

Downtown Bellevue Main Club

Adult Programs
February-June 2020

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



Bellevue Parks &
Community Services



BOYS & GIRLS CLUBS
OF BELLEVUE



We 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

Water Color Painting 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.

\$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.

\$70 (R) \$84 (N)	7 classes		
2006902	Tue	7-8pm	Feb 25-Apr 7
2006905	Thu	12:30-1:30pm	Feb 27-Apr 9
\$80 (R) \$96 (N)	8 classes		
2006903	Tue	7-8pm	Apr 21-Jun 9
2006906	Thu	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		
2007382	Tue	7:15-8:15pm	Feb 25-Mar 31
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		
2007502	Wed	11:10-11:40am	Feb 26-Apr 1
\$40 (R) \$48 (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.

\$90 (R) \$108 (N)	6 classes		
2008072	Tue	9:30-10:30am	Feb 25-Apr 7 (no class 3/24)
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

ART CLASSES

aafa | American Academy
of Fine Arts

Watercolor Class: From Start to Finish

This class introduces classic watercolor techniques and builds slowly from the simple to the more complex. Topics include use of value, control of the medium, color mixing, and composition. Demonstrations are part of the class but painting from still life and photographs is emphasized. Experienced students will focus on assignments to improve color handling, composition, and specific painting challenges. Students acquire their own supplies for this class. Supply list provided.

Ongoing **Tue** **7-8:30pm** **starts Feb 25**
Ongoing **Thu** **10:30am-12pm** **starts Feb 27**



Drawing Class: Learn Everything from Basics

Basic drawing students will work with pencil and charcoal, learning to use line, value, gesture, and perspective. More advanced students will learn to integrate other media into their work, including pen, ink, and watercolor, and will begin to focus on more complex and advanced techniques. All topics are adapted to levels suited to the student body. This is a great place to start for beginners and an invaluable back-to-basics course for the more experienced students.

Ongoing **Thu** **9-10:30am** **starts Feb 27**

Ongoing classes. To request more information or to register, scan the QR code or contact the American Academy of Fine Arts at aafawa.com or email yanz@aafa.info

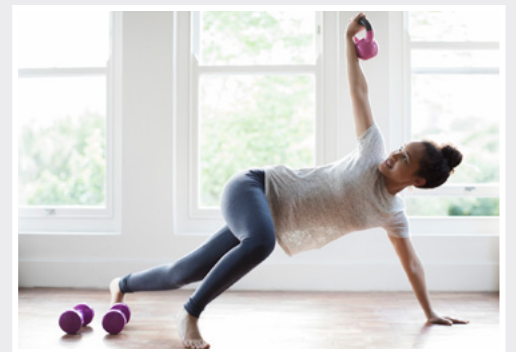


**Offered at Northwest Arts Center – 9825 NE 24th St –
One mile north of Bellevue Main Club**

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.

\$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



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



Downtown Bellevue Main Club

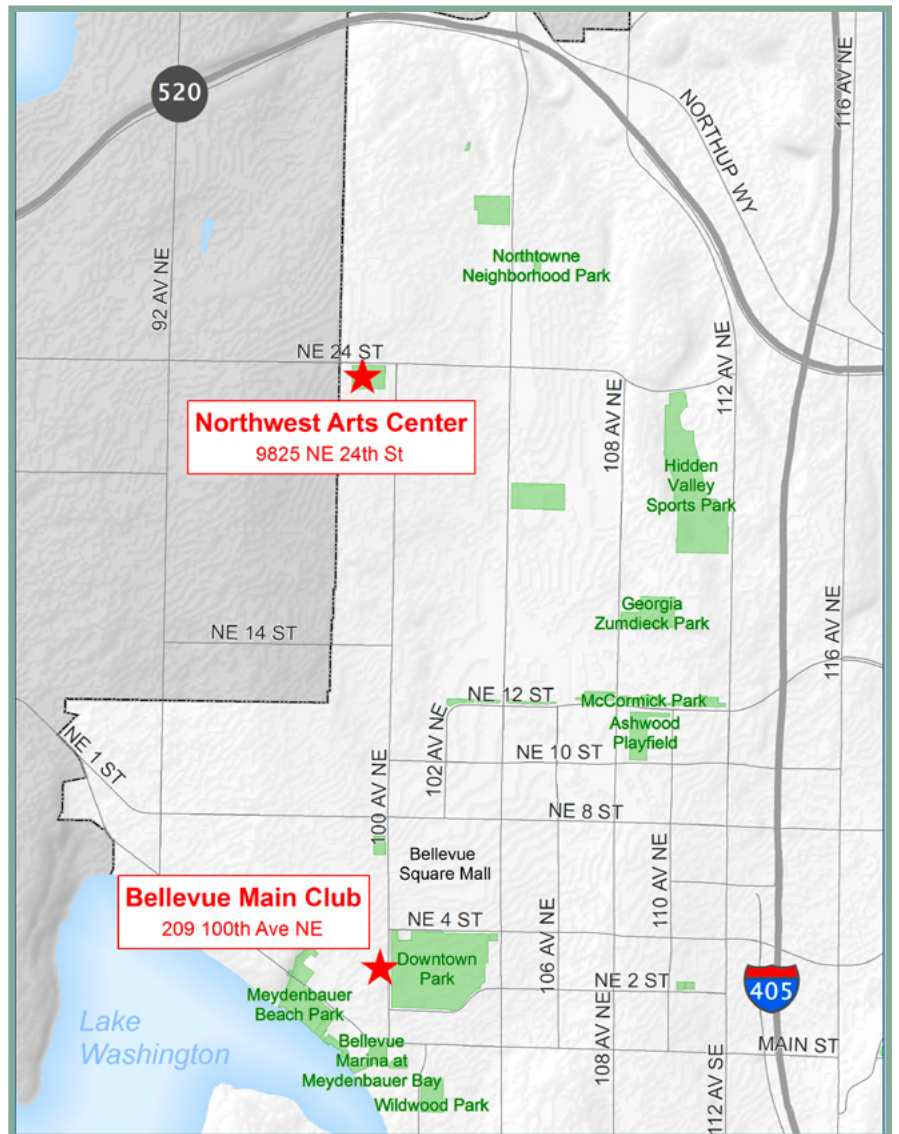
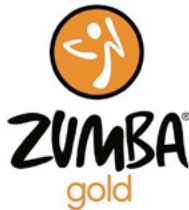
Creating Connections & Lifelong Learning

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Bellevue Parks & Community Services



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.