



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP WELLNESS SCHEDULE

## DECEMBER 2018



New class/Class Time Changed

DROP-IN MORNING CLASSES (INCLUDED WITH MEMBERSHIP)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle-All Levels CR 5:30-6:30am Kathy	Boot Camp SG 5:30-6:30am Tim	Cycle-All Levels CR 5:30-6:30am Kathy	Boot Camp SG 5:30-6:30am Tim	Cycle-All Levels CR 5:30-6:30am Kathy	<b>SAMMAMISHYMCA.ORG</b>	
H.I.I.T. SG 5:30-6:30am Jana	Yoga-Vinyasa GF1 6-7am Jessica	H.I.I.T. SG 5:30-6:30am Jana	Yoga-Vinyasa GF1 6-7am Jessica	H.I.I.T. SG 5:30-6:30am Jana		
Yoga-All Levels GF1 6-7am Jessica	Cycle-Express CR 6-6:45am Victoria	Yoga-Power Vinyasa GF1 6-7am Anitha	Cycle-Express CR 6-6:45am Victoria	Yoga-Power Vinyasa RR 6:30-7:30am Victoria		
Walking Grp Outside 8-9am Vicki	Circuit Training SG 7:30-8:30am Vicki	Yoga-Vinyasa RR 8-9am Maribeth	Yoga-Vinyasa RR 8-9am Michelle	Core Strength GF1 6:30-7am Kathy	Boot Camp SG 8:15-9:15am Bushra	■ Yoga-All Levels GF1 8:15-9:15am Danielle
Strength Training- Barbell Pump GF1 8:15-9:10am Diana	Aqua Fitness- Mixed Depth LP 8:35-9:35am	Strength Training- Barbell Pump GF1 8:15-9:10am Diana	Aqua Fitness- Mixed Depth LP 8:35-9:35am Dominique	Strength Training- Barbell Pump GF1 8:15-9:10am Diana	Cardio Strength GF1 8:15-9:15am Margaret	Cycle-All Levels CR 8:30-9:30am Teresa
Yoga-Vinyasa RR 8-9am Michelle	Yoga-All Levels RR 8:15-9:15am Anitha	Aqua Fitness LP 8:35-9:35am Pat		Aqua Fitness LP 8:35-9:35am Pat	Cycle-Power Pedal CR 8:30-9:30am Paul	
Aqua Fitness LP 8:35-9:35am				Cycle-All Levels CR 8:30-9:45am Tim	Pilates-Mat RR 8:30-9:15am Karen	
▼ Running Grp Outside	Circuit Training SG 9-10am Vicki	▼ Running Grp Outside	Cycle-All Levels CR 9:15-10:15am Jake	Circuit Training SG 9-10am Avivit	■ Yoga-Vinyasa GF1 9:30-10:30am Jessica	Yoga-Power Vinyasa GF1 9:30-10:30am Danielle
Step & Strength GF1 9:20-10:35am Avivit	Cycle-Power Pedal CR 9:30-10:30am Paul	Step & Strength GF1 9:30-10:45am Avivit	H.I.I.T. Express SG 9:30-10am Jenny	■ Yoga-Vinyasa RR 9:30-10:30am Renee Meena	Zumba LG 9:30-10:30am Christina	Core Strength SG 9:45-10:15am Teresa
Cycle-All Levels CR 9:30-10:45am Tim	■ Yoga-Gentle GF1 9:30-10:30am Sanjyot	Cycle-All Levels CR 9:30-10:45am Tim	■ Yoga-Gentle GF1 9:30-10:30am Sanjyot	■ Above the Barre GF1 9:30-10:45am Margaret	Cycle-All Levels CR 9:45-10:45am Cornell	
Zumba LG 9:45-10:45am Christina	Nia RR 9:30-10:30am Randee	■ Pilates-Mat RR 9:30-10:30am Karen	Nia RR 9:30-10:30am Alyson	Zumba Gold LG 9:30-10:25am Diana	Yoga-All Levels GF1 10:45-11:45am Jessica	Cycle-All Levels CR 10-11am Victoria
Strength Training- Barbell Pump Express SG 9:45-10:30am Diana	Boot Camp SG 10:15-11:15am Riley	Zumba LG 9:45-10:45am Jessica	Zumba LG 9:45-10:45am Rachel	Boot Camp SG 10:30-11:30am Tim	Zumba Toning SG 10:45-11:45am Alisha	Zumba SG 10:30-11:30am Yang
■ Pilates-Mat RR 10:30-11:30am Tarah	Zumba LG 10:30-11:30am Rachel	Core Strength LG 11-11:30am Tim	Total Body Conditioning SG 10:15-11am Vicki	■ Pilates-Mat RR 11-11:45am Karen	Core Strength RR 11-11:30am Cornell	Bollywood- Fitness GF1 10:45-11:30am Deepti
Above the Barre GF1 10:45-11:45am Jamie	■ Yoga-All Levels 10:45-11:45am GF1 Sanjyot	AOA-Strength GF1 11-12pm Vicki	■ Yoga-All Levels GF1 10:45-11:45am Sanjyot	AOA-Strength GF1 11-12pm Avivit		STRONG by Zumba GF1 11:45-12:45pm Yang
Boot Camp SG 11-12pm Tim	AOA-Cardio Fitness SG 11:30-12:30pm Avivit	Boot Camp SG 11-12pm Jamie	Yoga-Gentle RR 11-12pm Grace			
Zumba Gold LG 11-11:55am Diana			Line Dancing SG 11:15-12:15pm Vicki			

DROP-IN AFTERNOON AND EVENING CLASSES (INCLUDED WITH MEMBERSHIP)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Core Strength GF1 12-12:30pm Avivit	Aqua Arthritis & Injury AP 12-1pm Cheryl	Yoga-Vinyasa RR 12-12:55pm Renee Meena	Aqua Arthritis & Injury AP 12-1pm Cheryl	Zumba SG 12-1pm Jessica
	Yoga-Vinyasa RR 12-1pm Tiffany	Cycle-Express CR 12-12:45pm Tim	Cycle-All Levels CR 12-1:15pm Tim	
	Step GF1 12-1pm Jenny	Above the Barre Express GF1 12:15-1pm Jessica	Above the Barre GF1 12-1pm Margaret	AOA-Chair Yoga GF1 12:15-1pm Elaine
			Meditation RR 12:15-12:45pm Grace	
			AOA-Chair Yoga RR 1-1:45pm Elaine	
● Moving For Better Balance RR 1-2pm Teresa	● Pedaling For Parkinson's CR 1:30-2:30pm	● Moving For Better Balance RR 1-2pm Teresa	● Pedaling For Parkinson's CR 1:30-2:30pm	
	● Dance-Adaptive GF1 1:45-2:30pm Teresa		● Yoga - Adaptive GF1 1:45-2:45pm Anitha	
	Boot Camp SG 2:15-3:15pm Jen		AOA-Yoga Gentle RR 2-2:45pm Elaine	
			Boot Camp SG 2:15-3:15pm Jen	
Core Strength SG 4:45-5:30 pm Margie	Cardio Strength GF1 5-5:45pm Teresa	Yoga-Gentle RR 4:15-5:15pm Jessica	Yoga-Vinyasa RR 4:30-5:30pm Tiffany	Pilates-Mat RR 4:45-5:45pm Karen
Yoga-Family RR 5-6 pm Danielle		Core Strength SG 4:45-5:30 pm Margie	Cardio Strength GF1 5-5:45pm Teresa	■ Yoga-Gentle RR 6-7pm Anitha
Bollywood-Fitness GF1 6-6:45pm Sowmya	Total Body Conditioning SG 6-6:45pm Vicki	Boot Camp SG 5:45-6:45 pm Jake	Pilates-Mat GF1 6-7pm Teresa	HIIT GF1 6-6:45pm Bushra
Boot Camp SG 6-6:45pm Megan	Yoga-Power Vinyasa- RR 6:30-7:30pm Sheetal P.		Yoga-Power Vinyasa RR 6-7pm Sheetal P.	Cycle-Express CR 6:15-7pm Caitlin
Cycle-Beginner CR 6:30-7:15pm Mike	Cycle-All Levels CR 6:30-7:45pm Caitlin	Cycle-Beginner CR 6:30-7:15pm Mike	Cycle-All Levels CR 6:30-7:45pm Mona	
Zumba SG 7-8pm Liz	Zumba SG 7-8pm Jean	Zumba Toning SG 7-8pm Alisha	Bollywood-Fitness SG 7:15-8:15pm Deepti	
Above the Barre GF1 7-8pm Jamie	Pilates-Mat GF1 7:15-8:15pm Kate	Above the Barre GF1 7-8pm Victoria H	Above The Barre GF1 7:15-8:15pm Jessica	Zumba GF1 7-8pm Liz
Aqua Zumba LP 7-8pm Jean		Aqua Fitness LP 7-8pm Katia	Yoga-Yin RR 7:15-8:15pm Sheetal P.	

ROOM KEY	
CR	Cycle Room
LG	Large Gym
SG	Small Gym
LS	Loft Space
GF1	Group Fitness 1
GF2	Group Fitness 2
RR	Reflection Room
AP	Activity Pool
LP	Lap Pool

CLASS AGES	
All Classes	14+ (Ages 10-13 with Adult Supervision)
Family Classes	Ages 8+
Dance Classes	Ages 8+
Teen Classes	Ages 13-18

LEGENDS	
■	Ticket required to reserve space in class. Pick up ticket when you check-in at the front desk.
●	Referral required. Contact Stephanie at <a href="mailto:snortonbredl@seattlemca.org">snortonbredl@seattlemca.org</a> .
▽	Contact Vicki at <a href="mailto:vsousey@seattlemca.org">vsousey@seattlemca.org</a> for running time.

**CHALLENGE LEVELS**

GETTING STARTED? We are committed to helping you achieve your goals! Look for classes with indicators such as "Beginner", "Gentle", and "All Levels." These beginner classes will get you fit while having fun in a supportive group setting!

Everyone is welcome! The YMCA of Greater Seattle strengthens communities in King & South Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.

★ SMALL GROUP TRAINING SCHEDULE					Fee based. Registration is required. Cost varies for each class. Please see Member Service for information.	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Pilates Reformer 11:45am-12:45pm	TRX 5pm-6pm	Pilates Reformer 10:45am-11:45am	Total Body Burn & Firm 11am-12pm	Pilates Reformer 12pm-1pm	Pilates Reformer 9:30am-10:30am	
	Ballroom & Swing 6pm-7pm			Pilates Reformer 3:30pm-4:30pm		

**BARRE:** A high energy class with a strong focus on postural strength, alignment, breath and muscle action. A one-hour regime of ballet, pilates, strength and flexibility training. This total body conditioning technique has been intertwined to create an intense workout, guaranteed to transform and sculpt your entire body. The classes are choreographed to the music in a fun, supportive and high-energy environment. Open to all levels.

**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.

**ABOVE THE BARRE EXPRESS:** 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. \*Express classes are shortened versions of full classes.

**AOA-CARDIO FITNESS:** 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-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.

**AOA-STRENGTH:** Move to the music through a variety of seated and standing exercises designed to increase muscular strength, range of movement, balance and activity for daily living skills.

**AOA-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.

**AQUA-ARTHRITIS & INJURY PROGRAMS:** This class is designed for those living with chronic pain, those recovering from an injury or those with limited mobility. This class takes a non-impact approach by using water resistance exercises to build strength and increase range of motion and flexibility throughout the body. This is a comfortable, therapeutic class with others who understand managing pain.

Note: This program does not replace physical therapy and participants are encouraged to check in with their physician before starting the class.

**AQUA FITNESS:** A variety of aerobic movements are performed in the shallow end of the pool to provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.

**AQUA FITNESS-MIXED DEPTH:** Experience a complete workout by traveling the full length of the pool from shallow to deep water to enhance your cardiovascular and strength training.

**AQUA ZUMBA®:** Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning and body-toning.

**BALLROOM & SWING:** Dancing is a great way to have fun, keep fit and make new friends! If you have never danced before, this class is specially designed for those who just want to have fun! You will learn some basic steps so you can feel comfortable on the dance floor and how to lead and follow. Learn some new dance moves from dances like the Swing and Foxtrot. These dances are a great introduction to other social dances.

**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 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.

**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.

**CORE STRENGTH:** Increase stability and balance by targeting your core muscles - abs, back and legs, using a variety of techniques.

**CYCLE:** 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-BEGINNER:** The group fitness is designed for members who are interested in group cycling but who might be intimidated by the other group cycle classes on the schedule. The class teaches you proper technique and terminology while taking it slow and helping to build your strength and endurance. Class is designed for beginners or those who need a low intensity class.

**CYCLE - ALL LEVELS:** Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio workout. You are in control of the bike resistance, so the class is accessible to a wide range of exercise abilities.

**CYCLE - BEGINNER:** Specifically designed for those new to cycle class. Instructors will assist with bike set-up, posture and cycling technique. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.

**CYCLE - EXPRESS:** 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. \*Express classes are shortened versions of full Classes.

**CYCLE-POWER PEDAL:** High-intensity interval training for intermediate to advanced cyclists.

**DANCE - ADAPTIVE PROGRAMS:** Dancing can be a great emotional release and form of expression and communication. The mixing of musical, physical, and social components in an adaptive dance class can provide a non-threatening environment in which participants can further develop new skills. \*Referral Required

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

**H.I.I.T. EXPRESS:** High Intensity Interval Training uses moderate-intensity intervals alternated with high-intensity intervals for a full-body workout. \*Express classes are shortened versions of full classes.

**INTERVAL TRAINING:** A workout that alternates periods of high intensity with low intensity recovery periods.

**KETTLEBELLS & TRX:** Learn the foundations of safe and extremely effective kettlebell training. Our certified trainer will teach you how to improve your overall strength and performance using kettlebell swings, squats and deadlifts. With the additional use of the TRX, this workout is perfect if you're looking to revitalize your training and transform your body all while increasing stability and mobility.

**LINE DANCING:** Learn the popular line dances of the past and present. A fun way to exercise your mind and body and dance socially without needing a dance partner.

**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.

**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.

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

**PEDALING FOR PARKINSON'S:** Pedaling a bicycle may change the life of someone with Parkinson's disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace – optimally, 80-90 revolutions per minute. Fast pedaling is not a cure of Parkinson's disease and should not be touted as such, but there is compelling evidence to show that it does make a real difference for many who try it. Groups meet on an ongoing basis. Classes are two times a week for one hour.

**PILATES-ADAPTIVE PROGRAMS:** This class emphasizes the experience within poses, not simply physical accomplishments. Dynamic awareness moves through the mind body relationship both with and without muscular action. *\*Referral Required.*

**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.

**PILATES REFORMER:** This small group is designed with your specific needs in mind. The Pilates Reformer is a piece of equipment that provides resistance with a series of springs and ropes. In this small group setting, you will develop stronger, leaner muscles and increase your overall flexibility. Space is limited to 4 students to enable our instructor to correct and modify for all fitness levels and ages.

**RUNNING GROUP:** Are you a runner or interested in getting started? Join this weekly group run for camaraderie and encouragement! \*For groups that meet off-campus contact Vicki Sosey at vsosey@seattlemca.org for details.

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

**STEP & STRENGTH:** Enjoy fun, low-impact step aerobics using the different speeds and choreography on and off the step, finishing with strength training and core.

**STRENGTH TRAINING—BARBELL PUMP:** This low weight, high repetition barbell class will challenge all of your major muscle groups. Through resistance training you'll sculpt, tone and strengthen your entire body as you squat, press, lift and curl.

**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.

**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 and registration is required.

**TOTAL BODY BURN & FIRM:** This is a challenging and dynamic whole body muscle conditioning class using dumbbells, resistance bands, exercise balls and body bars as strength-training tools. Exercises will be modified to accommodate all fitness levels. Be prepared to work all your muscle groups.

**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.

**TRX PLUS:** If you want to sweat, have fun, burn calories and increase your muscle endurance then TRX PLUS is the small group for you! This class combines TRX training with other pieces of fitness equipment for a total body workout. This mix of gravity resistance and strength training provides the ultimate workout to increase strength, endurance, balance, power and core stability.

**TURBO KICK®:** This class combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable caloric burn.

**WALKING GROUP:** Walk your way to improved fitness and enjoy good company! Learn proper walk posture, technique and fitness basics. Walks are outdoors and open to all fitness levels. Please come dressed for the weather.

**WATER WALKING:** This is a non-structured time for water fitness. Members are welcome to use the aquatic fitness equipment to achieve a vertical water workout. 12 years of age or older recommended.

**WOMEN ON WEIGHT:** This is a women's strength training class using various training modalities including kettlebells, barbells, dumbbells and more! This class will focus on improving joint mobility, building strength and improving posture. Participants will learn new lifting techniques to improve their overall strength for everyday life!

**YOGA-ADAPTIVE PROGRAMS:** This class emphasizes the experience within poses, not simply physical accomplishments. Dynamic awareness moves through the mind body relationship both with and without muscular action. *\*Referral 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 - FAMILY:** Enjoy family time while gaining strength and flexibility.

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

**YOGA - VINIYOGA:** This specialized class improves movement and function through breath. Postures will be taught based on the specific needs of the individuals attending class.

**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 - YIN:** Yin Yoga targets muscular tissue, ligaments, bones and joints that may not be normally exercised in a more active yoga practice. This class typically focuses on the connective tissues of the hips, pelvis and lower spine. Students remain in postures anywhere from one to five minutes or more. Ideal for all yoga levels.

**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® 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®.