



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUNE 17-30, 2019

## GROUP FITNESS SCHEDULE

Revised: May 28, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING CLASSES</b>						
<b>P90X®</b> 5:20-6:20 - GYM Kelli	<b>STRONG by ZUMBA®</b> 5:20-6:20 - MP Laura F.	<b>P90X®</b> 5:20-6:20 - GYM Stefanie	<b>TRX®</b> 5:20-6:05 - MP Hallie	<b>BOOTCAMP</b> 5:20-6:20 - GYM Miranda		
<b>YOGA</b> 7:30-8:30 - MP Kristin	<b>CYCLE</b> 7:30-8:30 - CR Jonathan		<b>CYCLE</b> 7:30-8:30 - CR Jonathan	<b>STRONG by ZUMBA®</b> 5:20-6:20 - MP Laura F.		
<b>CYCLE</b> 8:00-9:00 - CR Lindsey		<b>CYCLE</b> 8:00-9:00 - CR Lindsey			<b>CYCLE</b> 8:00-9:00 - CR Lindsey/Angie	
	<b>CYCLE</b> 9:15-10:15 - CR Lindsey	<b>YOGA</b> 9:15-10:10 - MP Cynthia	<b>VINYASA YOGA</b> 9:00-10:00 - MP Trina	<b>DANCE FITNESS</b> 9:15-10:10 - MP Katie	<b>ZUMBA®</b> 8:00-8:55 - MP Laura F	
<b>P90X®</b> 9:15-10:15 - GYM Darci	<b>VINYASA YOGA</b> 9:00-10:00 - MP Kristin	<b>P90X®</b> 9:15-10:15 - GYM Kari	<b>CYCLE</b> 9:15-10:15 - CR Angie	<b>H.I.I.T.</b> 9:15-9:45 - GYM Kari	<b>BARBELL PUMP</b> 9:15-10:15 - GYM Diana	
<b>PEDALING for PARKINSON'S</b> 9:30-10:30 - CR	<b>BOOTCAMP</b> 10:00-10:55 - GYM Hallie	<b>PEDALING for PARKINSON'S</b> 9:30-10:30 - CR	<b>BOOTCAMP</b> 9:30-10:30 GYM/Outside Hallie	<b>CORE STRENGTH</b> 9:45-10:30 - GYM Kari	<b>VINYASA YOGA</b> 9:15-10:30 - MP Jessica	
<b>ZUMBA®</b> 10:10-11:05 - MP Gentry	<b>YOGA</b> 10:05-11:05 - MP Kristin	<b>STRETCH-EXPRESS</b> 10:20-10:50 - GYM Cynthia	<b>YOGA</b> 10:05-11:05 - MP Trina	<b>TRX®</b> 10:20-11:05 - MP Hallie		
<b>FOAM ROLLING</b> 10:20-10:40 - GYM Darci		<b>TRX® H.I.I.T.</b> 10:20-11:05 - MP/Outside, Kelli				
<b>ENHANCE® FITNESS</b> 11:15-12:15 - MP Roxanne	<b>ZUMBA® GOLD</b> 11:15-12:15 - MP Diana	<b>ENHANCE® FITNESS</b> 11:15-12:15 - MP Diana	<b>ZUMBA® GOLD</b> 11:15-12:15 - MP Diana	<b>ENHANCE® FITNESS</b> 11:15-12:15 - MP Diana		
<b>AFTERNOON/EVENING CLASSES</b>						
		<b>BARBELL PUMP</b> 12:30-1:25 - MP Diana				
	<b>ZUMBA®</b> 5:30-6:30 - MP Gentry	<b>STRONG 30®</b> 5:30-6:00 - MP Laura F				
<b>P90X®</b> 6:00-7:00 - GYM Angie		<b>POUND®</b> 6:05-6:50 - MP Laura F	<b>ZUMBA®</b> 5:50-6:50 - MP Janell			
<b>TAI CHI</b> 7:00-8:00 - MP Alfons	<b>YOGA</b> 7:00-8:15pm - MP Noel	<b>DANCE FITNESS</b> 7:00-8:00 - MP Sara				

\*CYCLE & TRX CLASSES REQUIRE MEMBERS TO SIGN-IN AT FRONT DESK

ANNUAL CLOSURE WEEK: August 22 - 27, 2019

## 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.

### **CORE STRENGTH**

This class will increase stability and balance by targeting your core muscles—abs, back and legs, using a variety of techniques.

### **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.

### **STRETCH - EXPRESS**

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

### **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®.

## CYCLE CLASS DESCRIPTIONS

Cycle classes require members to check in at Member Services.

### **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.

## YOGA/MEDITATION/TAI CHI CLASS DESCRIPTIONS

### **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.

### **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.

### **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. This class is limited to 10 participants. Please sign in at the front desk to guarantee a spot.

### **TRX® H.I.I.T.**

High Intensity Interval Training uses moderate-intensity intervals alternated with high-intensity intervals for a full-body workout while using the TRX® Suspension Trainer.

## 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

**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.