

BELLEVUE MAIN CLUB

ADULT PROGRAMS • JANUARY – MAY 2017

209 100TH AVE NE



Join the City of Bellevue, Parks & Community Services at the new Bellevue Main Club, conveniently located on west side of Downtown Park. This beautiful new facility overlooks the downtown park and city skyline.

Main Club is a partnership between the City of Bellevue and the Bellevue Boys & Girls Club promoting programs that build a healthy community.

MAIN CLUB CONNECTIONS CLUB - 55+

Get out and get connected! Come meet other energetic adults at this new social meet up group. Gym time for walking and light exercise session available from 9-9:45am, followed by a social hour in lounge where participants can enjoy refreshments and play board games, art projects, and pursue conversations. Coffee, tea and cookies provided. Program ends at 11 am. 6 class session.

\$20(R) \$25(N)

			Age: 55+
#112280	9 to 11am	Thu	Jan 12-Feb 16
#114213	9 to 11am	Thu	Mar 2-Apr 6
#114214	9 to 11am	Thu	Apr 20-May 25

MINDFUL MOVEMENT - CHI KUNG STYLE

Join us for guided movement based on Chi Kung and soft style martial arts. This class encourages proper posture for effective stretching combined with easy strengthening exercise. Meditation in movement as well as in a seated posture are incorporated into the class. From this class, expect to feel an immediate sense of refreshed focus and relaxation. www.mindfularts.us.

6 class session.

\$54(R) \$60(N)

			Age: 18+
#112281	10 to 11am	Tue	Jan 10 - Feb 14
#112282	10 to 11am	Tue	Feb 28 – Apr 4
#112283	10 to 11am	Tue	Apr 18 – May 23





FIT4MOM STROLLER STRIDES – BELLEVUE

Helping moms to reach optimal health and wellbeing. Stroller Strides is a fitness program that moms can do WITH their babies. It includes power walking/jogging, intervals of strength and body toning exercises and songs and activities woven into the routine to engage children. Taught by certified fitness instructors with specialty training in the pre and post-natal woman. Participants must have doctor's approval to exercise. For more information, schedule, pricing, holiday schedule, and to register visit bellevue.fit4mom.com, email yudydeng@fit4mom.com, or call 425 998-8048

Your first class FREE!

Age: 18+

10 to 11am Mon, Wed, Fri Jan 2 – Apr 24

No Class – 1/16, 2/20, 2/22, 2/24, 3/20, 4/10, 4/12, 4/14

SEASONAL STILL LIFE- INTRODUCTORY ART

Learn the fundamental of three art mediums by focus on learning how to execute a still life work of art. We provide the subject and you add your own personal style, color etc. Instruction and materials provided. No experience necessary! Pencil drawing, water color, and pastel offered as independent workshops.

\$40(R) \$45(N)

Age: 18 and Up

#114247 (Pencil)	10 to 12pm	Fri	Jan 20 & Jan 27
#114248 (Water Color)	10 to 12pm	Fri	Feb 10 & Feb 17
#114249 (Pastel)	10 to 12pm	Fri	Mar 10 & Mar 17

TELOS: LIFELONG LEARNING - BELLEVUE COLLEGE

To register for TELOS programs contact Bellevue College at 425 564-2263 or visit www.BCconted.com

Class cost \$79. Adults.

No Class 1/16, 2/20.

ASTROBIOLOGY: LOOKING FOR LIFE IN THE UNIVERSE

#8050 Mondays 1/9-3/13 10:00 – 11:30am

A SWIFT SURVEY OF GREEK HISTORY AND MYTHOLOGY

#8051 Mondays 1/9-3/13 12:00 – 1:30pm

POST-ELECTION STOCK-TAKING

#8049 Thursdays 1/5-3/2 10:00-11:30am

To register for **adult programs** contact the Bellevue Parks at 425 452-4106 or visit parksreg.bellevuewa.gov

For Boys & Girls Club **youth programs** contact 425 454-6162 or visit BGCBELLEVUE.ORG



Bellevue Parks & Community Services



BOYS & GIRLS CLUBS OF BELLEVUE

Partnership for a Healthy Community!