

Downtown Bellevue Main Club

Adult Programs Winter/Spring 2020

Boys & Girls Club of Bellevue | 206 100th Ave NE – next to Downtown Park



Bellevue Parks &
Community Services



BOYS & GIRLS CLUBS
OF BELLEVUE



Happy New Year! Hope you will join us in 2020 for programs to keep you moving and engaged.

In this brochure you will find adult programs offered by the Bellevue Parks Department at both our Downtown Bellevue community center sites: the Bellevue Main Club and the Northwest Arts Center.

Our fitness programs are appropriate for all ages of adults and include elements of strength training, balance, cardio, breathing, and overall mindfulness. For easy registration visit the City of Bellevue Main Club or Northwest Arts Center website. Do you want to stay connected? Choose to sign up to receive e-mail alerts when new programs are posted.

Join us Tuesday Evening

Drop in Basketball 7-8:30pm

Pilates for Beginners 7-8pm

Mindful Movement Tai Chi 7:15-8:15pm

The Downtown Bellevue Main Club facility is a partnership between the City of Bellevue and the Boys & Girls Club of Bellevue. Adult programs are coordinated by the Bellevue Parks & Community Services Department's Northwest Arts Center. Visit our web site for complete and updated information.

To register for programs at Downtown Bellevue Main Club visit
BellevueWA.gov/mainclub or call 425-452-4106
email: nwac@bellevuewa.gov

MIND, BODY & FITNESS CLASSES

Zumba Gold Dance Fitness

Perfect for anyone looking for an easy, fun, and effective full body workout.

\$60 (R) \$72 (N)	6 classes
2006661	Tue 12:30-1:30pm Jan 7-Feb 11
\$70 (R) \$84 (N)	7 classes
2006662	Tue 12:30-1:30pm Feb 25-Apr 7
\$80 (R) \$96 (N)	8 classes
2006663	Tue 12:30-1:30pm Apr 21-Jun 9

Pilates for Beginners

Beginner Pilates is a safe, sensible exercise system of mind-body exercise using a floor mat to build strength without excess bulk.

\$60 (R) \$72 (N)	6 classes
2006901	Tue 7-8pm Jan 7-Feb 11
2006904	Thurs 12:30-1:30pm Jan 9-Feb 13
\$70 (R) \$84 (N)	7 classes
2006902	Tue 7-8pm Feb 25-Apr 7
2006905	Tue 12:30-1:30pm Feb 27-Apr 9
\$80 (R) \$96 (N)	8 classes
2006903	Tue 7-8pm Apr 21-Jun 9
2006906	Thurs 12:30-1:30pm Apr 23-Jun 11

Mindful Movement – Tai Chi

Guided movement based on Chi Kung and soft style martial arts.

\$54 (R) \$66 (N)	6 classes
2007381	Tue 7:15-8:15pm Jan 7-Feb 11
2007382	Tue 7:15-8:15pm Feb 25-Mar 31
2007384	Wed 10-11am Jan 8-Feb 12
2007385	Wed 10-11am Feb 26-Apr 1
\$72 (R) \$88 (N)	8 classes
2007383	Tue 7:15-8:15pm Apr 21-Jun 9
2007386	Wed 10-11am Apr 22-Jun 10

Mindful Movement Advanced Tai Chi Form

This class is by instructor permission only and follows the Mindful Movement Tai Chi Exercise class held on Wednesdays from 10-11am.

\$30 (R) \$36 (N)	6 classes
2007501	Wed 11:10-11:40am Jan 8-Feb 12
2007502	Wed 11:10-11:40am Feb 26-Apr 1
\$40 (R) \$348 (N)	8 classes
2007503	Wed 11:10-11:40am Apr 22-Jun 10



Hatha Yoga

Increase your strength and flexibility through this gentle Hatha Yoga class. Wear comfortable clothing and bring water.

\$90 (R) \$108 (N)	6 classes
2008071	Tue 9:30-10:30am Jan 7-Feb 11
2008072	Tue 9:30-10:30am Feb 25-Apr 7 (no class 3/24)
2008074	Thu 9:30-10:30am Jan 9-Feb 13
2008075	Thu 9:30-10:30am Feb 27-Apr 9 (no class 3/26)
\$120 (R) \$144 (N)	8 classes
2008073	Tue 9:30-10:30am Apr 21-Jun 9
2008076	Thu 9:30-10:30am Apr 23-Jun 11



Offered at Northwest Arts Center – 9825 NE 24th St – One mile north of Bellevue Main Club

Strength Training – Balance – Cardio Fitness

Work on toning, balance, stretch, cardio and strengthen with the use of light weights and tubing to work upper and lower body.

\$48 (R) \$57 (N)	6 classes
2008771	Tue 9:30-10:30am Jan 7-Feb 11
2008774	Thu 9:30-10:30am Jan 9-Feb 13
\$56 (R) \$67 (N)	7 classes
2008772	Tue 9:30-10:30am Feb 25-Apr 7
2008775	Thu 9:30-10:30am Feb 27-Apr 9
\$64 (R) \$76 (N)	8 classes
2008773	Tue 9:30-10:30am Apr 21-Jun 9
2008776	Thu 9:30-10:30am Apr 23-Jun 11



Dance Mixx by Jazzercise – 60-minute total body workout!

For more information, visit www.jazzercise.com or Lana Williams 425 829-2341.

Mondays- Saturdays 8:15-9:15 a.m. On-Going



PARENT CHILD CLASSES



Fit 4 Mom Stroller Strides

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Information and to register, visit bellevue.fit4mom.com, or 206-683-1495 First class is always FREE.

Mon, Wed, Fri 10-11am Oct-Apr



Drop-In Basketball

One full size court 20 people maximum, players rotate to play. Pay to play pass accepted or pay at the window.

Age: 18+

\$4 (R) \$5 (N) per classes

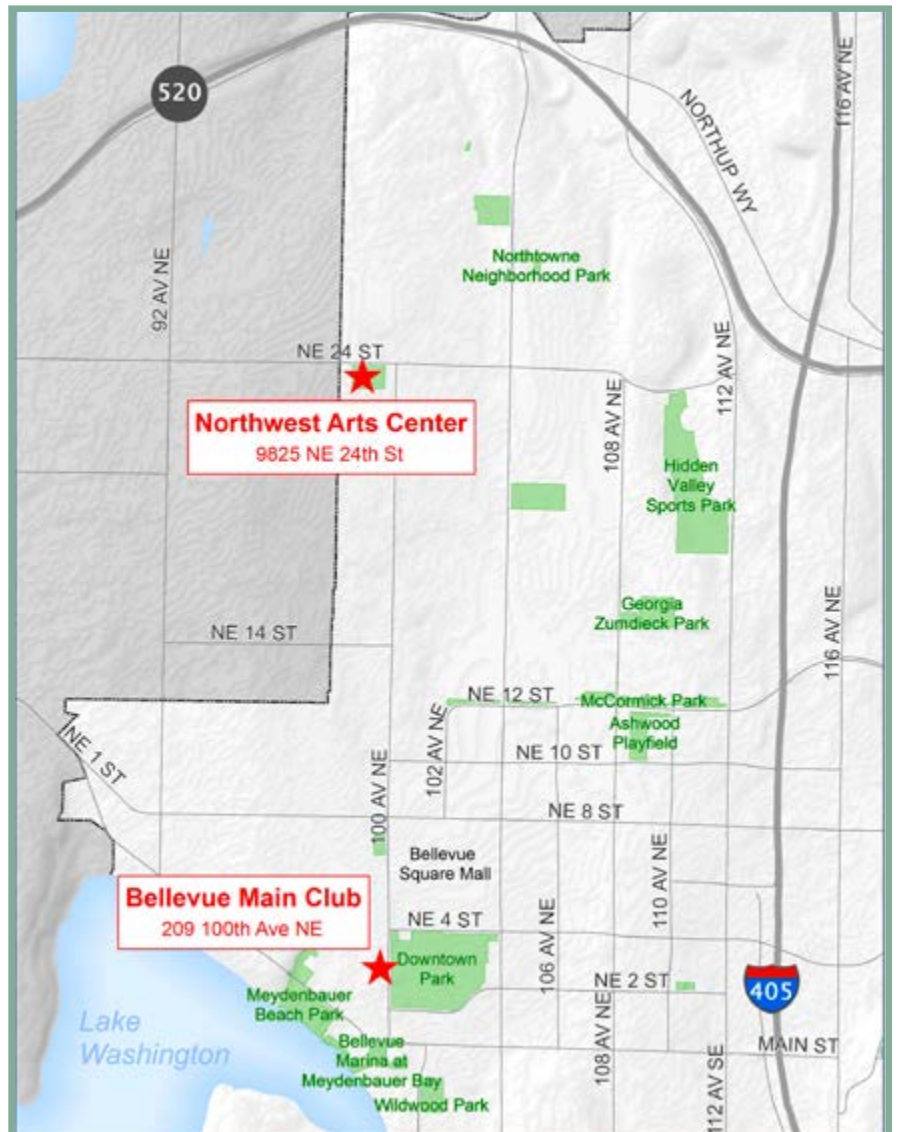
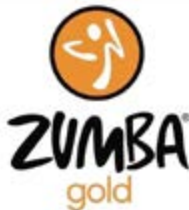
200111 Tue 7 to 8:30pm Jan 7-Jun 9 (no class 2/18, 4/14)


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Creating Connections & Lifelong Learning

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 For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-7106 (voice) or email dpettersson@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice). If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.