



SEPTEMBER 2019

GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Revised: 8.28.2019

MONDAY *	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES						
P90X® 5:20-6:20 - GYM Kelli	STRONG by ZUMBA® 5:20-6:20 - MP Laura	P90X® 5:20-6:20 - GYM Stefanie	TRX® 5:20-6:05 - MP Hallie	STRONG by ZUMBA® 5:20-6:20 - MP Laura		
	CYCLE 7:30-8:30 - CR Jonathan		CYCLE 7:30-8:30 - CR Jonathan		CYCLE 8:00-9:00 - CR Megan / Jonathan	
DANCE FITNESS 9:15-10:00 - MP Sara Starting Sept.9	POUND® 8:00-8:50 - MP Laura				ZUMBA® 8:00-8:55 - MP Laura	VINYASA YOGA 8:30-9:30 - MP Elaine Starting Sept.8
P90X® 9:15-10:15 - GYM Darci	VINYASA YOGA 9:00-10:00 - MP Kristin	P90X® 9:15-10:15 - GYM Kari	YOGA 9:00-10:00 - MP Trina	DANCE FITNESS 9:15-10:10 - MP Katie	BARBELL PUMP 9:15-10:15 - GYM Diana	
PEDALING for PARKINSON'S 9:15-10:15 - CR	CYCLE 9:15-10:15 - CR Kari / Megan	PEDALING for PARKINSON'S 9:15-10:15 - CR	CYCLE 9:15-10:15 - CR Angie	H.I.I.T. 9:15-9:45 - GYM	VINYASA YOGA 9:15-10:30 - MP Elaine	
ZUMBA® 10:10-11:05 - MP Gentry	BOOTCAMP 10:00-11:00 - GYM Hallie		BOOTCAMP 10:00-11:00 - GYM Hallie	CORE STRENGTH 9:45-10:30 - GYM		
FOAM ROLLING 10:20-10:40 - GYM Darci	YIN YOGA 10:05-11:05 - MP Kristin	TRX® H.I.I.T. 10:20-11:05 MP / Outside, Kelli	VINYASA YOGA 10:05-11:05 - MP Trina	PILATES - MAT 10:20-11:05 - MP Tracie	FAMILY YOGA 10:45-11:15 - MP Sara Only on Sept.14	
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 Starting Sept. 17	BARBELL PUMP 12:30-1:25 - MP Diana Ends on Sept. 11	BARBELL PUMP 12:30-1:25 - MP Diana Starting Sept. 19			
PILATES - MAT 5:00-6:00 - MP Tracie	ZUMBA® 5:30-6:30 - MP Gentry	CORE STRENGTH 12:30-1:15 - MP Diana Starting Sept. 18				
P90X® 6:00-7:00 - GYM Angie		STRONG 30® 5:30-6:00 - MP Laura	ZUMBA® 6:00-7:00 - MP Janell			
Tai Chi 7:00-8:00 - MP Alfons	YIN YOGA 7:00-8:15 - MP Elaine	POUND® 6:05-6:50 - MP Laura				
		DANCE FITNESS 7:00-8:00 - MP Sara				

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

* The YMCA will be closed on
September 2, in honor of Labor Day.

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.

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.

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.

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.

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.

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+

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 – 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.

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® a 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!