<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:15-7:15AM</td>
<td>Cycle—All Levels</td>
<td>Jains-GF 1</td>
<td>SUE-SM GYM</td>
</tr>
<tr>
<td></td>
<td>8:00-9:00AM</td>
<td>Strength &amp; Conditioning</td>
<td>KATIA-GF 1</td>
<td>SUE-SM GYM</td>
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<tr>
<td></td>
<td>8:30-9:30AM</td>
<td>Cycle—All Levels</td>
<td>CERES-GF 1</td>
<td>SUE-SM GYM</td>
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<tr>
<td></td>
<td>9:15-10:15AM</td>
<td>Yoga—Gentle</td>
<td>SANYOT-GF 1</td>
<td>SUE-SM GYM</td>
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<td>9:30-10:30AM</td>
<td>Yoga—All Levels</td>
<td>RANDEE-RR</td>
<td>SUE-SM GYM</td>
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<td></td>
<td>11:00-11:10AM</td>
<td>Strength Training</td>
<td>SUE-SM GYM</td>
<td>SUE-SM GYM</td>
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<td></td>
<td>10:00-11:00AM</td>
<td>Zumba@ Rachiele—Large GYM</td>
<td>RACHIEL-LG GYM</td>
<td>SUE-SM GYM</td>
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<td>10:30-11:30AM</td>
<td>Yoga—All Level</td>
<td>ALISON-LAP POOL</td>
<td>SUE-SM GYM</td>
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<td>11:00-11:45AM</td>
<td>AOA Chair Yoga</td>
<td>RACHIEL—LG GYM</td>
<td>SUE-SM GYM</td>
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<td>11:30AM-12:30PM</td>
<td>AOA Circuit</td>
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<td>10:45-11:15AM</td>
<td>Strength Training</td>
<td>CORNEL-GF 3</td>
<td>SUE-SM GYM</td>
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<td></td>
<td>11:45AM-12:45AM</td>
<td>AOA Cardio &amp; Strength</td>
<td>CORNEL-GF 3</td>
<td>SUE-SM GYM</td>
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<td>11:00AM-12:00PM</td>
<td>AOA Strength</td>
<td>SUE-GF 1</td>
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<tr>
<td>Sunday</td>
<td>6:00-7:00PM</td>
<td>Yoga—All Levels</td>
<td>JAINS-GF 1</td>
<td>CERES-GF 1</td>
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<td></td>
<td>6:30-7:30PM</td>
<td>Cycle—All Levels</td>
<td>ROBERT-GF3</td>
<td>CERES-GF 1</td>
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<tr>
<td></td>
<td>6:30-7:30PM</td>
<td>Above the Barre</td>
<td>MARGARET-GF 1</td>
<td>CERES-GF 1</td>
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<tr>
<td></td>
<td>7:00-8:00PM</td>
<td>Bollywood Fitness</td>
<td>DEEPTI-SM GYM</td>
<td>CERES-GF 1</td>
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<tr>
<td></td>
<td>7:45-8:45PM</td>
<td>Pilates—Mat</td>
<td>TERESA-GF 1</td>
<td>CERES-GF 1</td>
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<tr>
<td></td>
<td>8:30-9:30PM</td>
<td>Yoga—All Levels</td>
<td>ROBERT-GF3</td>
<td>CERES-GF 1</td>
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<tr>
<td></td>
<td>9:00-10:00AM</td>
<td>Bootcamp</td>
<td>BUSHRA-SM GYM</td>
<td>CERES-GF 1</td>
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<td>10:45-11:45AM</td>
<td>Circuit</td>
<td>TERESA-GF 1</td>
<td>CERES-GF 1</td>
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</tbody>
</table>

*Class requires a wristband from the membership desk 15 minutes prior to class.*
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 - 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.

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.

AOA - CIRCUIT
Increase stamina and strength for daily living with a standing circuit workout. The class alternates between light weights and non-impact aerobics for a fun workout. Chairs are offered for support, stretching and relaxation exercises.

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.

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.

AQUA ZUMBA®
Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's aquatic-conditioning and body-toning.

BARBELL ZUMBA®
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.

BODY PUMP®
LES MILLS BODY PUMP® is a scientifically-backed barbell workout using light to moderate weights and high reps to build strength and get you fit-fast.

BOLLYWOOD FITNESS
Inspired by the high-energy music of Indian films, this mixed level class combines traditional Indian folk dance movements with modern dance techniques and exercise. You will have fun, feel energized and get fit all at the same time!

BOOT CAMP
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 STRENGTH
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. *May use step platform

CIRCUIT
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.

CORE STRENGTH
This class will increase stability and balance by targeting your core muscles—abs, back and legs, using a variety of techniques.

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 BOOTCAMP
A combination of cardio kickboxing moves with boot camp style strength-building exercises.

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

PIATES - 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.

POP PILATES®
This class is a powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat.

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.

STEP
Enjoy fun, low-impact stepping using different speeds and choreography on and off the step.

STRENGTH TRAINING
Strengthen and tone your muscles using weights and other resistance equipment.

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.

STRONG NATION®
STRONG NATION® combines high-intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.

STRETCHING
Stretch your muscles, calm your mind, help with injuries and soothe tension.

TAI CHI
Tai Chi Chuan brings many benefits. Improved strength, coordination, posture, concentration and a greater energy level. The form is presented in a sequential manner, studying one movement each week. Regular participation is preferable.

TAI CHI - First Section
For those beginning their study of Traditional Yang Family Tai Chi Chuan.

TAI CHI - Second Section
For all those who have studied the First Section of traditional Yang Family Tai Chi Chuan, or with instructor permission.

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
A powerful, energetic flow using breath to movement transitions to connect the mind and body, while building strength, gaining flexibility and toning muscles.

ZUMBA®
A Latin-inspired dance fitness 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
Takes the original Zumba® dance fitness class to the next level utilizing an innovative muscle training protocol and the addition of weights.

FOR MORE INFORMATION CONTACT TIM HARE, THARE@seattleymca.org