



January 2021 Virtual Fitness Class Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	<div style="text-align: center;"> <h1 style="margin: 0;">SOUTH BELLEVUE COMMUNITY CENTER</h1> <p style="margin: 5px 0;"><i>a partnership for a healthy community</i></p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p style="margin: 10px 0;">Register online at: register.bellevuewa.gov</p> <p style="margin: 0;">(425) 452-4240</p> </div>
		<u>All Classes 45 minutes</u>			
9 - 9:45 AM		Strength and Core with Andres - Level 1		Cardio Fun with Joan - Levels 1 and 2	
10 - 10:45 AM		Strength and Core with Andres - Level 2		Cardio Fun with Joan - Level 1	
11 - 11:45 AM		Cardio Fun with Joan - Levels 1 and 2		Strength and Core with Andres - Level 1	
12 - 12:45 PM		Cardio Fun with Joan - Level 1		Strength and Core with Andres - Level 2	

Classes will now be offered in monthly sessions of 4 classes - once per week. Sessions are priced at a discounted rate for the 2021 New Year! \$16 Residents, \$20 Non-Residents. All classes are 45 minutes long.

Class Descriptions

Strength & Core with Andres - Level 1: Learn how to improve core strength, balance, coordination and posture through a low-impact beginner workout with a virtual group of supportive friends. No equipment is needed but options for resistance will be suggested.

[Tuesdays: 9am - 2104456](#)

[Thursdays: 11am - 2104445](#)

Strength & Core with Andres - Level 2: Advance from the beginner level class and learn to build muscular strength, endurance and flexibility with a full body workout in an encouraging and motivating virtual community! Participants should be highly mobile and able to make quick transitions from standing to floor positions. No equipment is needed but options for resistance will be suggested.

[Tuesdays: 10am - 2104476](#)

[Thursdays: 12pm - 2104465](#)

Cardio Fun with Joan - Level 1: Increase your heart rate, burn calories and build endurance with a low-impact cardio workout with a group of virtual friends and an energetic instructor! Everything you need to know will be taught and all participants will be successful using only body weight exercises.

[Tuesdays: 12pm - 2104436](#)

[Thursdays: 10am - 2104425](#)

Cardio Fun with Joan - Levels 1 & 2: Feel encouraged and motivated with an all-fitness level group of virtual friends and an energetic instructor! This combined level 1 & 2 class offers exercise modifications for both beginner and higher fitness levels using only body weight exercises. Both non-impact and low-impact modifications will be taught as well as some transitions from standing to floor work.

[Tuesdays: 11am - 2104416](#)

[Thursdays: 9am - 2104405](#)

Classes are offered at different times on Tuesdays and Thursdays to allow for maximum flexibility. Mix and match by pairing one of each for a complete workout.

Participants are welcome to provide input for the February session.