



# SNOQUALMIE VALLEY GROUP EXERCISE SCHEDULE

**OCT  
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 – 7:15AM YOGA-VINYASA JESSICA — MP ROOM	6:30 – 7:15AM HIGH FITNESS KARLEE — MP ROOM	6:30 – 7:15AM YOGA-VINYASA JESSICA — MP ROOM	6:30 – 7:15AM HIGH FITNESS KARLEE — MP ROOM		
7:00 – 7:30AM CYCLE - STRENGTH MONA — CYCLE ROOM	7:45 – 8:30AM CYCLE MONA — CYCLE ROOM	7:00 – 7:30AM CYCLE - ENDURANCE MONA — CYCLE ROOM			
8:00 – 9:00AM BARBELL PUMP DIANA — GYM		8:00 – 9:00AM BARBELL PUMP DIANA — GYM		8:00 – 9:00AM BARBELL PUMP DIANA — GYM	
		9:00 – 10:00AM NIA® VICCI — MP ROOM	8:30 – 9:15AM CIRCUIT TRAINING MONA — MP ROOM		
9:15 – 10:00AM ZUMBA® GOLD DIANA — GYM	9:45 – 10:15AM ADULT EQUIPMENT ORIENTATION* MONA — FITNESS CENTER	9:15 – 10:00AM ZUMBA® GOLD DIANA — GYM		9:15 – 10:00AM TRX® DIANA — MP ROOM	
10:15 – 11:15AM BARRE AMY — MP ROOM	9:45 – 10:45AM YOGA-VINYASA DANIELLE — MP ROOM	10:15 – 11:15AM BARRE AMY — MP ROOM	9:45 – 10:45AM YOGA-VINYASA DANIELLE — MP ROOM	10:15 – 11:15AM YOGA- PILATES FUSION JESSICA — MP ROOM	
10:15 – 11:15AM AOA - CARDIO & STRENGTH DIANA — GYM		10:15 – 11:15AM AOA - CARDIO & STRENGTH DIANA — GYM	10:45 – 11:15AM MEDITATION DANIELLE — MP ROOM	10:15 – 11:15AM AOA - CARDIO & STRENGTH DIANA — GYM	
					SUNDAY
3:00 – 3:45PM TRX® MONA — MP ROOM	4:00 – 4:30PM YOUTH FITNESS ORIENTATION* MONA — FITNESS CENTER	3:00 – 3:45PM TRX® MONA — MP ROOM			9:00 – 10:00AM YOGA-VINYASA JESSICA — MP ROOM
5:30 – 6:30PM ZUMBA® LAURA — MP ROOM	5:30 – 6:30PM DANCE FITNESS JANELL — MP ROOM	5:30 – 6:30PM POUND® LAURA — MP ROOM	5:30 – 6:30PM DANCE FITNESS JANELL — MP ROOM		*RESERVATION REQUIRED



**CHECK OUT OUR ON DEMAND FITNESS VIDEOS!**

[www.seattlemca.org/virtualy](http://www.seattlemca.org/virtualy)

**JOIN OUR LIVE GROUP EXERCISES CLASSES ONLINE!**

- YOGA
- BARRE
- MEDITATION
- AOA CARDIO & STRENGTH
- DANCE / ZUMBA
- TRX®

**INCLUDED IN YOUR MEMBERSHIP!**

**FOR MORE INFORMATION CONTACT MONA MORRISEY AT [RMORRISEY@SEATTLEYMCA.ORG](mailto:RMORRISEY@SEATTLEYMCA.ORG)**

## CARDIO & STRENGTH CLASS DESCRIPTIONS

### **BARRE**

This is a challenging workout designed to tone and strengthen your entire body. Increase flexibility and mobility with this unique format.

### **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.

### **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.

### **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.

### **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.

### **TRX®**

Learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer.

## CYCLE CLASS DESCRIPTIONS

### **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.

### **CYCLE - ENDURANCE**

Focus on endurance, strength, form, and technique in this high intensity class.

### **CYCLE - STRENGTH**

Join us for a challenging ride, then finish with strength and core.

## DANCE & ZUMBA CLASS DESCRIPTIONS

### **DANCE FITNESS**

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

### **ZUMBA®**

Enhance your physical, mental, emotional and spiritual well-being through the expressive movements of NIA, a mind, body, spirit fitness and lifestyle practice.

## YOGA & MEDITATION CLASS DESCRIPTIONS

### **MEDITATION**

Train your mind like you train your body for the perfect antidote to daily stress. Learn and practice centuries old meditation techniques to relax and increase your overall sense of well-being.

### **NIA®**

Enhance your physical, mental, emotional and spiritual well-being through the expressive movements of NIA, a mind, body, spirit fitness and lifestyle practice.

### **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.

### **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.

## ACTIVE OLDER ADULTS CLASS DESCRIPTIONS

### **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.

### **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      seattleyymca.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.**