

North Bellevue Community Center
4063 - 148th Avenue NE, Bellevue WA 98007
Phone 425-452-7681 Fax 425-882-1968

Gentle Fitness

Tuesday/Thursday, 10:00-11:00 am

Enhance Fitness

Tuesday/Thursday/Friday, 9:00 -10:00 am

Gentle Yoga

Monday, 10:30 -11:30 am
Thursday, 10:30 -11:30 am

Advanced Yoga

Monday, 10:00 -11:00 am

Line Dance

Monday, 11:45 am-12:45 pm
Wednesday, 3:30 -4:30 pm
Friday, 11:00 am -12:00 pm

Tap Dance

Beginning Tap; Tuesday, 11:00 am -12:00 pm
Advanced Tap; Tuesday, 12:15 -1:15 pm

**For course session dates and fees, please call the
North Bellevue Community Center at 425-452-7681.**



"This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service"



Shape Up with Fitness Classes @ North Bellevue Community Center

425-452-7681

4063 148th Ave. NE, Bellevue WA 98007

www.myparksandrecreation.com

Register over the phone, on the web, or in person. For more information or to register call the North Bellevue Community Center at 425-452-7681. Register on-line at www.myparksandrecreation.com.



Core & Stretch

This class blends aspects of Yoga, Mat Pilates, and core exercises to create long, strong, and lean muscles. A great way to improve your posture, define your mid-section, improve balance, and lengthen tight muscles. Core and Stretch offers a variety of modifications for beginners and advanced exercisers- no Yoga or Pilates experience required.

(4 classes per session)

Thursday Class 1 ~ 2 pm

May 3-24	#66592	\$32R - \$38NR
June 7-28	#66591	\$32R - \$38NR
July 5-26	#65554	\$32R - \$38NR
August 2-23	#65555	\$32R - \$38NR



Gentle Fitness

Just starting an exercise program? Recovering from an injury? This class is for you! Taught by certified personal trainers, this class provides a great place to start. Participants will improve strength, balance, coordination, posture, flexibility and aerobic conditioning in a safe, supportive atmosphere.

Tue/Th Class 10 - 11 am

June 5-28	#66593	\$64R - \$77NR (8 classes)
July 3-31	#66600	\$72R - \$86NR (9 classes)
August 2-30	#66601	\$72R - \$86NR (9 classes)

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