

SBCC September - December 2017 Fitness Class Schedule & Class Descriptions (over)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Key:	Fitness Center #	<u>All Classes 1Hr. unless specified</u>	Gym A * Gym B + Both Gyms ^	Community Room A # Community Room B ##	Both Community Rooms ^^	Studio > Mixed rooms < (ask Front Desk)	Outdoors ~
6:00 AM	Indoor Cycling * (6AM)	Total Body Fitness > (6-6:50AM)	Indoor Cycling * (6AM)	Total Body Fitness > (6-6:50AM)			
	Jazzercise > (6AM)	Small Group Adv. Training w/ Kelvin > (7-7:40AM)	Jazzercise > (6AM)	Small Group Adv. Training w/ Kelvin > (7-7:40AM)			
7:00 AM	Cardio Kickboxing > (7:05-7:50AM)		Cardio Kickboxing > (7:05-7:50AM)				
8:00 AM	Jazzercise Lite ^^ (8AM)	Jazzercise * (8AM)	Jazzercise Lite ^^ (8AM)	Jazzercise * (8AM)	Jazzercise Lite * (8AM)	Jazzercise ^^ (8:15AM)	
	Boot Camp w/ Karie + (8:45AM)		Boot Camp w/ Karie + (8:45AM)				
9:00 AM		Boot Camp w/ Karie * (9:15AM)		Boot Camp w/ Karie * (9:15AM)		Yang StyleTai Chi Beginners > (9-9:55AM)	
	Active Adult Fitness > (9:30-10:20AM)	Post-Rehab S&C > (9:15AM)	Active Adult Fitness > (9:30-10:20AM)		Pilates ## (9:15AM)		
	Jazzercise * (9:30AM)		Jazzercise * (9:30AM)		Jazzercise * (9:30AM)		
10:00 AM			ZUMBA ## (10AM)		ZUMBA > (10AM)	Yang StyleTai Chi Continuing > (10-10:55AM)	
	Strong & Fit Seniors/Adults > (10:30-11:20AM)	Cycle/Stretch > (10:35AM)	Strong & Fit Seniors/Adults > (10:30-11:20AM)	Cycle/Stretch > (10:35AM)			Purna Yoga > (10:15AM-11:30AM)
11:00 AM		Yoga for Adults 50+ ## (11:15AM-12:30PM)					
					SOUTH BELLEVUE COMMUNITY CENTER <i>a partnership for a healthy community</i>  		
4:00 PM		Taekwondo > (4-4:50PM)		Taekwondo > (4-4:50PM)			
5:00 PM	Shotokan Karate ## (5-5:45p)	Taekwondo > (5-5:50PM)	Shotokan Karate ## (5-5:45p)	Taekwondo > (5-5:50PM)			
			Parkour (Ages 6-10) + (5-5:55PM)		Parkour (Ages 6-10) + (5-5:55PM)		
	Evening Fitness Express > (5:30-6:20PM)		Evening Fitness Express > (5:30-6:20PM)				
6:00 PM	Shotokan Karate ## (6-7p)	Taekwondo > (6-6:50PM)	Shotokan Karate ## (6-7p)	Taekwondo > (6-6:50PM)			
			Parkour (Ages 10-16) + (6-6:55PM)		Parkour (Ages 10-16) + (6-6:55PM)		
7:00 PM	Indoor Cycling > (6:30-7:20PM)		Indoor Cycling > (6:30-7:20PM)		Register online at: parksreg.bellevuewa.gov, in person, or by phone at: (425) 452-4240		
	Adult Small Group Training w/ Sara > (7:10-8PM)	Purna Yoga > (7:15-8:30PM)		Purna Yoga > (7:15-8:30PM)			