

## SBCC Fitness Class Descriptions

### **Indoor Cycling - Session pricing available; Drop-in: Res (\$10.50), Non (\$12.50); Flex Card: Res (\$48), Non (\$58)**

Come ride our *new* LeMond RevMaster Classic Bikes and get a serious aerobic workout while burning approximately 600+ calories per class! All fitness levels welcome because you control your pace. Please arrive 10 minutes early on first day for a bike fit. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them. Dress in layers...you will get hot!

### **Fit Camp-Total Body Conditioning-Session pricing available; Drop-in:Res (\$11.50), Non(\$14); Flex Card: Res (\$52);Non(\$63)**

Would you like a fun, affordable and effective way to burn stubborn body fat, get stronger, build lean muscle mass, and improve your level of fitness? Our group workouts utilize dumbbells, bands, bodyweight exercises, fun agility movements, and a variety of exercises to strengthen your core and more.

### **Boot Camp with Karie - Session pricing available; Drop-in: Res (\$13), Non (\$15.50); Flex Card: Res (\$60), Non (\$72)**

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. Beginner through advanced levels welcome. Bring a towel and water bottle.

### **Strong & Fit Seniors/Adults - Session pricing available; Drop-in: Res (\$9), Non (\$10.50); Flex Card: Res (\$41), Non (\$50)**

This monthly group fitness program, taught by certified personal trainers, provides education on improving overall functional fitness for seniors/adults. Participants will improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning while participating in a fun, safe, social, and supportive atmosphere. All ages 18+ welcome. Ideal for seniors.

### **Pilates - Session pricing available; Drop-in: Res (\$14), Non (\$16.50); Flex Card: Res (\$63), Non (\$76)**

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 fitness levels welcome.

### **Purna Yoga - Session pricing available; Drop-in: Res (\$15.50), Non-res (\$18.50); Flex Card: Res (\$72); Non (\$86)**

Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength and coordination. Purna Yoga also helps each student feel more centered and peaceful. With 2,000 hours of teacher training, your teacher has a wealth of knowledge to share with you. All experience levels welcome. Students should bring a yoga mat to class.

### **Belly Dance - Flex Card prices listed below. Session pricing available; "Combined" = Basics & Intermediate class; "Veils of the Nile" = Professional Dance Troupe**

Classes are perfect for beginners as well as more advanced students who want to refine skills. Each session introduces a new rhythm and appropriate steps to learn. These classes are all about fun! Classes range from beginner (*Basics*) to advanced/performing troupe (*Veils of the Nile*).

*Basics* - Res (\$60), Non-res (\$72); *Intermediate* - Res (\$72), Non-res (\$86)

*Combined* - Res (\$102, Non-res (\$122); *Veils of the Nile* - Res (\$102), Non-res (\$140)

**Jazzercise & Jazzercise Lite - Call Phyllis at (425) 814-2134 or visit [jazzfitness.net](http://jazzfitness.net) for more information and pricing.**

### **Taekwondo -Monthly fee: May-July: Res (\$50), Non (\$60); Aug: Res (\$38), Non (\$45)**

An ancient Korean Martial Art, Taekwondo is a system of practical techniques used for self-defense. Instruction is designed to physically emphasize kicks and punches that strengthen and condition the whole body and mentally promote confidence, patience, and respect. For the 6pm class, students must be 10 yrs old or have instructor's permission.

### **Fencing -Session fees: Res (\$110), Non-res (\$132)**

*Beginning and Advanced classes available*- Anyone for a Duel? Learn about fencing equipment, footwork, technique, conditioning, safety, strategy, and tactics, hosted by the Washington Fencing Academy ([www.washingtonfencing.com](http://www.washingtonfencing.com)). Bring sport shoes, water bottle, and sweatpants (no jeans). One time \$20 book fee and \$30 equipment rental fee payable to instructor first day of class. Participants can join a session prior to the third class.

### **Tai Chi -Session fees: Res (\$50), Non-res (\$60)**

*Beginner* - Learn the simplified 16 movements of Yang style Tai Chi form taught by the founding Yang Family. Graceful, flowing, and paced movements help improve balance, coordination, and flexibility. Taught by 6th rank, certified instructor.

*Advanced* - This class practices the Yang style long form. Students who have completed the Beginner class or have previous experience are welcome to participate. See Beginner class description for more details.

**\*Session/Monthly price = Best value when registering for a full session.**  
Prices may vary each session due to different session lengths.

**\*Flex Cards = Gain flexibility by purchasing a 5 class pass, valid for the quarter. 10% more than session price. Available for select classes.**

**\*Drop-in Rates = Pay for one class at a time. 10% more than Flex Card rates. 20% more than session price. Available for select classes.**

**\*To register during a session call South Bellevue Community Center:  
(425) 452-4240.**

**Refer to Connections brochure or [myparksandrecreation.com](http://myparksandrecreation.com) for session rates.**

**SOUTH BELLEVUE  
COMMUNITY CENTER**

*a partnership for a healthy community*

