



BELLEVUE FITNESS SCHEDULE

**JANUARY
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30-7:15AM CYCLE HEATHER-STUDIO 3	7:30 - 8:30AM YOGA-ALL LEVELS JANE-STUDIO 1	7:00-8:00AM CYCLE/STRENGTH LILY-STUDIO 3	*POP-UP 7:15-8:15AM BOOTCAMP JAN 28 APRIL-STUDIO 3	8:30 - 9:00AM CORE STRENGTH EXPRESS JEN-STUDIO 3
8:30- 9:15AM AQUA FITNESS ANNA-POOL	8:00- 8:45AM AQUA FITNESS OLGA-POOL	8:30- 9:15AM AQUA FITNESS ANNA-POOL	8:00- 8:45AM AQUA FITNESS- DEEP WATER OLGA-POOL		9:00 - 10:00AM CARDIO KICKBOXING JEN-STUDIO 3
9:00-9:45AM STRETCHING PATTI-STUDIO 2	9:00-10:00AM PILATES-MAT KAREN-STUDIO 3	9:00-9:45AM STRETCHING PATTI-STUDIO 2	9:00-10:00AM PILATES-MAT KAREN-STUDIO 3	*POP-UP 9:00-10:00AM KICKBOXING BOOTCAMP JAN 7 APRIL-STUDIO 3	9:30-10:30AM PILATES-MAT KAREN-STUDIO 2
9:15-9:45AM CORE STRENGTH EXPRESS APRIL-STUDIO 3		9:15-9:45AM CORE STRENGTH EXPRESS APRIL-STUDIO 3			10:15-11:15AM ZUMBA® LIZ/MILA STUDIO-3
10:00-10:45AM AOA STRENGTH KAREN-GYM	10:00-10:45AM AOA STRENGTH TATIANA-GYM	10:00-10:45AM AOA STRENGTH LIZ-GYM	10:00-10:45AM AOA CHAIR YOGA TATIANA-STUDIO 2		
10:00-10:45AM STRONG NATION® LIZ-STUDIO 3		10:00-10:45AM CARDIO KICKBOXING APRIL-STUDIO 3	10:15-11:15AM ZUMBA® LIZ-STUDIO 3	10:00-10:45AM STRONG NATION® LIZ-STUDIO 3 BEGINS JAN 14	10:45AM-11:45AM YOGA-VINYASA PATTI-STUDIO 2
10:00 - 11:00AM YOGA-ALL LEVELS PATTI-STUDIO 2		10:00 - 11:00AM YOGA-ALL LEVELS PATTI-STUDIO 2	11:00-11:45AM NIA® CHAIR ROSSELLA-STUDIO 2		*POP-UP 11:15-12:00PM CIRCUIT TRAINING JAN 15 APRIL-GYM
		11:00 AM- 11:45AM ZUMBA GOLD® LIZ-STUDIO 3	12:00-1:00PM NIA® ROSSELLA-STUDIO 1		
		11:15AM- 12:15PM ABOVE THE BARRE APRIL-STUDIO 1	12:00-1:00PM *TAI CHI SECOND SECTION STEFANIE-STUDIO 3	12:00-12:45PM AOA STRENGTH LIN-GYM	SUNDAY
1:30 -2:30PM TAI CHI SECOND SECTION STEFANIE-STUDIO 3			1:30-2:30PM TAI CHI FIRST SECTION STEFANIE-STUDIO 3		10:00-11:00AM ZUMBA® HERERT-STUDIO 3
5:00-6:00PM YOGA-ALL LEVELS BROOKE-STUDIO 1		5:00-6:00PM STEP & STRENGTH MARY-STUDIO 3	5:00-6:00PM YOGA-ALL LEVELS BROOKE-STUDIO 1		10:00-11:15AM YOGA-HATHA NAUDER-STUDIO 2
		6:00-7:00PM WOMEN ON WEIGHTS LIZ-WEIGHT ROOM	5:00-6:00PM CARDIO KICKBOXING APRIL-STUDIO 3		11:00AM-12:00PM TRX® HEATHER-CYCLE STUDIO
6:00-7:00PM ZUMBA® LAURA-STUDIO 3	6:15-7:15PM BOLLYX® SHILPA-STUDIO 3	6:15-7:15PM ZUMBA® MILA-STUDIO 3			*POP-UP 11:30-12:45AM YOGA-HATHA JAN 9, 16 NAUDER-STUDIO 2
	6:15-7:15PM YOGA-ALL LEVELS JESSICA-STUDIO 2		6:15-7:15PM ABOVE THE BARRE APRIL-STUDIO 1	*POP-UP 6:15-7:15PM YOGA-YIN JAN 14, 28 JESSICA-STUDIO 2	
7:00-7:45PM CARDIO KICKBOXING JEN-STUDIO 3	7:00-7:50PM BOOTCAMP APRIL-GYM				

FOR MORE INFORMATION CONTACT Liz Grant, egrant@seattleyymca.org

ABOVE THE BARRE	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.
AOA STRENGTH	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.
AOA CHAIR YOGA	This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques. Ideal for those with mobility and balance challenges - all postures are done standing near or seated in a chair.
AQUA FITNESS	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.
BOLLYX®	Experience a Bollywood-inspired dance fitness program that combines exhilarating choreography and high energy workouts with upbeat music from around the world.
BOOTCAMP	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.
CARDIO KICKBOXING	Learn boxing and martial arts moves in this high-energy class with challenging cardio intervals. Punch, kick and block your way to greater fitness!
CORE STRENGTH EXPRESS	This class will increase stability and balance by targeting your core muscles-abs, back and legs, using a variety of techniques.*Express classes are shortened versions of full classes
CYCLE/STRENGTH	Join us for a challenging ride, then finish with strength and core.
NIA-CHAIR	Enhance your physical, mental, emotional and spiritual well-being through the expressive movements of NIA - a mind, body, spirit fitness and lifestyle practice. A chair is used for seated or standing support.
NIA®	Enhance your physical, mental, emotional and spiritual well-being through the expressive movements of NIA, a mind, body, spirit fitness and lifestyle practice.
PILATES-MAT	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.
SOCIAL DANCE	Learn various ballroom, and other partner dances, including salsa, rumba, and west coast swing at a relaxed pace. Classes are informal and suitable for beginners of all ages. No partner needed.
STEP & STRENGTH	Enjoy fun, low-impact step aerobics using the different speeds and choreography on and off the step, finishing with strength training and core.
STRETCHING	Stretch your muscles, calm your mind, help with injuries and soothe tension.
STRONG NATION®	STRONG by Zumba® 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.
TAI CHI	Daily practice of Tai Chi Chuan brings many benefits, including improved strength, coordination, posture, concentration and a greater energy level. As the form is presented in a sequential manner, studying one movement each week, regular participation is preferable and registration is required.
TRX®	Learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer.
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-HATHA	Hatha yoga focuses on alignment and breath to gently calm the mind and release tension in the 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.
ZUMBA®	Zumba® is a Latin-inspired dance class. Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.
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!