



GROUP EXERCISE SCHEDULE

APRIL – Facility Closed on Easter Sunday, April 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING & AFTERNOON CLASSES						
	Cycle-Circuit Cycle (Chrissy) 6:00-7:00		Cycle-Circuit Cycle (Chrissy) 6:00-7:00			
	Yoga-All Levels F2 (Amanda) 7:00-8:00	Yoga-All Levels F2 (Dorothy) 7:00-8:00	Yoga-All Levels F2 (Amanda) 7:00-8:00			
AOA Core Strength F3 (Tanya) 8:30-9:00	Core Strength Express F3 (Ettty) 9:00-9:30	AOA Core Strength F3 (Kerry) 8:30-9:00	Core Strength Express F3 (Kim) 9:00-9:30	AOA Core Strength F3 (Tanya) 8:30-9:00		
Zumba® Gold F2 (Alisha) 9:00-10:00	TRX® \$ Cycle (Jana) 9:30-10:30	Zumba® Gold F2 (Laura) 9:00-10:00		Zumba® F3 (Laura) 9:30-10:30	Kickboxing Boot Camp F3 (Jen) 8:30-9:40	Cardio Strength F3 (Lily) 9:00-9:45
Step F3 (Nisa) 9:30-10:30	Pilates-Mat F2 (John) 9:30-10:30	Step F3 (Irene) 9:30-10:30		Pilates-Mat F2 (John) 9:30-10:30	Yoga-Hatha/Vinyasa F2 (Patti/Bianca) 9:00-10:15	Yoga-All Levels F2 (Shilpa) 10:00-11:15
Strength Training Express F3 (Nisa) 10:35-11:15	Cardio Kickboxing F3 (Kim) 9:30-10:30	Strength Training Express F3 (Irene) 10:35-11:15	Cardio Kickboxing F3 (Kim) 9:30-10:30	Strength Training Express F3 (Laura) 10:35-11:05	Zumba® F3 (Jane) 9:45-10:45	Zumba® Toning F3 (Jane/Alisha) 10:00-11:15
	Above the Barre F3 (Chrissy) 10:40-11:30	Tai Chi & Qi Gong F1 (Merrillann) 10:00-11:00	Above the Barre F3 (Kristina) 10:40-11:40		NEW! Zone Training Cardio (Kevin) 9:00-9:40 10:00-10:40 Starts 4/13	
Yoga-All Levels F2 (Dorothy) 11:00-12:00	NEW! Yoga Baby & Me F2 (Susan) 10:45-11:30 – Starts 4/16	Yoga-All Levels F2 (Karen) 11:00-12:00		Yoga-All Levels F2 (Shilpa) 11:00-12:00	Pilates-Mat F3 (Olga) 11:00-12:00	
NEW! Stretching F3 (Patti) 11:30-12:00	Yoga-All Levels F2 (Rachael) 12:00-1:00	NEW! Stretching F3 (Patti) 11:30-12:00	Yoga-All Levels F2 (Rachael) 12:00-1:00	NEW! Sing4Fun Conf Room (Linda) 11:00-11:45	NEW! Guided Meditation Power of Positivity 11:30-12:30 F2 (Kristina) – 4/6 ONLY	Meditation F2 (Vira) 11:30-12:15
NIA® F3 (Vicci) 12:15-1:15		NIA® F3 (Randeel) 12:15-1:15	Tai Chi First Section F3 (Stefanie) 12:00-1:00	NIA® F3 (Rossella) 12:15-1:15	NEW! BollyX F3 (Shilpa) 12:15-1:15	
Tai Chi Second & Third Section F3 (Stefanie) 1:30-2:30	Tai Chi & Qi Gong F1 (Merrillann) 1:15-2:15					
EVENING CLASSES						
Core Strength Express F3 (Jana) 5:00-5:30	Zumba® F3 (Lea) 5:20-6:20	Core Strength Express F3 (Kevin) 5:00-5:30	Zumba® F3 (Lea) 5:20-6:20			
Step F3 (Jana) 5:30-6:00		Step F3 (Mary) 5:30-6:00		SALSATION® Kids F1 (Natascha) 5:30-6:00 (2-5 years old)		Zumba® Family F1 (Victoria) 5:00-6:00
Strength Training Express F3 (Jana) 6:00-6:30	Basics of Weight Lifting Free Weights Room (Derek) 6:00-6:30 (14 years old and older)	Strength Training Express F3 (Mary) 6:00-6:30		SALSATION® Kids F1 (Natascha) 6:00-7:00 (7-15 years old)		Yoga-All Levels F2 (Patti) 5:00-6:15
Boot Camp Gym (Kevin) 6:15-7:00						
Adult Karate \$ F2 (Adrian) 6:15-7:15	Cardio Strength F3 (Jen) 6:30-7:30		Bollywood Fitness F3 (Kavita) 6:30-7:30			
NEW! Cardio Kickboxing F3 (April) 6:45-7:45	Yoga-Vinyasa F2 (Elaine) 6:30-7:30		Yoga-All Levels F2 (Saori) 6:30-7:30			
TRX® - Express Cycle (Derek) 7:15-8:00	Above the Barre F1 (Katia) 6:30-7:30	SALSATION® F3 (Natascha) 7:00-8:00	Circuit Training Gym (April) 7:00-7:45	Zumba® F3 (Reyna) 7:00-8:00		
Social Dance F1 (Alfred & Jackie) 7:30-8:30	Zumba® F3 (Mila) 7:30-8:30	SALSATION® Express F3 (Natascha) 8:00-8:30				
Yoga-Power Vinyasa F2 (Elaine) 7:30-8:30	Meditation F1 (Vira) 7:45-8:30	Yoga-Power Vinyasa F2 (Rae) 7:30-8:30				
Zumba® F3 (Katia) 8:00-9:00			Zumba® Toning F3 (Jane) 7:40-8:40			

Although it is always our intention to follow the scheduled format, classes, rooms and/or instructors may change without notice. Please see the Gym, Cycling & TRX, Active Older Adults and Aquatics Schedules and Program Guides for other fitness activities. F1=Fitness 1. F2=Fitness 2. F3=Fitness 3. Cycle=Cycling Studio. Gym=Gymnasium. Cardio=Cardio Room. \$=Register at front desk, fees apply.

BELLEVUE FAMILY YMCA
14230 Bel-Red Road, Bellevue, WA 98007
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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.**

CLASS DESCRIPTIONS

ABOVE THE BARRE. A challenging and unique workout designed to sculpt and strengthen your entire body, as well as increase your flexibility by using your own body weight and light free weights. Designed to be done barefoot, but not required.

ADULT KARATE \$. Increase physical fitness, build confidence, and respect for others through Karate. This ancient martial art incorporates a variety of techniques, including blocks and strikes. Fees apply. Registration required.

AOA CORE STRENGTH. Increase stability and balance using a variety of equipment and techniques targeting your core muscles – abs and back.

BASICS OF WEIGHT LIFTING. Learn how to properly lift weights in the free weights room. Includes instruction on form for squats, chest press, deadlift, and other basic lifts.

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!

BOLLYX. Experience a Bollywood-inspired dance fitness program that combines exhilarating choreography and high energy workouts with upbeat music from around the world. All levels welcome.

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 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!

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.

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.

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.

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.

KICKBOXING BOOT CAMP. A combination of cardio kickboxing moves with boot camp style strength-building exercises.

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

PILATES-MAT. Class 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.

SALSATION®. Dance fitness program based on functional training with focus on musicality and lyrical expression. The dance moves are designed to ensure the body moves in a natural and healthy way, making it safe and gentle on the joints and fun for everyone! *Express classes are shortened versions of full classes.

SALSATION®KIDS. Dance fitness program based on functional training with focus on musicality and lyrical expression. The dance moves are designed to ensure the body moves in a natural and healthy way, making it safe and fun for kids as young as 2 years old all the way up to 15 years old.

SOCIAL DANCE. Learn various ballroom, and other partner dances, including salsa, rumba, and west coast swing at a relaxed pace. Classes are informal and suitable for beginners of all ages. No partner needed.

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

STRENGTH TRAINING EXPRESS. Strengthen and tone your muscles using weights and other resistance equipment in this class.

STRETCHING. Stretch your muscles, calm your mind, help with injuries and soothe tension.

SING4FUN. Join our Singing Group! No experience required. We do breathing and warm-up exercises at the beginning followed by some singing in a fun casual way!

TAI CHI & QI GONG. The simplified form practiced in this class combine slow, deliberate movements, meditation, and breathing exercises. Participants will move from posture to posture in a slow, rhythmic manner with great emphasis on proper breathing and relaxation. This class helps increase circulation, balance, alignment, and energy.

TAI CHI FIRST SECTION. For those beginning their study of Traditional Yang Family Tai Chi.

TAI CHI SECOND AND THIRD SECTION. For all those who have studied the previous Section of Traditional Yang Family Tai Chi, or with Instructor's permission.

TRX® \$. Learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer. Fees apply, register at front desk.

TRX® - EXPRESS. This is a high-intensity shortened class designed to increase strength and flexibility, burn calories and tone muscles.

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-BABY & ME. Re-energize, strengthen the body and bond with your baby using gentle and slow moving yoga postures. Ideal baby age 6 weeks-10 months (before crawling).

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

ZONE TRAINING. Blend the perks of traditional workout classes (think good music and an energetic instructor) and the one-on-one benefits of small-group personal training. Alternate between cardio and strength intervals in order to spike metabolism and boost your energy. Sessions involve a combination of treadmill, indoor rowing, and strength training (weights, dumbbells, body-weight exercises, etc.). Limited spots. Pre-registration required.

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® FAMILY. Zumba® is a Latin-inspired dance class. Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels. Family Focused.

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®.

CONTACT: CHRISSE MAHAN - HEALTH & WELLNESS DIRECTOR
425 746 9900 or cmahan@seattlemca.org

FITNESS ROOMS GUIDELINES:

- Youth 14 and older may attend any group exercise class without an adult. Youth 10–13 can attend family friendly classes with a parent or guardian. Children under the age of 10 are not allowed in the fitness studio without an adult.
- Proper aerobic shoes must be worn at all times.
- If you have a preexisting injury or need to have modifications or changes made in your workout, please meet with instructor prior to class so that the instructor can be aware of your needs.
- If you do need to leave class early, please remember to cool-down and stretch.