


May 2022 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
Fit 360 9:15 - 10:15 AM	Jazzercise 9:15 - 10:15 AM	Fit 360 9:15 - 10:15 AM	Jazzercise 9:15 - 10:15 AM	Jazzercise 9:15 - 10:15 AM	
	Cycle/Stretch 10:30 - 11:30 AM	Active Adult Fitness 10:30 - 11:30 AM	Cycle/Stretch 10:30 - 11:30 AM	Pilates 9:15 - 10:15 AM	
ZUMBA 10:30 - 11:30 AM		Strong and Fit 10:30 - 11:30 AM		ZUMBA 10:30 - 11:30 AM	
	Gentle Yoga 11:45 - 12:45 PM			<div style="text-align: center;"> SOUTH BELLEVUE COMMUNITY CENTER <i>a partnership for a healthy community</i>  </div>	
Shotokan Karate (ages 6-12) 6 - 6:50 PM	Taekwondo (ages 5-Adult) 4 - 4:50 PM	Shotokan Karate (ages 6-12) 6 - 6:50 PM	Taekwondo (ages 5-Adult) 4 - 4:50 PM		
Shotokan Karate (ages 12-Adult) 7 - 7:50 PM	Taekwondo (ages 5-Adult) 5 - 5:50 PM	Yoga - Levels 1 & 2 6 - 6:50 PM	Taekwondo (ages 5-Adult) 5 - 5:50 PM		
Small Group Training 7 - 7:50 PM	Taekwondo (ages 9-Adult) 6 - 6:50 PM	Shotokan Karate (ages 12-Adult) 7 - 7:50 PM	Taekwondo (ages 9-Adult) 6 - 6:50 PM		

Class offered both In-person and Virtual

Class held outdoors

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

Active Adult Fitness (18+): Designed 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

Cycle/Stretch (13+): Join us for this fusion class of beginner level indoor cycling and flexibility exercises. Class is designed for those who are new to indoor cycling including: older adults, participants new to exercise and de-conditioned participants.

[Tue/Thu: 10:30am](#)

Bi-Monthly

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

Cycling (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. Class is held outdoors, therefore masks are optional.

[Mon/Wed: 6am](#)

Bi-Monthly

Held Outdoors

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

Fit 360, In-Person or Virtual (13+): Join a certified group fitness instructor, in-person or virtually from home 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. Virtual participants utilize bodyweight exercises and agility movements. In-person class will include equipment such as dumbbells and bands. All fitness levels welcome.

[Mon: 9:15am - Virtual](#)

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

[Wed: 9:15am - Virtual](#)

Monthly

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](#)

Monthly

Room: CR-AB

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 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

[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/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](#)

Bi-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](#)

Bi-Monthly

Room: Studio

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

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 \(ages 9-Adult\)](#)

Monthly

Room: Studio

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. Virtual participants utilize bodyweight exercises and agility movements. In-person class will include equipment such as dumbbells and bands. All fitness levels welcome.

[Tues: 6am – Virtual](#)

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

[Thur: 6am - Virtual](#)

Monthly

Room: Studio

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

Yoga - Levels 1 & 2 (13+): Beginner and intermediate students who want a strong, safe foundation in alignment yoga will develop body awareness, flexibility, balance, and strength, plus learn sequences to start a personalized yoga practice. Students with injuries or health conditions will learn modifications to practice safely. This joyful class integrates other aspects of a well-rounded practice, such as breathing, meditation and health and nutrition tips.

[Wed: 6pm](#)

Monthly

Room: CR-B

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

ZUMBA (13+): This ZUMBA Combo class is a one of a kind fitness program with easy to follow Latin rhythms designed for all fitness levels. The Monday class is a traditional ZUMBA class with the Friday class incorporating light weights to focus on toning of the arms, legs and glutes. The goal of the program is for you to love working out again and to 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](#)

Monthly

Room: CR-AB

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

Class offered both In-person and Virtual

Class held outdoors weather permitting