


## July 2021 Fitness Class Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday		
6 - 7 AM	FREE Cycling with Joan 6 - 7am	Total Body Fitness 6 - 6:50 AM	FREE Cycling with Joan 6 - 7am	Total Body Fitness 6 - 6:50 AM			
9:15 - 10:15 AM	Fit 360 (Outdoors) 9:15 - 10:15am		Fit 360 9:15 - 10:15am				
10:30 - 11:30 AM		Virtual Strength and Core with Sara 10:30 - 11:30am				<b>SOUTH BELLEVUE COMMUNITY CENTER</b> <i>a partnership for a healthy community</i> 	
11:45 AM - 12:45 PM							
5 - 6 PM	Shotokan Karate ages 6-11 5:30 - 6:15pm		Shotokan Karate ages 6-11 5:30 - 6:15pm			<b>Register online at: register.bellevuewa.gov</b>  <b>(425) 452-4240</b>	
6 - 7 PM	Small Group Training with Sara 6:10 - 7pm						

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

**Classes offered Virtual only**

**Classes offered In-person only**

**Cycling with Joan, In-Person: FREE** for summer to welcome you back! We are moving the bikes outside for the summer session to add fresh air to this invigorating class. All fitness levels welcome because you control both speed and resistance! Coverage provided in case of rain. Dress appropriately. Please arrive 10 minutes before class start time for set-up. Park in the lower tennis court lot.

[Mondays & Wednesdays: 6am – In-Person](#)

**Fit 360, In-Person:** Join certified group fitness instructor Becky and a small group of supportive friends for this action packed cardio & strength class. Activities include a warm-up, strength and cardio exercises and a cool-down with stretching. Becky will work with you on any modifications to match your fitness level. Monday classes will be held outdoors as weather permits - no masks required when outdoors!

[Mondays: 9:15am – In-Person \(Outdoors\)](#)      [Wednesdays: 9:15am – In-Person](#)

**Shotokan Karate (ages 6-11), In-Person:** 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.

[Monday & Wednesday: 5:30pm – In-Person](#)

**Small Group Training with Sara, In-Person:** Join Certified Personal Trainer Sara 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 – In-Person](#)

**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 work hard with new friends!

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

**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](#)