


April 2021 Fitness Class Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday		
6 - 6:50 AM		Total Body Fitness 6 - 6:50 AM		Total Body Fitness 6 - 6:50 AM			
9:15 - 10:15 AM	Fit 360	Virtual Cardio Fun with Joan 9:15 - 10am	Fit 360		Virtual Pilates		
10:30 - 11:30 AM	Virtual Intro to Mindfulness	Virtual Strength and Core with Sara				SOUTH BELLEVUE COMMUNITY CENTER <i>a partnership for a healthy community</i> 	
11:45 AM - 12:45 PM				Virtual Strength and Core with Andres			
CLOSED 2 - 4:30 PM	SBCC CLOSED 2 - 4:30 PM					Register online at: register.bellevuewa.gov	
6:10 - 7 PM	Small Group Training with Sara 6:10 - 7pm					(425) 452-4240	

Classes offered both In-person and Virtual

Classes offered Virtual only

Virtual Cardio Fun with Joan: Increase your heart rate, burn calories and build endurance with a group of virtual friends and an energetic instructor! This class offers exercise modifications for beginners and all 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: 9:15am – Virtual](#)

Fit 360, Virtual or In-Person: Join certified group fitness instructor, Becky and a small group of supportive friends either in-person or from your home via Zoom. This action packed cardio & strength class will include a warm-up, strength, cardio and cool-down/stretching. Becky will work with you on any modifications.

[Mondays: 9:15am – Virtual](#)

[Mondays: 9:15am – In-Person](#)

[Wednesdays: 9:15am – Virtual](#)

[Wednesdays: 9:15am – In-Person](#)

Virtual Intro to Mindfulness: This virtual class provides a practical guide to meditation as a tool to improve your sense of well-being from the comfort of your home. Learn how to befriend your busy mind, feel less stressed and be more present in your daily life. Class includes simple instructions and guided meditations to apply newly learned concepts into practice, followed by questions and answers for feedback. Most suitable for beginners but all skill levels are welcome.

[Mondays: 10:30am – Virtual](#)

Virtual Pilates: Pilates is a low-impact exercise focused on whole body toning from the comfort of your home! This virtual class is designed to increase and improve core strength, balance, posture, flexibility and joint mobility. Students often feel a sense of overall wellness with a stronger mind-body connection. All levels welcome. Visit www.community-pilates.com for more info about instructor and class.

[Fridays: 9:15am – Virtual](#)

Small Group Training with Sara, Virtual or In-Person: Join Certified Personal Trainer Sara either virtually from home or in-person for this small group training class focused on helping you achieve your fitness goals. Workouts will be designed to meet everyone's needs and fitness level. Sara will provide support, encouragement and accountability to help you reach new heights in health and wellness.

[Mondays: 6:10pm – Virtual](#)

[Mondays: 6:10pm – In-Person](#)

Virtual Strength & Core with Andres: Join Certified Personal Trainer Andres live from home for a full body workout that focuses on improving core strength, balance, coordination and posture in a fun, encouraging and motivating virtual community! Participants should be highly mobile and able to make transitions from standing positions to floor positions. All adults are welcome, Millennials to Baby Boomers. No equipment is needed but options for resistance will be suggested.

[Thursdays: 11:45am - Virtual](#)

Virtual Strength & Core with Sara: Join Certified Personal Trainer Sara live from home for a full body workout using exercises that build core strength, endurance and flexibility in a fun, encouraging and motivating virtual community! Participants should be highly mobile and able to make transitions from standing positions to floor positions. All adults are welcome, Millennials to Baby Boomers. No equipment is needed but options for resistance will be suggested.

[Tuesdays: 10:30am – Virtual](#)

Total Body Fitness, Virtual or In-Person: 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 sweat and have fun!

[Tuesdays: 6:00am – Virtual](#)

[Tuesdays: 6:00am – In-Person](#)

[Thursdays: 6:00am - Virtual](#)

[Thursdays: 6:00am - In-Person](#)