


March 2021 Virtual Fitness Class Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	SOUTH BELLEVUE COMMUNITY CENTER <i>a partnership for a healthy community</i>  Register online at: register.bellevuewa.gov (425) 452-4240
8 - 9 AM						
9:15 - 10:15 AM	Fit 360		Fit 360	Cardio Fun with Becky 9:15 - 10am	Pilates	
10:30 - 11:30 AM	Intro to Mindfulness	Strength and Core with Sara				
11:45 AM - 12:45 PM		Cardio Fun with Joan 11:45am -12:30pm		Strength and Core with Andres		

Classes are offered in monthly sessions of 4-5 classes - once per week.

Class Descriptions

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: 11:45am - 2104448](#)

Cardio Fun with Becky: 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.

[Thursdays: 9:15am - 2104437](#)

Fit 360: Join certified group fitness instructor, Becky and a group of supportive friends 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 - 2101801](#)

[Wednesdays: 9:15am - 2101815](#)

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 - 2101802](#)

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 - 2101465](#)

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 - 2104497](#)

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 - 2104508](#)