



# NOVEMBER CLASS SCHEDULE

UNIVERSITY FAMILY YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

AFTERNOON	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING CLASSES</b>						
	<b>AOA Strength</b> Pocock - Larry 8:30-9:15 ☺	<b>AOA Strength</b> Pocock - Larry 8:00-8:45	<b>AOA Strength</b> Pocock - Larry 8:30-9:15 ☺		<b>Cycle- Strength</b> Gates - Bethany 9:15-10:30 ☺	
<b>Above the Barre</b> Gates- Debe 8:45-9:45 ☺	<b>Cycle- All Levels</b> Gates - Mona 8:45-9:30 ☺	<b>HIGH Fitness</b> Gates - Morgan 9:00-10:00☺	<b>Cycle- All Levels</b> Gates - Chris 8:45-9:30 ☺		<b>Zumba®</b> Pocock - Alicia 8:30-9:20 ☺	
<b>Step</b> Pocock - Angela 9:00-10:00 ☺	<b>Yoga- Intermediate</b> Gates - Karen 9:45-11:00 ☺	<b>Step &amp; Strength</b> Pocock - Angela 9:00-9:50 ☺	<b>Yoga- All Levels</b> Gates - Bev 9:45-11:00 ☺	<b>Step</b> Pocock - Angela 9:00-10:00 ☺	<b>Step</b> Pocock - Rotating 9:30-10:20 ☺	<b>Yoga- Intermediate</b> Pocock- Warren 9:30-10:45 ☺
<b>Yoga- All Levels</b> Gates - Jim 10:00-11:00 ☺	<b>Core Strength- Express</b> Pocock - Mona 9:40-10:00 ☺	<b>Mat Pilates</b> Pocock - Mona 10:00-11:00 ☺		<b>Yoga- Intermediate</b> Gates - Bev 10:00-11:00 ☺	<b>Strength- Express</b> Pocock- Ana-Maria 10:30-11:00 ☺	
<b>Zumba</b> Pocock- Alicia 10:10-11:00 ☺	<b>Strength Training</b> Pocock - Cathy 10:00-11:00 ☺		<b>Strength Training</b> Pocock - Annah 10:00-11:00 ☺	<b>Above the Barre - Express</b> Pocock - Ana-Maria 10:15-11:00 ☺	<b>Above the Barre- Express</b> Gates - Ana-Maria 11:15-12:00 ☺	<b>HIIT - Express</b> Pocock - Annah 11-11:30 ☺
	<b>AOA Yoga</b> Gates - Karen 11:15-12:15		<b>AOA Yoga</b> Gates - Warren 11:15-12:15		<b>Yoga - All Levels</b> Pocock - Beverly 11:15-12:30	
<b>AOA Strength</b> Pocock - Penelope 11:15-12:00 ☺	<b>AOA Strength</b> Pocock - Larry 11:15-12:00 ☺	<b>AOA Strength</b> Pocock - Penelope 11:15-12:00 ☺	<b>AOA Strength</b> Pocock - Larry 11:15-12:00 ☺	<b>AOA Strength</b> Pocock - Penelope 11:15-12:00 ☺		
<b>AFTERNOON CLASSES</b>						
<b>Meditation</b> Gates - Bev 11:30-12:00 ☺		<b>Meditation</b> Gates - Bev 11:30-12:00 ☺		<b>Feldenkrais®</b> Gates - Garth 12:30-1:30		<b>Monthly Yoga Workshop</b>  <b>Yoga for Stress Resilience</b> Gates- Jenny 3:00-4:30 PM  <b>November 10</b> FREE for members
<b>Yoga - Chair</b> Pocock - Cindy 12:15-1:00	<b>Feldenkrais®</b> Gates - Garth 12:30-1:30	<b>Yoga - Chair</b> Pocock - Cindy 12:15-1:00		<b>Yoga - Chair</b> Pocock - Cindy 12:05-12:50		
<b>Yoga- Gentle</b> Gates - Bev 12:15-1:15		<b>Yoga- Gentle</b> Gates - Bev 12:15-1:15		<b>Tai Chi I</b> - sign up only Pocock - Stefanie 1:00-2:00		
<b>Tai Chi- Push Hands</b> Gates- Stefanie 3:45-4:45 See backside for details \$5/class Sign up only				<b>Tai Chi II</b> Sign up only Pocock - Stefanie 2:15-3:15		
				<b>Tai Chi III</b> Sign up only Pocock - Stefanie 3:30-4:30		
<b>EVENING CLASSES</b>						
	<b>Zumba Gold®</b> Pocock - Agnes 5:30-6:20 ☺	<b>PIYo- (Pilates-Yoga)</b> Pocock- Breanne 5:00-5:50 ☺	<b>Zumba Gold®</b> Pocock - Agnes 5:30-6:20 ☺	<b>3rd Friday of Every Month:</b>  <b>Restorative Yoga</b> November 15 Gates - Bev 5:15-6:45	<b>Zumba®</b> Pocock- Sellyna 6:00-7:00	
<b>Zumba®</b> Pocock- Sellyna 6:00-7:00 ☺	<b>Cycle- All Levels</b> Gates - Jessi 6:15-7:15 ☺	<b>Zumba®</b> Pocock - Sellyna 6:00-7:00 ☺	<b>Cycle- All Levels</b> Gates - TBD 5:45-6:45 ☺			
<b>Belly Dance Performance</b> Gates- Kat 6:00-7:00 ☺	<b>Above the Barre</b> Pocock - Breanne 6:30-7:20 ☺	<b>Yoga- All Levels</b> Gates - Jubilee 7:05-8:20	<b>Circuit Training</b> Pocock - Annah 6:30-7:15 ☺			
<b>Belly Dance</b> Pocock - Kat 7:10-8:00	<b>Yoga- All Levels</b> Gates - Dan 7:30-9:00		<b>Yoga- All Levels</b> Gates- Beverly 7:15-8:15			
<b>Yoga- Vinyasa</b> Gates- Jubilee 7:30-8:30	<b>Strength &amp; Conditioning</b> Pocock - Bethany 7:30-8:45		<b>Strength &amp; Conditioning</b> Pocock - Bethany 7:30-8:45			

**NEW CLASS OR CHANGE IN TIME OR INSTRUCTOR**

☺ = childcare available

**2019 Holiday Hustle!**  
**Friday, November 29**  
**9am-12pm in Pocock Room**

Skip the Black Friday lines and join your favorite Y instructors for a fun morning of movement, friends, and prizes! Instructors will lead 30 minute express versions of classes— drop in for any part of the morning. Regular classes in Pocock will be cancelled during the Holiday Hustle.

# UNIVERSITY FAMILY YMCA CLASS DESCRIPTIONS

## STRENGTH & CARDIO

**HIGH Fitness:** Strong, simple, easy-to-follow choreography with plyometric-type interval training (jump squats, burpees, tuck jumps etc.). Options are given for all ages and stages to meet your fitness needs.

**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.

**Strength Training:** Strengthen and tone your muscles using weights and other resistance equipment.

**Cardio Strength:** This fun and challenging total body work-out includes a focus on both muscular strength and aerobic endurance.

**Cycling:** Indoor group cycling is a fantastic workout taught on a stationary bike where you will climb, sprint and everything in between. You control resistance and intensity. **Cycle-Strength:** Add 30 minutes of resistance training after a great cardio workout on the bike!

**H.I.I.T.– High Intensity Interval Training:** An exercise strategy alternating periods of intense cardio bursts with less– intense recovery periods. Boost your stamina and overall endurance.

**Step:** A cardiovascular workout using adjustable platforms. Step classes are suitable for a variety of fitness and age levels. Instructors offer appropriate modifications so class is open to beginner and advanced steppers. **Step & Strength** combines aerobic choreography with strength training intervals.

**Strength & Conditioning:** This total body workout will test your strength and stamina while taking your conditioning to a whole new level; define and strengthen your muscles by constantly switching up the intensity.

**Above the Barre:** A dynamic standing and floor workout fusing lightweight strength conditioning, yoga and Pilates inspired moves to strengthen and tone the body. Class is designed as a barefoot workout, but not required.

## DANCE FITNESS

**Belly Dance Performance:** This class is open to all– levels and is a drop in class with a focus on learning choreography. The instructor finds opportunities for those who would like to perform at various community functions. New choreography is learned every four to six weeks. Performing is optional, but having fun is not!

**Belly Dance:** Experience a fun Middle Eastern art form that focuses on the entire body. Get toned and have fun with an emphasis on abdominal control, hip and chest isolation, proper posture and relaxation through stretching.

**Zumba®:** Fuses fast and slow Latin rhythms in easy to follow moves to create a dynamic workout.

**Zumba Gold®:** Zumba Gold is easy and fun! More time is allotted for warm-ups, cool downs and steps are simplified and low impact. It is an ideal class for people who like to workout to fun music, active older adults, beginners to Zumba, and people wanting modifications because of injuries or physical limitations.

## YOGA & DOWNTempo MOVES

**Feldenkrais®:** Using gentle movement sequences and directed attention, habitual neuromuscular patterns are revealed and alternative movements are explored that improve performance in all areas of your life.

**PiYo:** Build core strength through this blend of exercises from yoga and Pilates.

**Mat Pilates:** A system of stretching and strengthening exercises that work the deeper muscles to achieve efficient and graceful movement, improve alignment and breathing, and increase body awareness.

**Tai Chi:** Introduce yourself to the martial arts through the slow and graceful movements of Yang Family Tai Chi Chuan. Tai Chi ultimately leads to many benefits including improved posture, coordination, balance, concentration and energy level. Registration is required for this class.

**Tai Chi: Push Hands–** This class is for individuals who have completed Tai Chi 1-3. Meet with instructor for entry information.

**Yoga: All-levels:** Appropriate for all levels, instructor gives more options to suit the needs of the class. Focuses on stretching, breath, and adapting poses to suit the individual.

**Yoga-Gentle:** More time is spent explaining basics of the poses. Great for beginners or those wanting to refine their practice.

**Yoga Intermediate:** More advanced poses with a focus on strength and deepening your practice. This class suits those with some knowledge of yoga or a willingness to jump right into something new.

**Flow:** Move from pose to pose with the breath.

**Restorative Yoga:** A relaxation and stress-relieving practice. Rest for longer periods of time in passive poses and focus on the breath.

**Yin Yoga:** A gentle yoga practice in which poses are held for 2-5 minutes allowing joints and fascia to release. This class will complement your Vinyasa practice and will open and release areas in need of more flexibility.

### Yoga for Stress Resilience: Monthly Yoga Series Offered every second Sunday of the month

Explore yoga as a therapeutic antidote to stress: slowing down, doing less, and open to receiving. Gently stretch the body before settling into passive restorative poses fully supported by props all within a still, quiet, and warm environment.

**FREE for Y members; \$15 without Y membership**

We reserve the right to change the schedule without notice due to special events, training, maintenance or class needs.

As a courtesy to others, please arrive on time. It is Y policy that participants be no more than 10 minutes late. If new to the class, please arrive early to meet the instructor.

Questions?

Contact Cathy House Health & Wellness Director  
chouse@seattleyymca.org, (206) 524-1400