



SNOQUALMIE VALLEY GROUP EXERCISE SCHEDULE

**NOV
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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 — GYM		
7:00 – 7:30AM CYCLE - STRENGTH MONA — CYCLE ROOM	7:45 – 8:30AM CYCLE - ALL LEVELS MONA — CYCLE ROOM	7:00 – 7:30AM CYCLE - ENDURANCE MONA — CYCLE ROOM	6:30 – 7:15AM YOGA-VINYASA JESSICA — MP 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	
9:15 – 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® - CIRCUIT MONA — GYM	9:15 – 10:00AM TRX® DIANA — MP ROOM	9:30AM – 12:30PM FAMILY FRIENDLY FITNESS 11/13 — MP ROOM
10:15 – 11:15AM BARRE AMY — MP ROOM	9:45 – 10:45AM YOGA-ALL LEVELS DANIELLE — MP ROOM	10:15 – 11:15AM BARRE AMY — MP ROOM	9:45 – 10:45AM YOGA- RESTORATIVE 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 SALSATION® JANELL — MP ROOM	5:30 – 6:30PM POUND® LAURA — MP ROOM	5:30 – 6:30PM SALSATION® JANELL — MP ROOM		
		6:45 – 7:45PM YOGA-ALL LEVELS TRINA — MP ROOM			*RESERVATION REQUIRED



CHECK OUT OUR ON DEMAND FITNESS VIDEOS!

www.seattlemca.org/virtualy

JOIN OUR LIVE GROUP EXERCISES CLASSES ONLINE!

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

INCLUDED IN YOUR MEMBERSHIP!

FOR MORE INFORMATION CONTACT MONA MORRISSEY AT RMORRISSEY@SEATTLEYMCA.ORG

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!

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.

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.

TRX® - CIRCUIT

The combination class includes half TRX and half conditioning using varying equipment for a workout that is fun and challenging every time. This class will help increase strength and cardiovascular conditioning.

CYCLE 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 - 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

SALSATION®

A dance fitness program based on functional training with focus on musicality and lyrical expression. Movements are controlled and grounded, making it safe and gentle on the joints and fun for everyone! No dance experience required.

ZUMBA®

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

FITNESS ORIENTATION DESCRIPTIONS

ADULT EQUIPMENT ORIENTATION*

In a small group environment, participants will learn how to effectively use our cardio and strength training equipment.

YOUTH FITNESS ORIENTATION*

Youth ages 10 – 13 will learn proper use of cardio and strength equipment and fitness center rules in this orientation class, a requirement for using our fitness centers before age 14.

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.

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 - 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 - RESTORATIVE

A therapeutic yoga class, using blanket, straps and bolsters, to help reduce tension, relax muscles and calm the mind.

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.

***RESERVATION REQUIRED**

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.**