



COAL CREEK FAMILY GROUP EXERCISE SCHEDULE

**AUGUST
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00AM YOGA-VINYASA TIFFANY-REFLECTION ROOM	7:00-8:00AM PILATES-MAT KAREN-REFLECTION ROOM		7:00-8:00AM PILATES-MAT KAREN-REFLECTION ROOM		9:00-10:00AM STRENGTH & CONDITIONING WENDY-WELLNESS STUDIO
8:30-9:15AM AOA STRENGTH TERRIN-GYM 2		8:30-9:15AM AOA STRENGTH TATIANA/HOLLY-GYM 2			9:15-10:15AM YOGA-ALL LEVELS TEAM-REFLECTION ROOM
9:00-9:55AM AQUA ZUMBA® HSIAOLING-ACTIVITY POOL	9:00-10:00AM AQUA FIT TERRIN-ACTIVITY POOL	9:00-9:55AM AQUA FIT HSIAOLING-ACTIVITY POOL	9:00-10:00AM AQUA ZUMBA® TERRIN-ACTIVITY POOL		10:00-11:00AM ZUMBA® KITTY-GYM 2 <i>*OUTDOOR ZUMBA PARTY-8/20*</i>
	9:15-10:15AM KICKBOXING BOOTCAMP WENDY-WELLNESS STUDIO		9:00-10:00AM STRENGTH & CONDITIONING WENDY-WELLNESS STUDIO	9:00-10:00AM STEP & STRENGTH CHRIS-WELLNESS STUDIO	11:00-12:00PM PILATES-MAT KAREN-REFLECTION ROOM
9:30-10:30AM YOGA- ALL LEVELS SARAH-REFLECTION ROOM	9:30-10:30AM YOGA-ALL LEVELS LAUREL-REFLECTION ROOM	9:30-10:30AM YOGA-GENTLE SARAH-REFLECTION ROOM	9:15-10:15AM YOGA-ALL LEVELS PATTI-REFLECTION ROOM	9:30-10:30AM YOGA-ALL LEVELS SARAH-REFLECTION ROOM	1:30-2:30PM TAI CHI-3RD SECTION STEFANIE-WELLNESS STUDIO
9:30-10:30AM ZUMBA® TERRIN-GYM 2	9:30-10:30AM ZUMBA® HSIAOLING-GYM 2	9:30-10:30AM ZUMBA® CHRIS-GYM 2	9:30-10:30AM ZUMBA GOLD® ALELI-GYM 2	9:30-10:30AM ZUMBA® OLGA-GYM 2	2:00-3:00PM AOA DANCE ALELI-REFLECTION ROOM
10:00-11:00AM ARTHRITIS AQUA FITNESS KRISTY-ACTIVITY POOL	10:30-11:00AM ZUMBA® TONING HSIAOLING-GYM 2	10:00-11:00AM ARTHRITIS AQUA FITNESS KRISTY-ACTIVITY POOL	10:15-11:15AM STRONG NATION™ HSIAOLING-WELLNESS STUDIO	10:00-11:00AM ARTHRITIS AQUA FITNESS KRISTY-ACTIVITY POOL	
10:30-11:30AM STRENGTH & CONDITIONING HOLLY-WELLNESS STUDIO		10:30-11:30AM STRENGTH & CONDITIONING HOLLY-WELLNESS STUDIO		10:30-11:15AM STRENGTH & BALANCE LAURA-WELLNESS STUDIO	SUNDAY 9:00-10:00AM STRONG NATION™ GRACE-WELLNESS STUDIO
	1:30-2:30PM TAI CHI-2ND SECTION STEFANIE-WELLNESS STUDIO			10:45-11:45AM AOA YOGA SARAH-REFLECTION ROOM	10:15-11:15AM STRENGTH TRAINING KITTY-WELLNESS STUDIO
				5:00-6:00PM KICKBOXING BOOTCAMP WENDY-WELLNESS STUDIO	10:45-11:45AM YOGA-VINYASA MAUREA-REFLECTION ROOM
5:45-6:45PM CYCLE-ALL LEVELS* MAURA-WELLNESS STUDIO <i>*SPACE LIMITED, WRISTBAND REQ</i>	6:00-6:55PM R.I.P.P.E.D. KITTY-WELLNESS STUDIO	5:45-6:45PM CYCLE-ALL LEVELS* MAURA-WELLNESS STUDIO <i>*SPACE LIMITED, WRISTBAND REQ</i>	6:00-6:55PM STRENGTH TRAINING KITTY-WELLNESS STUDIO		1:30-2:30PM TAI CHI-1ST SECTION STEFANIE-WELLNESS STUDIO
7:00-8:00PM YOGA-VINYASA TIFFANY-REFLECTION ROOM	6:30-7:30PM YOGA-VINYASA CANDICE-REFLECTION ROOM	6:30-7:30PM ABOVE THE BARRE KATIA-REFLECTION ROOM	6:30-7:30PM YOGA-VINYASA MAUREA-REFLECTION ROOM		
7:00-8:00PM ZUMBA® GRACE-WELLNESS STUDIO	7:00-8:00PM ZUMBA® KATIA-WELLNESS STUDIO	7:00-8:00PM STRONG NATION™ GRACE-WELLNESS STUDIO	7:00-8:00PM ZUMBA® HSIAOLING-WELLNESS STUDIO		

Schedule may change without notice - please check website for most current schedule. As a courtesy to others, please arrive on time.

FOR MORE INFORMATION, CONTACT: MAUREEN STOLL mstoll@seattlemca.org

CLASS DESCRIPTIONS

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 Dance	Tailored for older adults, this lively low-impact workout combines fun dance moves to improve cardiovascular endurance, strength and flexibility.
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 Yoga	This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques.
Aqua Fit	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.
Aqua Zumba®	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.
Arthritis Aqua Fitness	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.
Cycle—All Levels	Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio workout. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.
Kickboxing Boot Camp	A combination of cardio kickboxing moves with boot camp style strength-building exercises.
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.
R.I.P.P.E.D.	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.
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.
Strength & Balance	Use a variety of techniques to increase balance through various strength moves. This class targets the hard-to-hit stabilizer muscles and the deep muscles of the core to create better posture, alignment and decrease risk of injuries.
Strength & Conditioning	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.
Strength Training	Strengthen and tone your muscles using weights and other resistance equipment.
STRONG Nation™	STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match each move. (Similar to H.I.I.T.)
Tai Chi	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 and 3rd Sections are for those looking to advance in their practice.
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-Gentle	Traditional yoga poses are modified with an emphasis on a slower pace and the use of props to ease stress and relax 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!
Zumba® Toning	This class adds light free weights to traditional Zumba®.