

# SBCC February-March 2023 Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling 6 - 7 AM	Total Body Fitness 6 - 6:50 AM	Cycling 6 - 7 AM	Total Body Fitness 6 - 6:50 AM		Jazzercise 8:15 - 9:15 AM
Jazzercise 9:15 - 10:15 AM	Jazzercise 9:15 - 10:15 AM	Jazzercise 9:15 - 10:15 AM	Jazzercise 9:15 - 10:15 AM	Jazzercise 9:15 - 10:15 AM	
Fit 360 9:15 - 10:15 AM		Fit 360 9:15 - 10:15 AM		Pilates 9:15 - 10:15 AM	
Active Adult Fitness 10:30 - 11:30 AM	Cycle/Stretch 10:30 - 11:30 AM	Active Adult Fitness 10:30 - 11:30 AM	Cycle/Stretch 10:30 - 11:30 AM		
ZUMBA 10:30 - 11:30 AM				ZUMBA 10:30 - 11:30 AM	
	Gentle Yoga 11:45 - 12:45 PM				
Shotokan Karate (ages 6-12) 6 - 6:50 PM		Shotokan Karate (ages 6-12) 6 - 6:50 PM		<div style="text-align: center;"> <h2 style="margin: 0;">SOUTH BELLEVUE COMMUNITY CENTER</h2> <p style="font-size: small; margin: 5px 0;"><i>a partnership for a healthy community</i></p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> </div>	
Shotokan Karate (ages 12-Adult) 7 - 7:50 PM	Taekwondo (ages 5-Adult) 4 - 4:50 PM	Shotokan Karate (ages 12-Adult) 7 - 7:50 PM	Taekwondo (ages 5-Adult) 4 - 4:50 PM		
Small Group Training 7 - 7:50 PM	Taekwondo (ages 9-Adult) 5 - 5:50 PM	Yoga - Level 2: Align & Strengthen 6 - 6:50 PM	Taekwondo (ages 5-Adult) 5 - 5:50 PM		
	Taekwondo (ages 9-Adult) 6 - 6:50 PM	Yoga - Level 1: Stretch & Restore 7 - 7:50 PM	Taekwondo (ages 9-Adult) 6 - 6:50 PM		

Class offered both In-person and Virtual

Class held outdoors under cover

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

**Active Adult Fitness (18+):** This all-levels, balanced workout welcomes and benefits adults of all ages! Energize your mind and body with movements from the disciplines of Martial Arts/Tai Chi, Yoga, Strength Conditioning, Pilates, Cardio, Stretching and balance challenges. Register separately for the Monday and Wednesday class. For the ultimate benefit and to take advantage of the expertise of both instructors, register for both days. Participants must have the mobility to transition from the floor to standing. Join our encouraging and motivating community!

[Mon: 10:30am](#)    [Wed: 10:30am](#)    **Feb 22-Mar 29**    **Room: Studio**    **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.

[Tues/Thur: 10:30am](#)    **Feb 21-Mar 30**    **Room: Studio**    **1st Free, Flex, D-I, 25% ePass**

**Cycling (13+):** Double the benefits as you increase your aerobic fitness level and burn a lot of calories in the fresh air of our outdoor natural setting. Classes are held under cover. Dress for the temperature. This is an all-levels class as you control your pace in our friendly, welcoming community. Please arrive 10 minutes before class start time for set-up. Park in the lower tennis court lot.

[Mon/Wed: 6am](#)    **Feb 22-Mar 29**    **Held Outdoors**    **1st Free, Flex, D-I, 25% ePass**

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

[Mon/Wed: 9:15am](#)    **Feb 1-Feb 27**    **Room: Studio**    **1st Free, Flex, D-I, 25% ePass**

**Gentle Yoga (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](#)    **Feb 28-Mar 28**    **Room: CR-B**    **1st Free, Flex, D-I, 25% ePass**

**Jazzercise (13+):** Jazzercise is a combination of aerobic exercise, HIIT cardio, and dance fitness safe and effective for all fitness levels. Email [kirklandjazz@gmail.com](mailto:kirklandjazz@gmail.com) for more information.

**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](#)

**Feb 24-Mar 31**

**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 \(ages 12-Adult\) or w/ Instructor Permission](#)

**Feb 1-Feb 27**

**Room: CR-B/Studio**

**Small Group Training (16+):** Join a Certified Personal Trainer 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. Trainer will provide support, encouragement and accountability to help you reach new heights in health and wellness.

[Mon: 7pm](#)

**Jan 23-Mar 27**

**Room: Studio**

**Taekwondo (5-Adult) and (9-Adult):** 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. 6pm class is for ages 9-Adult or by instructor permission.

[Tues/Thur: 4pm \(ages 5-Adult\)](#)

[Tues/Thur: 5pm \(ages 5-Adult\)](#)

[Tues/Thur: 6pm \(ages 9-Adult\) or w/](#)

**Feb 2-Feb 28**

**Room: Studio**

[Instructor Permission](#)

**Total Body Fitness, In-Person or Virtual (16+):** Join a certified group fitness instructor, either virtually from home or in-person for this fun and effective way to burn stubborn body fat and improve your level of fitness! Your instructor will work with you on any modifications. The class will utilize bodyweight exercises, agility movements, dumbbells and bands. All fitness levels welcome.

[Tues: 6am – Virtual](#)

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

[Thur: 6am - Virtual](#)

**Feb 2-Feb 28**

**Room: Studio**

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

**Yoga Level 1: Stretch and Restore (13+):** Welcome to a mini-spa! This class is designed to help you relax your mind, body, and nervous system. Its slower pace is perfect for beginners, students recovering from injury, or anyone with a stressful lifestyle or sleep problems.

[Wed: 7pm](#)

**Mar 1-Mar 29**

**Room: CR-AB**

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

**Yoga Level 2: Align and Strengthen (13+):** Designed for students with some yoga experience in any tradition. Learn a unique sequence each week with a variety of poses and core work. Safety is top priority, so students will learn to modify poses as needed and understand their purpose and benefits.

[Wed: 6pm](#)

**Mar 1-Mar 29**

**Room: CR-AB**

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

**ZUMBA (13+):** ZUMBA is a one of a kind fitness program with easy to follow Latin rhythms designed for all fitness levels. The Friday Toning class incorporates light weights to build muscles in the arms, legs and glutes. You will 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](#)

[Mon/Fri: 10:30am](#)

**Feb 3-Feb 27**

**Room: CR-AB**

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