



# COAL CREEK FAMILY FITNESS SCHEDULE

**NOV 1-21  
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00–8:00AM PILATES-MAT KAREN-RR	8:00–9:00AM METCON-\$ WENDY-THR	6:15–7:00AM BOOT CAMP MAUREEN-GYM 2		6:15–7:00AM BOOT CAMP MAUREEN-GYM 2	
8:30–9:15AM AOA STRENGTH MAUREEN-GYM 2		8:30–9:15AM AOA BOLD & BALANCED TATIANA-GYM 2	9:00–10:00AM STRENGTH & CONDITIONING WENDY-WS	9:00–10:00AM STEP & STRENGTH CHRIS-WS	9:00–10:00AM STRENGTH & CONDITIONING WENDY-WS
	9:00–10:00AM AQUA FIT* TERRIN-ACTIVITY POOL	9:00–10:00AM AQUA FOR ARTHRITIS* KRISTY-ACTIVITY POOL	9:00–10:00AM AQUA ZUMBA®* TERRIN-ACTIVITY POOL	9:00–10:00AM AQUA FOR ARTHRITIS* KRISTY-ACTIVITY POOL	10:30–11:30AM ZUMBA® KITTY-GYM 2
9:30–10:30AM YOGA-ALL LEVELS SARAH-RR	9:15–10:15AM KICKBOXING BOOT CAMP WENDY-WS	9:30–10:30AM YOGA-GENTLE SARAH-RR	9:15–10:15AM YOGA-ALL LEVELS PATTI-RR		11:00–12:00PM PILATES-MAT KAREN-RR
9:30–10:30AM ZUMBA® TERRIN-GYM 2	9:30–10:30AM ZUMBA GOLD® CHRIS-GYM 2	9:30–10:30AM ZUMBA® CHRIS-GYM 2	9:30–10:30AM CARDIO STRENGTH HOLLY-GYM 2	9:30–10:30AM AOA YOGA SARAH-RR	1:30–2:30PM TAI CHI - 2ND/3RD SECTION STEFANIE-WS
9:45–10:30AM STRENGTH & CONDITIONING HOLLY-WS		10:30–11:15AM STRENGTH & CONDITIONING HOLLY-WS		10:45–11:45AM YOGA- RESTORATIVE SARAH-RR	<b>SUNDAY</b> 9:00–10:00AM STRONG NATION™ GRACE-WS
	1:30–2:30PM TAI CHI - 1ST SECTION STEFANIE-WS				10:15–11:15AM STRENGTH TRAINING KITTY-WS
5:30–6:30PM CYCLE- ALL LEVELS* MAURA-GYM 2	6:00–7:00PM R.I.P.P.E.D. KITTY-WS	5:30–6:15PM TABATA EXPRESS-\$ YAZ-THR	5:00–5:45PM AOA STRENGTH & YOGA CANDICE-GYM 2	5:00–6:00PM KICKBOXING BOOT CAMP WENDY-WS	
5:30–6:30PM STRONG NATION™ GRACE-WS	6:30–7:30PM YOGA-ALL LEVELS CANDICE-RR	6:00–7:00PM CYCLE- ALL LEVELS* MAURA-GYM 2	6:00–7:00PM ZUMBA KITTY-GYM 2		CLASS LOCATIONS: WS-WELLNESS STUDIO RR-REFLECTION ROOM THR-TOTAL HEALTH RM
6:45–7:45PM ZUMBA® GRACE-WS	6:30–7:30PM ZUMBA® LEA-GYM 2	7:00–7:55PM ABOVE THE BARRE KATIA-RR	6:30–7:30PM CARDIO STRENGTH LEA-WS		*SPACE LIMITED— WRISTBAND REQUIRED  \$FEE BASED TRAINING— REGISTRATION REQUIRED

**FOR MORE INFORMATION, CONTACT: MAUREEN STOLL, [mstoll@seattleyymca.org](mailto:mstoll@seattleyymca.org)**

# CLASS DESCRIPTIONS

<b>Above the Barre</b>	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.
<b>AOA Bold &amp; Balanced</b>	This class will help coordination, strength and balance through big, bold movements as well as small movements that focus on dexterity. Designed for each individual to work at their own level and ability using seated and standing chair work. Ideal for those who have challenges with movement and balance issues.
<b>AOA Strength</b>	Move to the music through a variety of seated and standing exercises designed to increase muscular strength, range of movement, balance and activity for daily living skills.
<b>AOA Strength &amp; Yoga</b>	Elements of AOA Strength with additional movement to combat stress, improve circulation and enhance flexibility through gentle relaxing poses and breathing techniques.
<b>AOA Yoga</b>	This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques.
<b>Aqua Fit</b>	A variety of aerobic movements are performed in the shallow end of the pool to provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.
<b>Aqua for Arthritis</b>	This class is designed for those living with chronic pain or limited mobility. This class takes a non-impact approach by using water resistance exercises to build strength and increase range of motion and flexibility throughout the body. This is a comfortable, therapeutic class with others who understand managing pain. Note: This program does not replace physical therapy and participants are encouraged to check in with their physician before starting the class.
<b>Aqua Zumba®</b>	Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning and body-toning.
<b>Boot Camp</b>	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.
<b>Cardio Strength</b>	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.
<b>Cycle—All Levels</b>	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.
<b>Kickboxing Boot Camp</b>	A combination of cardio kickboxing moves with boot camp style strength-building exercises.
<b>MetCon SGT</b>	MetCon (Metabolic Conditioning) will increase your ability to sustain power over time. It involves full body movements with free weights to demand the muscular and cardio systems to work together. Fee based—registration required.
<b>Pilates—Mat</b>	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.
<b>R.I.P.P.E.D.</b>	A constantly changing format that combines resistance, intervals, power, plyometrics, endurance and diet to help you attain and maintain your fitness in ways that are fun, safe and effective.
<b>Step &amp; Strength</b>	Enjoy fun, low-impact step aerobics using the different speeds and choreography on and off the step, finishing with strength training and core.
<b>Strength &amp; Conditioning</b>	Strength training exercises in a group setting using a variety of equipment designed to increase muscular strength and endurance. Bursts of cardio complete this full body workout.
<b>Strength Training</b>	Strengthen and tone your muscles using weights and other resistance equipment.
<b>Strong Moms Express SGT</b>	Designed with moms in mind, Strong Moms is a blend of strength, cardio, and core training to support the body through pregnancy and the postpartum period. Exercises relate to movements that matter in your daily life and can be modified from beginner to advanced. Make connections with women on the same journey and receive individualized instruction from a personal trainer in a small group setting. Fee based—registration required.
<b>STRONG Nation™</b>	STRONG Nation™ 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.
<b>Tabata Express SGT</b>	This is a high energy small group designed to boost your post-exercise metabolism using a variety of equipment and cardio and strength intervals. Fee based—registration required.
<b>Tai Chi</b>	Daily practice of Tai Chi Chuan brings many benefits, including improved strength, coordination, posture, concentration and a greater energy level. 1st Sections is for beginners, 2nd/3rd sections is for those looking to advance in their practice.
<b>Yoga—All Levels</b>	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.
<b>Yoga—Gentle</b>	Traditional yoga poses are modified with an emphasis on a slower pace and the use of props to ease stress and relax the body.
<b>Yoga—Restorative</b>	A therapeutic yoga class, using blanket, straps and bolsters, to help reduce tension, relax muscles and calm the mind.
<b>Zumba Gold®</b>	Just as fun as Zumba®, just not as fast. Easy to follow steps that help improve balance, strength and flexibility. Great for beginners!
<b>Zumba®</b>	Zumba® is a Latin-inspired dance class. Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.