



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

APRIL 2019 GROUP FITNESS SCHEDULE

UPDATED 2.20.2019

	STRONG by ZUMBA® 5:20-6:20 - MP Laura F.	P90X® 5:20-6:20 - GYM Stefanie		BOOTCAMP 5:20-6:20 - GYM Miranda		
	CYCLE* 7:30-8:30 - CR Jonathan	CYCLE STRENGTH* 8:00-9:00 - CR Lindsey		STRONG by ZUMBA® 5:20-6:20 - MP Laura F.		
	C RC TRAINING G T		CYCLE* 7:30-8:30 - CR Jonathan	CYCLE STRENGTH* 8:00-9:00 - CR Lindsey	CYCLE* 8:00-8:55 - CR Lindsey/Angie	
	CYCLE* 9:05-9:50 - CR Lindsey	INTRO to VINYASA 9:15-10:15 - MP Cynthia	VINYASA YOGA 9:00-10:00 - MP Trina	DANCE FITNESS 9:15-10:10 - MP Katie	ZUMBA® 8:00-8:55 - MP Laura F	
P90X® 9:15-10:15 - GYM Darci	VINYASA YOGA 9:00-10:00 - MP Kristin	P90X® 9:15-10:15 - GYM Kari	CYCLE* 9:15-10:15 - CR Angie	H.I.I.T. 9:15-9:45 - GYM Kari	BARBELL PUMP 9:05-10:00 - GYM Diana	
ZUMBA® 10:10-11:05 - MP Gentry	BOOTCAMP 10:00-10:55 - GYM Hallie	STRETCH-EXPRESS 10:20-10:50 - GYM Cynthia		CORE & MORE 9:45-10:30 - GYM Kari	VINYASA YOGA 9:15-10:30 - MP Jessica	
FOAM ROLLING 10:20-10:50 - GYM Darci	YOGA 10:05-11:05 - MP Kristin	TRX® \$\$ 10:20-11:05 - MP Kelli	YOGA 10:05-11:05 - MP Trina	TRX® \$\$ 10:20-11:05 - MP Hallie	FAMILY YOGA* 10:45-11:1 - MP Sara	
PEDALING for PARKINSON'S 10:30-11:30 - CR		PEDALING for PARKINSON'S 10:30-11:30 - CR	BARBELL PUMP 10:00-11:00 - GYM Diana			
ENHANCE® FITNESS 11:15-12:15 - MP Roxanne	ZUMBA® GOLD 11:15-12:15 - MP Diana	ENHANCE® FITNESS 11:15-12:15 - MP Diana	ZUMBA® GOLD 11:15-12:15 - MP Diana	ENHANCE® FITNESS 11:15-12:15 - MP Diana		

AFTERNOON/EVENING CLASSES

	BARBELL PUMP 12:30-1:25 - MP Diana	CORE STRENGTH 12:30-1:25 - MP Diana				
TWEEN YOGA \$\$ 5:00 - 6:00 - MP Amy	ZUMBA® 5:30-6:30 - MP Gentry	STRONG 30 ZUMBA® 5:30-6:00 - MP Laura F				
P90X® 6:00-7:00 - GYM Angie	TR NGT 6:00-7:00 - CR Angie/Lindsey	POUND® 6:05-6:50 - MP Laura F	ZUMBA® 5:50-6:50 - MP Laura F/Heather			
TAI CHI 7:00-8:00 - MP Alfons		DANCE FITNESS 7:00-8:00 - MP Sara				* Family Yoga is on 5dril * only. (NEW) Cycle Room = CR

* ALL CYCLE CLASSES REQUIRE A PASS FROM FRONT DESK

TRX® \$\$ - FEE-BASED CLASS, REGISTRATION REQUIRED

CARDIO & STRENGTH CLASS DESCRIPTIONS

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.

NEW 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.

NEW FOAM ROLLING

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.

H.I.T.T.

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

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.

POUND®

POUND® is the world's first cardio jam session inspired by the energizing, infectious, fun of playing the drums. Come unleash your inner Rock Star and make noise with us.

NEW STRETCH - EXPRESS

Stretch your muscles, calm your mind, help with injuries and soothe tension. *Express classes are shortened versions of full classes.

CYCLE CLASS DESCRIPTIONS

Cycle classes require a pass from the front desk.

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 STRENGTH

Join us for a challenging ride, then finish with strength and core.

ACTIVE OLDER ADULTS CLASS DESCRIPTIONS

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.

PEDALING FOR PARKINSON'S

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

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

YOGA/MEDITATION/TAI CHI CLASS DESCRIPTIONS

FAMILY YOGA

Enjoy family time while gaining strength and flexibility. Only offered first Saturday of the month. Ages 3+

NEW INTRO TO VINYASA

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

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.

TWEEN YOGA

This 8-week program, March 4 – April 29, will teach yoga and meditation techniques and practices to reduce stress, cultivate self care and build self confidence. Class includes: gentle yoga, breath work, meditation, time for rest and reflection.

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 - 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.

DANCE/ZUMBA CLASS DESCRIPTIONS

DANCE FITNESS

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

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.

STRONG 30

A 30-minute version of STRONG by Zumba®.

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!

SMALL GROUP TRAINING CLASS DESCRIPTIONS

TRX® \$\$

Learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX® Suspension Trainer. \$8.00 per class. Please register at front desk.

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.