## NOVEMBER CLASS SCHEDULE

### MORNING CLASSES

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-10:00</td>
<td></td>
<td></td>
<td></td>
<td>AOA Yoga</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00-11:00</td>
<td></td>
<td></td>
<td></td>
<td>Strength Training</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00-12:00</td>
<td></td>
<td></td>
<td></td>
<td>AOA Yoga</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00-1:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### AFTERNOON CLASSES

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00-2:00</td>
<td></td>
<td></td>
<td></td>
<td>AOA Yoga</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00-3:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00-4:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### EVENING CLASSES

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00-6:00</td>
<td></td>
<td></td>
<td></td>
<td>AOA Yoga</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00-7:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00-8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### MONTHLY YOGA WORKSHOP

**November 10 FREE for members**

**Yoga for Stress Resilience**

Gates – Jenny
3:00-4:30 PM

**DIARY OF EVENTS**

**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!


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

UNIVERSITY FAMILY YMCA
5003 12th Ave NE, Seattle WA 98105
P 206 524 1400 F 206 524 8613 seattleymca.org

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.