

New Classes for Fall

Barre

This Barre exercise class taught by a Licensed Massage Practitioner and certified instructor draws from the best of Barre, Pilates, yoga, and dance for a breakthrough workout that will 'blow your leg warmers off'. Every step is meticulously designed for building strength, flexibility, endurance, posture, stamina, balance, and grace with longer leaner muscles that are more injury resistant...all this, while having fun too. Ages 13+

Dates: Tues 6:15-7:15p Sept. 18 – Oct. 30 \$84 (R) \$100 (NR)

Thurs 6:15-7:15p Sept. 20 – Oct. 25 \$60 (R) \$72 (NR)

Tues & Thurs 6:15-7:15p Sept. 18 – Oct. 30 \$120 (R) \$144(NR)

Nordic Pole Walking

Learn to walk with ease and how to gain the greatest health benefit from walking with expert personalized instruction from Licensed Massage Therapist and Certified Instructor, Karan Strange. Learn how to: align your body for pain free walking and reduction of wear and tear on joints, use your arms for balance, strength, and speed, and burn up to 40% more calories while walking. Learn walking drills and strengthening exercises using Nordic Walking Poles (provided for you). Wear good walking shoes and loose fitting clothing and jacket (for weather permitting outdoor walks). Karan's expertise and cutting-edge innovations have helped hundreds of people discover why walking is a great choice for health and longevity. All fitness levels welcome! Ages 13+

Dates: Tues 10:20-11:20a Sept. 18 – Oct. 30 \$77 (R) \$93 (NR)

Thurs 10:20-11:20a Sept. 20 – Oct. 25 \$66 (R) \$79.50 (NR)

Tues & Thurs 10:20-11:20a Sept. 18 – Oct. 30 \$117 (R) \$140 (NR)

Fit Girls

This program for middle school and high school girls will focus on proper conditioning and biomechanical, plyometric, and agility training to specifically address common imbalances and injury prevention for girls. Learn running, jumping, and cutting form and techniques with a Licensed Athletic Trainer, Sara Grandstrand. Develop core strength, stability, and balance. All fitness levels welcome. Ages 12-18

Dates: Wed 1:30-2:30p Sept. 26 – Oct. 24 \$50 (R) \$60 (NR)

Snow Sport Conditioning

Don't head to the slopes unprepared! Skiing and snowboarding are physically demanding activities! Make sure your body is ready by joining a Certified Athletic Trainer for core and lower extremity conditioning with emphasis on balance and stability. Plyometric training for improved agility and injury prevention will also be taught. Ages 15+

Dates: Mon 6-7p Oct. 8 – Dec. 3 \$60 (R) \$72 (NR)

Post-Rehab Strength & Conditioning

This class is designed for adults recovering from injuries or living with chronic or recurring injuries who desire to return to physical activity. Licensed Athletic Trainer, Sara Grandstrand, will adapt exercises based upon your limitations to help you develop or regain core strength, balance, and stability so that you can 'play' again. Ages 18+

Dates: Tues/Thurs 10-11a Sept. 25 – Oct. 25 \$70 (R) \$83.50 (NR)

Thurs 10-11a Sept. 27 – Oct. 25 \$40 (R) \$48 (NR)

**SOUTH BELLEVUE
COMMUNITY CENTER**
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