

# CLASSES:

- Barre
- Boot Camp with Karie
- Indoor Cycling
- Parkour
- Pilates
- Purna Yoga
- Post-Rehab Strength & Conditioning
- Strong & Fit
- Total Body Fitness
- Yang Style Tai Chi
- ZUMBA®
- Many other classes also available



**Bellevue Parks & Community Services**

[ParksReg.CityofBellevue.org](http://ParksReg.CityofBellevue.org)



Wheelchair accessible. American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-6884 or Relay Service 711.

City of Bellevue  
Parks & Community Services  
PO Box 90012  
Bellevue, WA 98009-9012



Boot Camp, Indoor Cycling, Parkour, Pilates, Purna Yoga, Strong & Fit, ZUMBA® classes, and more...

# Fitness Classes



**SOUTH BELLEVUE  
COMMUNITY CENTER**

*a partnership for a healthy community*



14509 SE Newport Way  
Bellevue, WA 98006

425-452-4240

[www.bellevuewa.gov](http://www.bellevuewa.gov)  
[ParksReg.CityofBellevue.org](http://ParksReg.CityofBellevue.org)

# BEST BUY!

## Session/Monthly Rates

Signing up for classes by the session or month is always the best value. Register online at [ParksReg.CityofBellevue.org](http://ParksReg.CityofBellevue.org) or in person. View the Connections brochure at [www.bellevuewa.gov](http://www.bellevuewa.gov).

# NEED SOME FLEXIBILITY?

## Flex Card Rates

Designed for participants needing more flexibility. Purchase a 5-class pass valid for the trimester.

(Jan-Apr, May-Aug, Sept-Dec)

| Class              | Resident | Non-Resident |
|--------------------|----------|--------------|
| Barre              | \$72     | \$86         |
| Boot Camp          | \$60     | \$72         |
| Cycle/Stretch      | \$42     | \$51         |
| Indoor Cycling     | \$40     | \$48         |
| Pilates            | \$63     | \$76         |
| Purna Yoga (all)   | \$72     | \$86         |
| Strong & Fit       | \$41     | \$50         |
| Total Body Fitness | \$52     | \$63         |
| ZUMBA®             | \$40     | \$48         |

## Drop-In Rates

Many of our fitness classes can be attended on a drop-in, space available basis for maximum flexibility.

| Class              | Resident | Non-Resident |
|--------------------|----------|--------------|
| Boot Camp          | \$13     | \$15.50      |
| Cycle/Stretch      | \$9      | \$10.50      |
| Indoor Cycling     | \$9      | \$10.50      |
| Pilates            | \$14     | \$16.50      |
| Purna Yoga (all)   | \$15.50  | \$18.50      |
| Strong & Fit       | \$9      | \$10.50      |
| Total Body Fitness | \$11.50  | \$14         |
| Yang Style Tai Chi | \$13     | \$15.50      |
| ZUMBA®             | \$9      | \$10.50      |

# ENHANCED BENEFITS!

## ePass (Monthly EFT\*) & Annual Fitness Center Pass Holders Enjoy the Following:

1. Free Sample Pass (\$95.50 value) to attend: Boot Camp, Indoor Cycling, Pilates, Purna Yoga, Strong & Fit, Total Body Fitness, Yoga for Adults 50+ and ZUMBA® once for free.
2. 25% off the session price for the 8 classes listed.

# FREE FOR ALL

## Try these classes free your first time:

Barre, Cycle/Stretch, Indoor Cycling, Parkour, Post-Rehab Strength & Conditioning, Strong & Fit, Total Body Fitness, ZUMBA®

\* Electronic Funds Transfer

# ENJOY EXERCISING WITH A FRIEND?

## Bring-a-Friend Discount

Get a friend to register with you for any of the 8 fitness classes listed in the enhanced benefits section and receive a 25% discount on your next session. Details available at the front desk.

See the Connections brochure and South Bellevue Community Center website at [www.bellevuewa.gov](http://www.bellevuewa.gov) for information on additional class offerings.