













GROUP EXERCISE SCHEDULE

Northshore YMCA Fall 2019 (Begins 9.8.19)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15 Cycle - Power Pedal Δ Club B/Steve	5:30-6:30 Cycle - Power Pedal Δ Club B/Konnie		5:30-6:30 Cycle - Power Pedal Δ Club B/Konnie			
5:45-6:45 Boot Camp MG/Lisa H	5:30-6:30 Total Body Conditioning MPR/Steve	5:45-6:45 Boot Camp MG/Lisa H	5:30-6:30 Total Body Conditioning MG/Steve	5:45-6:45 Yoga - All Levels Δ MPR/Heather		
		5:45-6:45 Yoga - All Levels Δ MPR/Heather				
6:30-7:15 Cycle - Power Pedal Δ Club B/Rachel	7:00-8:00 Circuit Training Queenax Δ THC/Steve	6:30-7:15 Cycle - Power Pedal Δ Club B/Rachel		6:30-7:15 Cycle - Power Pedal Δ Club B/Rachel	7:30-8:30 Cycle - Power Pedal Club B/Steve	
	7:45-8:45 Essentrics® MPR/Natalia		7:45-8:45 Essentrics® MPR/Natalia		7:45-8:45 Interval Training MG/Raj/Nikki	
8:00-9:00 Functional Strength-All Levels MG/Candy		8:00-9:00 Functional Strength-All Levels MG/Dawni Rae		8:00-9:00 Functional Strength-All Levels MG/Adrienne	8:00-9:00 Step FG/Sarah	
		8:15-9:00 Queenax Express Δ THC/Amy		8:15-9:00 Queenax Express Δ THC/Rich		
8:30-9:15 Pilates - Mat Δ MPR/Cindy S	8:35-9:05 H.I.I.T. MG/Amy O	8:30-9:15 Pilates - Mat Δ MPR/Anelody	8:35-9:05 H.I.I.T. MG/Jodi	8:30-9:15 Pilates - Mat Δ MPR/Anelody		
8:30-9:15 Cycle - All Levels Club B/Jane	8:45-9:30 Cycle - All Levels Δ Club B/Chris		8:45-9:30 Cycle - All Levels Δ Club B/Chris	8:30-9:15 Cycle - All Levels Club B/Jane/Cindy	8:45-9:30 Cycle - All Levels Δ Club B/Diane	
8:35-9:05 Core Strength - Express Δ THC/Amy O.	9:00-10:00 AOA - Cardio Fitness Δ MPR/Candy		9:00-10:00 AOA - Cardio Fitness Δ MPR/Candy	9:10-9:55 ZUMBA® FG/Glenna	9:00-10:15 Dance Fitness MG/Kim/Amy	
9:15-10:00 Circuit THC/Treva	9:15-10:15 Boot Camp MG/Jodi	9:15-10:00 Circuit THC/Jen	9:15-10:15 Boot Camp MG/Jodi	9:15-10:00 Circuit THC/Jen	9:15-10:15 Total Body Conditioning FG/Candy	9:15-10:15 Step & Sculpt FG/Sarah
9:30-10:20 Total Body Conditioning FG/Shelby		9:45-10:30 Total Body Conditioning FG/ Geneva		9:30-10:45 Total Body Conditioning MG/Dawni Rae	9:15-10:15 Yoga Pilates Fusion Δ MPR/Suzanne	
9:30-10:30 ZUMBA®Gold Δ MPR/Robyn M		9:30-10:30 ZUMBA®Gold Δ MPR/Robyn M		9:30-10:15 Pilates - Mat Δ MPR/Anelody		
9:30-10:30 Cycle - Power Pedal Δ Club B/Amy O	9:30-10:30 PiYo™ FG/Jami	9:30-10:30 Cycle - Power Pedal Δ Club B/Jodi	9:30-10:30 PiYo™ FG/Jami	9:30-10:30 Cycle - Power Pedal Δ Club B/Rich/Amy O		
10:00-11:00 ZUMBA® MG/ Amy		10:00-11:00 ZUMBA® MG/Kelly				10:00-11:15 Yoga - All Levels Δ MPR/Cindy C
10:30-11:30 Moving for Better Balance Beginner/Club A/Vivian	10:15-11:00 AOA - Strength MPR/Heather S	10:30-11:30 Moving for Better Balance Beginner/Club A/Vivian	10:15-11:00 Line Dancing - Beginner MPR/Candy	10:15-11:00 Queenax Express Δ THC/Lynette	10:30-11:30 Above The Barre MPR/Sara/Kelly	
10:45-12:00 Yoga - All Levels Δ MPR/Suzanne	10:45-11:45 Dance Fitness MG/Kim	10:45-12:00 Yoga - All Levels Δ MPR/Leslie B	10:45-11:45 ZUMBA® MG / Michelle	10:30-11:30 AOA - Strength MPR/Heather S		
	11:15am-12:00 AOA - Strength MPR/Heather		10:45am-11:15am Endurance Training RunningΔ Track/Jodi	10:30-11:15 Foam Rolling Release & Roll Club A/Anelody		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:10-12:00 ZUMBA®Toning FG/Amy	11:15am-12:00  Queenax Express Δ THC/Jen		11:15am-12:00 AOA - Circuit MPR/Kathy			11:30-12:30 Yoga - Beginners Δ MPR/Cindy C
			11:15-12:00  Queenax Express Δ THC/Jen	11:45-12:45 Enhance Fitness® MPR/Kay/Rachel	11:45-1:00 Yoga - Power Vinyasa Δ MPR/Dawni Rae	11:45-12:45 ZUMBA® FG/Varies
12:00-12:45  Queenax ExpressΔ THC/Courtney	12:15-1:15  Cardio Strength MPR/Robyn M	12:00-12:45  Queenax Express Δ THC/Jen	12:15-1:15 Moving For Better Balance Advanced/MPR/Kathy			
12:15-1:00 AOA - Chair Yoga Δ MPR/Suzanne		12:15-1:15 ZUMBA® MPR/Glenna		12:30-1:30 ZUMBA® FG/Christie		
1:30-2:30 Enhance Fitness® MPR/Kathy/Robin	1:30-2:30 Above the Barre MPR/Kelly	1:30-2:30 Enhance Fitness® MPR/Candy/Jen	1:30-2:30 Above the Barre MPR / Kelly	1:15-2:00 Yoga - Gentle Δ MPR/Suzanne		
					1:15-2:15 Tai Chi - First Section MPR/Stefanie	
2:45-3:45 Moving For Better Balance Advanced/MPR/Kathy		2:45-3:45 Tai Chi - Third Section MPR/Stefanie			2:30-3:30 Tai Chi - Second Section MPR/Stefanie	
3:15-4:15 Pedaling for Parkinson's Club B/Rachel B.		3:15-4:15 Pedaling for Parkinson's Club B/Rachel		3:15-4:15 Pedaling for Parkinson's Club B/Rachel		
5:00-5:40  STRONG 30® Club A / Robyn		5:30-6:30 Yoga—All Levels MPR/Hillary				
				5:15-6:00  Queenax Express Δ THC/Glenna		
6:00-7:00 Circuit Training Queenax Δ THC/ Rich		6:00-7:00 Circuit Training - Queenax Δ THC/Rebecca	6:05pm-7:05pm STRONG by ZUMBA® MPR/Kelly	6:00-6:50 Bollywood - Fitness MPR/Mariana		
6:00-7:00 Cycle - Power Pedal Δ Club B/ Geneva	6:05-7:05  Total Body Conditioning MG/Lisa C.	6:00-6:45 Cardio Kickboxing FG/Robyn M	6:05-7:05  Total Body Conditioning MG/Lisa C.			
6:05-7:05 Above The Barre MPR/Kelly		6:05-7:05 Above the Barre MG/Kelly				
7:10-8:10 ZUMBA® MG/Sara	7:10-8:10 ZUMBA® MG/Christie	7:10-8:10 ZUMBA® MG/Sara	7:10-8:10 Dance Fitness MG/Christie			
	7:00-8:00  Circuit Training - Queenax Δ THC/Amy					
	7:15-8:30 Yoga-All Levels Δ Club A/Jenny		7:15-8:30 Yoga-All Levels Δ Club A/Jenny			

Moving for Better Balance
(Must register by start date, free for members.)

Beginner/All Levels-
Mon. & Wed. 9/9-11/27




Advanced -
Mon. & Thurs. 9/9-11/25

SCHEDULE KEY

The schedule key below will help you determine the location of your class, if you need a ticket to participate and other useful information.

MG = Main Gym
FG = Family Gym
THC = Total Health Center
MPR = Multipurpose Room
Δ = Ticketed Class*

*Available 30mins prior at check in desk

Class Intensities:  = Low
 = Medium
 = High

CLASS DESCRIPTIONS

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.

AOA - Cardio & Strength - Combine fun with fitness to increase your cardiovascular endurance. Move to the music through a variety of chair-based exercises designed to increase muscular strength, range of movement and activity for daily living skills.

AOA - Cardio Fitness - Combine fun with fitness to increase your cardiovascular endurance.

AOA - Circuit - Increase stamina and strength for daily living with a standing circuit workout. The class alternates between light weights and non-impact aerobics for a fun workout. Chairs are offered for support, stretching and relaxation exercises.

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 Mix - For those who like to do it all! Cardio variety may include, hi/low aerobics, dance aerobics, boot camp drills and cardio kickboxing

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.

*May use step platform

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!

Circuit Training - Queenax - A fast-paced station style workout incorporating a mixture of cardiovascular and strength training drills. This class incorporates the many different pieces of Queenax equipment including punching bags, torso trainer, and mini trampoline.

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

Endurance Training- Running -Build cardiovascular endurance and train your body with sprints, skips and circuits. No previous marathon experience needed!

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.

Essentrics® - A dynamic workout that simultaneously lengthens and strengthens every muscle in the body, resulting in greater joint mobility and long, lean muscles. Bring own yoga mat.

Family Fitness - Queenax - The Queenax is a unique functional and suspended bodyweight training system. Improve endurance, strength, core stability, and much more using this state-of-the-art system. Family Fit is a fun and appropriately challenging class for the whole family.

Foam Rolling - Release and Roll - 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.

Functional Strength - All Levels - Be strong at any age. This class is designed for older exercisers or those new to strength training. Strengthen and tone muscles in a way that simulates daily activities, increasing stability and mobility.

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

Interval Training - Alternate high- and low-intensity cardio with toning exercises for a total body workout.

Life Fitness Circuit - This unique format features timed strength training on Life Fitness Circuit equipment and may include cardio segments. All fitness levels welcome.

Moving For Better Balance - Improve your balance, mobility, walking and mental well-being in this adapted Tai Ji Quan program. You'll learn a variety of movements tailored to train, balance and controlling body movements for performing daily activities. Participants are encouraged to wear comfortable clothing and shoes. Chairs will be available. Participants must complete an assessment with YMCA staff prior to participation.

PiYo™ - PiYo® is a flowing sequence that incorporates muscle sculpting of Pilates, flexibility of Yoga and nonstop, fluid movement. Define your whole body as you minimize the aches and pains that can come from high-impact workouts.

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

Strength & Conditioning - This high energy class includes both strength training and step aerobic exercise. Class includes a strength/resistance component utilizing a variety of equipment.

STRONG 30/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.

Queenax Express - The Queenax is a unique functional and suspended bodyweight training system. Improve endurance, strength, core stability, and much more using this state-of-the-art system. Express adds TRX to challenging 30 or 45 minute strength and endurance workout.



New classes or times are indicated by this symbol

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.

Total Body Conditioning - This fun and challenging total body workout will test your strength and stamina while taking your conditioning to a whole new level. Define muscles by alternating workouts using weights, balls, bands, barbells, battle ropes, kettlebells and other equipment.

Tai Chi - Daily practice of Tai Chi Chuan brings many benefits, including improved strength, coordination, posture, concentration, and greater energy level. 1st Section is for those beginning their study of Tai Chi Chuan. 2nd Section is for all those who have studied 1st Section or with instructor's permission. 3rd Section is for those who have studied 1st and 2nd Sections or with instructor's permission.

Tween - Queenax - Class for tween s, ages 8-13. Let the Y help your tween learn how to grow stronger and more fit while having fun with the ! Class size limited to 12.

CYCLING CLASS DESCRIPTIONS

Cycle - All Levels - 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 - Power Pedal - High intensity interval training, intermediate to advanced cyclists.

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

DANCE CLASS DESCRIPTIONS

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!

Dance Fitness - Enjoy easy to learn dance choreography that gets your heart pumping to the latest hits including hip hop, pop, and more.

ZUMBA® / ZUMBA® Gold / ZUMBA® Toning - 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 is 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 is 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®.

YOGA /MEDITATION CLASS DESCRIPTIONS (Bring own mat)

AOA - Chair Yoga - This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques. Ideal for those with mobility and balance challenges - all postures are done standing near or seated in a chair.

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.

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

Family Yoga - This class is for families with kids ages 0-8. Have fun with your kiddos while gaining flexibility and strength. Youth 7 and under must have a caregiver present.

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 - 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 - Pilates Fusion - Basic yoga and Pilates movements are fused together creating an energetic flow with a focus on strengthening, toning, stretching, body awareness and finding balance in your body.

NORTHSHORE YMCA

11811 NE 195th ST, Bothell WA 98011

P 425 485 9797 F 425 486 7757

ymcanorthshore.org

GROUP EXERCISE CLASS GUIDELINES

- **No late entry** into Yoga or Pilates classes 5 minutes past posted start time.
- Please turn off phones while in class.
- Please wear proper attire and footwear. Shoes **required** in most classes. Check with instructor.
- Youth 8-13 may attend with a supervising adult.
- No children on sidelines of gyms or exercise rooms during class.
- **Class schedules and instructors are subject to change without notice.**