FREE CLASSES & ACTIVITIES TO CELEBRATE OUR 7th ANNIVERSARY!

A signed waiver is required prior to participating in any class or activity at SBCC. Please sign in at the Front Desk. Class descriptions on reverse.

Thursday, January 3	Friday, January 4	Saturday, January 5	Sunday, January 6	Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11	Saturday, January 12
				Indoor Cycling 6 - 7 am		**Indoor Cycling** 6 - 7 am		**Fit Camp** (free to new students) 6 - 7 am	
	ZUMBA 9:15 - 10:15 am			**Fit Camp** (free to new students) 6 - 7 am	**Karie's Boot Camp** 9:15 -10:15 am	**Fit Camp** (free to new students) 6 - 7 am			**Beginner Tai Chi** 9 - 9:55 am
	Pilates 9:30 - 10:30 am	**Rock Climbing** 10 am - 1 pm	**Purna Yoga** 10:15 - 11:30 am	**Barre** 9 - 10 am	**Sportball Junior** (ages 16 m-24 m) 9:30 -10:15 am	**Karie's Boot Camp** 8:45 - 9:45 am	**Karie's Boot Camp** 9:15 - 10:15 am		
	Pre-Ballet & Tap 1 (ages 3-5) 10:30 - 11:15 am			**Strong & Fit** (free to new students) 10:15 - 11:15 am	**Purna Yoga** 9:30 - 10:45 am	**ZUMBA** 10 - 11 am	**Post Rehab Strength & Cond.** 10 - 11 am		
	Pre-Ballet (ages 3-5) 11:30am-12:15 pm	**Rock Climbing** 1:30 - 4:30 pm	**One World Roller Derby Open House** 10 - 11:30 am	**Adult Basketball Drop-In** 12 - 2 pm	**Post Rehab Strength & Cond.** 10 - 11 am	**Strong & Fit** (free to new students) 10:15 - 11:15 am			
					Nordic Pole Walking 10:20 - 11:20 am	**Gentle Tai Chi** 11:15am -12:15 pm			
					Sportball Parent & Child (ages 2-4) 10:30 -11:15 am	**Fit Girls** (ages 12-18) 1:30 - 2:30 pm	**Mouse & Me** 1 - 2 pm		
					Sportball Multi-sport (ages 3-5) 11:30am-12:30 pm	**Line Dancing** 2:30 - 4 pm			
Purna Yoga 7:15 - 8:30 pm				**Natural Start Preschool Open House** 6:30 - 8 pm	**Sportball Multi-sport** (ages 3-5) 1 - 2 pm	**Zumba** 6 - 7 pm	**Taekwondo** 5 pm - 6 pm		
				Line Dancing 7 - 8:30 pm	**Barre** 6:15 - 7:15 pm	**Rock Climbing** 6 - 8:30 pm	**Purna Yoga** (free to new students) 7:15 - 8:30 pm		
					Purna Yoga 7:15 - 8:30 pm	**Beginning Watercolor** 6:15 - 8:45 pm			
				Indoor Cycling 7:15 - 8:15 pm		**Indoor Cycling** 7:15 - 8:15 pm			

FREE Jazzercise Classes

Mon, Wed & Fri	6:15 - 7:15 am
Mon - Sat.	8 - 9 am
Mon, Wed & Fri	9:30 - 10:30 am

FREE Belly Dance Class

Wed., January 16th

5:30 - 6:20 pm

SOUTH BELLEVUE
COMMUNITY CENTER

a partnership for a healthy community

14509 SE Newport Way, Bellevue, WA 98006

425-452-4240 www.bellevuewa.gov

www.myparksandrecreation.com

Class Descriptions

Barre - This class draws from the best of the Barre method, Pilates, yoga, and dance for a breakthrough workout that improves strength, flexibility, endurance, posture, stamina, balance and grace. Age 13+

Belly Dance – Beginners: An introduction to the basic isolations, movements, and music of this beautiful, ancient, and feminine dance form! Age 13+

Boot Camp with Karie – This popular high-energy workout will get you in shape, tone your muscles and burn calories with fat burning boot camp style exercises combined with cardio kickboxing moves, weights and Pilates based core work. All levels welcome. Bring a towel and water bottle. Age 13+

Fit Camp-Total Body Conditioning – This fun, affordable, & effective group class utilizes dumbbells, bands, agility movements, and a variety of exercises to strengthen your core, burn stubborn body fat, get stronger, build lean muscle mass, and improve your level of fitness. Age 16+

Fit Girls - Conditioning program that improves core strength and athletic performance while preventing injuries. For middle and high school girls of all fitness levels. Taught by a Licensed Athletic Trainer. Ages 12-18

Gentle Tai Chi - This class introduces the foundation of Tai Chi through the Tai Chi Qigong 18 form. Easy to follow exercise sequence combines gentle upper body movements with deep breathing. Age 18+

Indoor Cycling – A great workout that burns 500+ calories per class! All fitness levels welcome because you control your pace. Call to reserve your seat. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes and padded shorts if you have them. Age 13+

Jazzercise - Enhance cardio- endurance, strength, and flexibility with easy to follow & fun choreography. Class includes a gentle warm-up, 30 minutes of aerobic workout, muscle toning, strength segment, and stretch finale. Age 13+

Line Dancing—A great way to exercise your body and mind, meet new friends, and listen to great music. Focus is on beginner and intermediate levels. Leather soled shoes recommended. Age 18+

Mouse & Me - Fun, interactive computer classes designed for preschoolers. Classes are small and personal. Children will receive a password from each class so they can show their parents what they have learned at home online. Children absolutely love it and parents enroll their children for the academic enrichment, self-confidence, and learning skills they will use for life. Ages 3-5

Natural Start Pre-school Open House - Natural Start Preschool operates a half-day program that focuses on hands-on learning. Parents and children are invited to visit our classroom, meet our teachers, tour the facility, and learn more about what our unique program has to offer! Ages 3-5 with parent/guardian

Nordic Pole Walking - Learn to walk with ease and gain the greatest health benefits from walking with expert personalized instruction from a Licensed Massage Therapist and Certified Instructor. Age 13+

One World Roller Derby Open House - Come learn about Roller Derby! Designed to teach beginning girl and women skaters how to skate with overall focus on agility, fitness, confidence and endurance. Ages 6 - Adult

Pilates – This instructional class focuses on breathing technique, correct form/postural alignment, strengthening core muscles, increasing body awareness and improving balance and flexibility using bands, balls, and small weights. All levels welcome. Age 13+

Post Rehab Strength & Conditioning – Designed for adults recovering from injuries or living with chronic, recurring injuries who want to return to physical activity. Taught by Licensed Athletic Trainer. Age 18+

Pre-ballet and Tap - Children discover rhythm while exploring tap steps and experience the gracefulness of ballet while exploring basic dance elements gaining coordination, body awareness, and self esteem as they learn expression through dance. Ages 3-5

Purna Yoga – Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength and coordination, plus feel more centered and peaceful. All levels welcome. Students should bring a yoga mat to class. Age 13+

Rock Climbing - A trained staff from Mini-Mountain will belay individuals who wish to climb. All basic equipment provided. Age 4+

Sportball - Age appropriate methods are used to introduce and reinforce the benefits of teamwork and skills development rather than the importance of winning. Children gain confidence and develop social skills necessary to succeed in sport and life. Children are taught skills in hockey, football, soccer, volleyball, baseball, basketball, and tennis. Ages 16 mos-12 years

Strong & Fit Seniors/Adults – A group fitness program to improve overall functional fitness. You will improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning while participating in a fun, safe, social, and supportive atmosphere. Age 18+

Taekwondo - The ancient Martial Art is a system of practical techniques used for self-defense. Instruction is designed to physically emphasize kicks and punches that strengthen and condition. Ages 6 - Adult

Tai Chi CHUAN Sword Play — An Ancient Chinese method for promoting a well integrated body and mind through a series of stretching exercises. Slowly work toward incorporating good posture & the 24 simplified movements of Tai-Chi, including 32 Swordplay movements. Age 16+

Watercolor - Learn traditional watercolor techniques following along as the Instructor paints and provides individual assistance. Great for the beginners and those who want to improve their skills. Age 18+

Yang Style Tai Chi – Learn this simplified 16 movements Tai Chi form to improve balance, coordination and flexibility as well as revitalize energy, calm the mind and relax the body. Age 18+

ZUMBA - It's become one of the fastest-growing dance-based fitness workouts - fusing Latin rhythms with easy to follow moves. 'Ditch the workout! Join the Party!' Bring a towel and water. Age 12+