

ALL CLASS SESSION PRICES AND BEST OPTIONS ARE AVAILABLE IN CONNECTIONS, ON-LINE, OR ASK OUR STAFF

Indoor Cycling – Session price available; DROP-IN: Res (\$9), Non (\$10.50); FLEX CARD: Res (\$40), Non (\$48); Come ride our LeMond RevMaster Classic Bikes and get a serious aerobic workout & burn 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.

Boot Camp with Karie – Session price 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. Beg. - adv. levels welcome. Bring a towel and water bottle.

Strong & Fit Seniors/Adults – Session price by month; DROP-IN: Res (\$9), Non (\$10.50); FLEX CARD: Res (\$41), Non (\$50); This monthly group fitness class taught by a certified personal trainer, provides education on improving overall functional fitness. Participants will improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning while in a fun, social, and supportive atmosphere.

Pilates – Session price 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 price available; DROP-IN: Res (\$15.50), Non (\$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. **Level 2 CLASS is Available.** See connections for full class description.

Yoga for Adults (ages 50+) – Session price based on number of classes: Res (\$10), Non (\$12) per class; Each class offers poses for stretching, active strengthening and deep relaxing. We focus on alignment for joint safety and use props to make poses accessible for many levels of experience and to help you progress individually. Benefits include: improved strength, flexibility and balance; reduced tension and worry; better joint and weight health; better mental clarity and an overall feeling of well-being. Students should bring a yoga mat to class.

Jazzercise & Jazzercise Lite – Call Phyllis at (425) 814-2134 or visit jazzfitness.net for more information.

Taekwondo – Session price by month: Res (\$53), Non (\$63); 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 6pm class, students must be 10 yrs. old or have instructor permission.

Yang Style Tai Chi – Session Price: Res (\$60), Non (\$72) – 6 Classes, Beginner and Intermediate classes available; DROP-IN: Res (\$12), Non (\$14) 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. The advanced class will practice the Yang style long form.

ZUMBA—Session price available; DROP-IN: Res (\$9), Non (\$10.50); FLEX CARD: Res (\$40); Non (\$48); ZUMBA has 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.

Post-Rehab Strength & Conditioning—Session Price: Res (\$84), Non (\$100) - 12 Classes - 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 will adapt exercises based upon your injuries to help you develop or regain core strength, balance, and stability so that you can 'play' again.

Parkour — Level 1 (ages 6-12) — Monthly Session Price: Res (\$62), Non (\$74); The Parkour Class for kids establishes a strong physical foundation by educating students on proper positioning for movement. Students begin to develop basic motor control, strength, power, and agility. Kids classes focus on games, obstacles, and all out fun! Parkour Class—Level 2 is ages 9-16. First class is free.

Parkour — Level 2 (ages 9-16) – Session price: Res (\$64), Non (\$76) - 4 classes; The Parkour Kids Level 2 class welcomes students who have attended the Level 1 class and have tested up through the in-program achievement system. Level 2 provides new skill, strength, and goal challenges. Students focus on advanced Parkour techniques which require motor control, strength, power, agility, and the ability to apply it to all movement development. Focus is on games, skill challenges, strength achievements, and time trials.

Parkour Class for ages 13—adult — Monthly Session Price: Res (\$62), Non (\$74); This Parkour class is focused on skills of strength, power, agility and their application to movement development. We integrate fun exercises that include restorative mobility drills, gymnastics-style bodyweight training, and safe Parkour movements. Parkour Class—Level 2 is ages 9-16. First class is free.

Parkour — Homeschool PE — Monthly Session Price: Res (\$56), Non (\$68) - 4 classes; Homeschool students are challenged to reach personal goals, gain new strengths and create strong friendships. Our coaches view movement as a life-long activity. We monitor each student's body mechanics to ensure proper movement patterns that lead to pain free movement in life. Throughout this course students will set and track goals that are individually tailored to their needs. Ages 5-8 & 9-13 classes.

Barre Class— Session price: Res (\$84), Non (\$100) - 7 classes; FLEX CARD available. This class taught by a Licensed Massage Practitioner and certified instructor draws from the best of Barre, Pilates, yoga, and dance for a workout that will blow your leg warmers off! Focus is on building strength, flexibility, endurance, posture, stamina, and balance with longer leaner muscles that are more injury resistant.

Adult Small Group Training w/ Sara – Session price: Res (\$100), Non (\$120) - 4 classes. This small group training class will help you achieve your fitness goals. Workouts will be individualized to meet each individuals' needs and fitness level. Sara will provide support, encouragement, and accountability to help you reach new heights in health and wellness. Training sessions are 50 minutes in length. Bring a towel and water.

Youth Small Group Training w/ Sara – Session price: Res (\$80), Non (\$96) - 4 classes. Improve core strength, balance, flexibility, stability and overall conditioning in this co-ed small group training class for middle and high school students lead by a Certified Athletic Trainer. Great for athletes wanting to make gains in the off-season or wanting to improve their fitness level. Workouts will be customized to accommodate all levels and abilities.

Sportball Fitkids—Session Price: Res (\$91), Non (\$108.50) - 7 Classes; Sportball Fitkids is a fun, functional, fitness program for kids ages 6-10 to improve overall fitness with non-competitive sports instruction and health education. By incorporating age-appropriate exercises and exciting high energy games, instructed by trained and certified professionals, kids build flexibility, endurance, agility, and core strength.

Total Body Fitness w/ Diane Price – Session Price: Res (\$70), Non (\$84) - 8 classes Need a fun, affordable and effective way to burn stubborn body fat and improve your level of fitness? Workouts utilize dumbbells, bands, bodyweight exercises, agility movements, and a variety of exercises to strengthen your core and more. Expect to sweat and have fun! A Certified Personal Trainer will educate you, encourage you, and modify exercises to meet your needs. A Flex Card is available.

Fit Lab Express – Session Price: Res (\$150), Non (\$180) - 12 classes; Element 5 Fitness, Kirkland's premiere fitness and body transformation center is happy to offer this popular group training program at South Bellevue Community Center. We believe that we can inspire change in your life! Our fun and engaging class provides coaching and accountability. We pair this with our dynamic, results-driven fitness program for mind and body transformation.

Tai Chi Chuan Sword Play – Session Price: Res (\$57), Non (\$68) – 5 Classes; Using a series of stretching exercises, beginning with focusing on the natural flow of breath, we slowly work toward incorporating good posture and the 24 simplified movements of Tai-Chi. Incorporated are the 32 simplified movements of Tai-Chi Swordplay. This method increases circulation throughout the body, improves concentration, coordination, and flexibility. Small classes guarantees plenty of instructional assistance and is appropriate for all abilities.

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

***Flex Cards = Gain flexibility by purchasing a 5 class pass, valid for the trimester. 15% more than session price. Available for select classes.**

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

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

Refer to Connections brochure at www.bellevuewa.gov, or myparksandrecreation.com for session rates.