

# November 2021 Fitness Class Schedule

| Monday   | Tuesday                                     | Wednesday                                       | Thursday                          | Friday                     | Saturday  |
|--|---|---|-----------------------------------|----------------------------|---|
| Cycling with Joan<br>6 - 7 AM                    | Total Body Fitness<br>6 - 6:50 AM           | Cycling with Joan<br>6 - 7 AM                   | Total Body Fitness<br>6 - 6:50 AM |                            |   |
| Fit 360<br>9:15 - 10:15 AM                       |   | Fit 360<br>9:15 - 10:15 AM                      |                                   | Pilates<br>9:15 - 10:15 AM |   |
| ZUMBA<br>10:30 - 11:30 AM                        | ZUMBA Toning<br>10:30 - 11:30 AM            |   |                                   |                            |   |
|  |   | Active Adult Fitness<br>10:30 - 11:30 AM        |                                   |                            | <div style="font-size: 24px; font-weight: bold; margin-bottom: 5px;">SOUTH BELLEVUE<br/>COMMUNITY CENTER</div> <p style="font-size: 14px; color: #666;">a partnership for a healthy community</p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <div style="text-align: center; margin-top: 20px;"> <p style="font-weight: bold; font-size: 16px;">Register online at:<br/><a href="http://register.bellevuewa.gov">register.bellevuewa.gov</a><br/>(425) 452-4240</p> </div> |
|  | Cycle/Stretch<br>10:30 - 11:30 AM           | Strong and Fit<br>10:30-11:30 AM                | Cycle/Stretch<br>10:30 - 11:30 AM |                            |   |
|  | Gentle Yoga with Monette<br>11:45 - 1:00 PM |   |                                   |                            |   |
| Shotokan Karate<br>ages 6-12<br>6 - 6:50 PM      | Taekwondo<br>4 - 4:50 PM                    | Shotokan Karate<br>ages 6-12<br>6 - 6:50 PM     | Taekwondo<br>4 - 4:50 PM          |                            |   |
| Shotokan Karate<br>ages 12-Adult<br>7 - 7:50 PM  | Taekwondo<br>5 - 5:50 PM                    | Shotokan Karate<br>ages 12-Adult<br>7 - 7:50 PM | Taekwondo<br>5 - 5:50 PM          |                            |   |
| Small Group<br>Training with Sara<br>7 - 7:50 PM |   |   |                                   |                            |   |

Class offered both In-person and Virtual

Class held outdoors weather permitting

## CLASS DESCRIPTIONS AND LINKS TO REGISTER (CONTINUED ON NEXT PAGE)

**Active Adult Fitness (18+):** This high energy fitness class is for those who have graduated from the beginner adult classes or senior fitness programs and are ready for more of a challenge. You will enjoy this fun hour-long full body workout that keeps your heart rate elevated while improving strength, endurance, and cardiovascular fitness in an encouraging and motivating community! Participants must be highly mobile and able to make quick transitions between cardio and endurance work. All adults are welcome, Millennials to Baby Boomers.

[Wed: 10:30am](#)

**Monthly**

**Room: Studio**

**1st Free, Flex, D-I, 25% ePass**

**Cycling with Joan (13+):** Ride LeMond bikes and increase aerobic fitness while burning approximately 600+ calories per class. All fitness levels welcome as you control your pace. Please arrive 10 minutes before class start time for set-up. Park in the lower tennis court lot. Classes will be held outdoors weather permitting. Therefore face coverings are optional according to current guidelines.

[Mon/Wed: 6am](#)

**Bi-Monthly**

**Room: Gym A**

**1st Free, Flex, D-I, 25% ePass**

**Cycle/Stretch (13+):** Join us for this fusion class of beginner level indoor cycling and flexibility exercises. Class is designed for those who are brand new to indoor cycling including: older adults, participants new to exercise and overweight or de-conditioned participants. Classes will be held outdoors weather permitting. Therefore face coverings are optional according to current guidelines.

[Tues: 10:30am](#) [Thur: 10:30am](#) [Tues/Thur: 10:30am](#)

**Bi-Monthly**

**Room: Studio**

**1st Free, Flex, D-I, 25% ePass**

**Fit 360 (13+):** Join certified group fitness instructor, Becky, for this in-person, action-packed cardio & strength class. Each workout will include a warm-up followed by strength, cardio and cool-down/stretching exercises. Becky will work with you on any modifications. All fitness levels welcome.

[Mon: 9:15am](#) [Wed: 9:15am](#) [Mon/Wed: 9:15am](#)

**Monthly**

**Room: Gym A**

**1st Free, Flex, D-I, 25% ePass**

**Gentle Yoga with Monette (13+):** 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. Benefits include: improved strength, flexibility and balance; reduced tension; better joint health; better mental clarity and an overall feeling of well-being.

[Tues: 11:45am](#)

**Monthly**

**Room: CR-AB**

**1st Free, Flex, D-I, 25% ePass**

**Pilates (13+):** Pilates is a low-impact exercise designed to strengthen core muscles, increase body awareness, and improve balance and flexibility. This class combines Pilates basics with yoga and barre exercises. Students often feel a sense of overall wellness with a stronger mind-body connection. All fitness levels welcome. For more info about the class and instructor, visit [www.community-pilates.com](http://www.community-pilates.com)

[Fri: 9:15am](#)

**Bi-Monthly Room: CR-AB 1st Free, Flex, D-I, 25% ePass**

**Shotokan Karate (6-12) and (12-Adult):** Learn traditional Karate with a non-violent philosophy emphasizing Respect, Excellence, Strength and Character with fun and experienced Black Belt instructors from Washington Shotokan Association.

[Mon/Wed: 6pm Ages 6-12](#)

[Mon/Wed: 7pm Ages 12-Adult](#)

**Monthly Room: CR-B**

**Small Group Training with Sara (16+):** Join Certified Personal Trainer, Sara, for this small group training class focused on helping you achieve your fitness goals. Workouts will be designed to meet your needs and fitness level. Sara will provide support, encouragement and accountability to help you reach new heights in health and wellness.

[Mon: 7pm](#)

**Monthly Room: Studio**

**Strong and Fit (18+):** This group fitness class is best suited for beginners or advanced beginners who are looking to improve strength, balance, cardiovascular health, flexibility, and coordination within a strong community of supportive friends. A certified instructor will guide you through a full body circuit training style workout that will improve functional fitness using a variety of equipment and a varied routine to accommodate individual needs and limitations. Come join us for a fun, safe, social and appropriately challenging workout!

[Wed: 10:30am](#)

**Monthly Room: Studio 1st Free, Flex, D-I, 25% ePass**

**Taekwondo (5+):** An ancient Korean Martial Art, Taekwondo is a system of practical techniques for self-defense. Instruction is designed to emphasize kicks and punches that strengthen and condition the whole body and promote confidence, patience and respect.

[Tues/Thur: 4pm](#)

[Tues/Thur: 5pm](#)

**Monthly Room: Studio**

**Total Body Fitness, Virtual or In-Person (16+):** Join Certified Group Fitness Instructor, Becky, either virtually from home or in-person for this fun and effective way to burn stubborn body fat and improve your level of fitness! Becky will provide modifications for those joining from home. In-person class will utilize dumbbells, bands and more to strengthen your body and core. Get ready to work hard with new friends!

[Tues: 6am – Virtual](#)

[Tues: 6am – In-Person](#)

[Tues/Thur: 6am - In-Person](#)

[Thur: 6am - Virtual](#)

[Thur: 6am - In-Person](#)

**Monthly Room: Studio 1st Free, Flex, D-I, 25% ePass**

**ZUMBA and ZUMBA Toning (13+):** ZUMBA is a one of a kind fitness class with easy to follow Latin rhythms designed for all levels. The Toning class incorporates light weights to build muscle in the arms, legs and glutes. You'll fall in love with working out again and look forward to it. This hour of calorie burning, energizing, and expressive movements brings spice back into everyone's fitness program.

[Mon: 10:30am](#) [Tues Toning: 10:30am](#)

[Mon/Tues Combo: 10:30am](#)

**Monthly Room: CR-AB 1st Free, Flex, D-I, 25% ePass**

**Class offered both In-person and Virtual**

**Class held outdoors weather permitting**