

SBCC Sept to Dec 2014 Fitness Class Schedule & Class Descriptions (over)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Key:	<i>TBC = Total Body Conditioning</i>	<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)	Classroom 201 % Outdoors ~ Fitness Center ≠
6:00 AM	Indoor Cycling * (6AM)	Total Body Fitness > (6-6:50AM)	Indoor Cycling * (6AM)	Total Body Fitness > (6-6:50AM)	Total Body Fitness > (6-6:50AM)		
	Jazzercise > (6:15AM)		Jazzercise > (6:15AM)		Jazzercise * (6:15AM)		
7:00 AM							
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	Barre > (9AM)		Barre > (9AM)		ZUMBA > (9:15AM)	Yang StyleTai-Chi Beginners > (9-9:55AM)	
		Boot Camp w/ Karie * (9:15AM)		Boot Camp w/ Karie * (9:15AM)	Pilates ## (9:15AM)		
	Jazzercise * (9:30AM)		Jazzercise * (9:30AM)		Jazzercise * (9:30AM)		
10:00 AM		Post-Rehab S&C > (10AM)	ZUMBA ## (10AM)	Post-Rehab S&C > (10AM)		Yang StyleTai-Chi Intermediate > (10-10:55AM)	
	Strong & Fit Seniors/Adults > (10:15AM)		Strong & Fit Seniors/Adults > (10:15AM)				
11:00 AM		Yoga for Adults 50+ > (11:15AM-12:30PM)		Homeschool PE - Parkour * (ages 5-8) (11:30AM-12:25PM)			Purna Yoga-Level 2 > (11:45AM-1PM)
12:00 PM		Homeschool Phys Ed - Parkour * (ages 5-8) (12PM)	Homeschool PE - Parkour > (ages 5-8) (12-12:55PM)	Homeschool PE - Parkour + (ages 9-13) (12:30-1:25PM)	<div style="text-align: center;"> <h2 style="margin: 0;">SOUTH BELLEVUE COMMUNITY CENTER</h2> <p style="margin: 0;"><i>a partnership for a healthy community</i></p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> </div>		
3:00 PM			Homeschool Phys Ed - Parkour > (ages 9-13) (1-1:55PM)				
4:00 PM		Taekwondo > (4-4:50PM)		Taekwondo > (4-4:50PM)			
5:00 PM	Sportball Fitkids > (5PM)	Taekwondo > (5-5:50PM)	Parkour - Level 1 + (ages 6-12) (5-5:55PM)	Taekwondo > (5-5:50PM)	Parkour - Level 1 + (ages 6-12) (5-5:55PM)		
6:00 PM	ZUMBA > (6PM)	Taekwondo > (6-6:50PM)	ZUMBA > (6 PM)	Taekwondo > (6-6:50PM)	Parkour - Level 2 + (ages 9-16) (6-6:55PM)		
	Youth Small Group Training w/ Sara ## (6-6:55PM)	Barre ## (6:15PM)	Parkour - Teens & Adults + (ages 13 to adult) (6-6:55PM)	Barre ## (6:15PM)			
6:30 PM	Fit Lab Express + (6-6:45PM)		Fit Lab Express ## (6-6:45PM)		<p style="margin: 0;">Register online at:</p> <p style="margin: 0;">MyParksandRecreation.com, in person, or by phone at:</p> <p style="margin: 0;">Schedule subject to change without notice.</p>		
	Adult Small Group Training w/ Sara # (7:10-8PM)						
7:00 PM	Pilates ## (7:15PM)	Purna Yoga > (7:15-8:30PM)		Purna Yoga > (7:15-8:30PM)			
	Indoor Cycling > (7:15PM)		Indoor Cycling > (7:15PM)				
				Tai-Chi Chuan Sword Play ## (7:15-8:45PM)			

