

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. **It is recommended that you bring your own mat.**

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.

BOOTCAMP

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.

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 (CORE & MORE)

This class will 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. **Requires a pass from the front desk.**

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. **Requires a pass from the front desk.**

CYCLE PARTY

Offered the second Friday of every month. Get the weekend started right with a 60-minute ride that will make you forget about your hard work week. This high energy class has a club vibe and is sure to re-energize you with some pumpin' music that will surely put you in the weekend mood. Guaranteed fun and sweat! **Requires a pass from the front desk.**

CYCLE STRENGTH

Join us for a challenging ride, then finish with strength and core. **Requires a pass from the front desk.**

DANCE FITNESS

This lively workout combines fun dance movements to improve endurance. Weights and resistance bands may be used to build strength and flexibility.

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.

H.I.T.T.

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

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.

PEDALING FOR PARKINSON'S

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

P90X®

Join the live version of the popular home workout series. This workout offers a rich variety of intense routines from cardio to resistance training, plyometrics, core and 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.

TRX® \$\$

Learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer.

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 - 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 - 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 - 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.

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.

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!

SNOQUALMIE VALLEY YMCA

35018 SE RIDGE ST, Snoqualmie, WA 98065
425.256.3115

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