

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.

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.

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.

CEC CHILDCARE HOURS

MONDAY 12:25 - 1:35p

TUESDAY 9:25 - 11:50a
 5:55 - 8:20p

THURSDAY 9:25 - 10:35a
 5:55 - 8:20p

FRIDAY 12:25 - 1:35p

SATURDAY 8:40 - 11:20a

Contact Information

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