

## CLASSES WITH FLEX SESSION AND DROP-IN OPTIONS:

Active Adult Fitness  
Cycle/Stretch  
Cycling  
Fit 360°  
Functional Fitness  
Martial Arts Fitness  
Pilates  
Tai Chi & Mindful Movement  
Total Body Fitness  
Yoga  
ZUMBA®

## OTHER CLASSES ALSO AVAILABLE:

Boxing Fundamentals  
Shotokan Karate  
Small Group Training  
Sound Bath  
Taekwondo



14509 SE Newport Way  
Bellevue, WA 98006  
425-452-4240

[BellevueWA.gov/sbcc](http://BellevueWA.gov/sbcc)  
[register.bellevuewa.gov](http://register.bellevuewa.gov)



For alternate formats, interpreters, or reasonable modification requests please phone at least 48 hours in advance 425-452-4240 (voice) or email [sbcc@bellevuewa.gov](mailto:sbcc@bellevuewa.gov). For complaints regarding modifications, contact the City of Bellevue ADA, Title VI, and Equal Opportunity Officer at [ADATitleVI@bellevuewa.gov](mailto:ADATitleVI@bellevuewa.gov).

City of Bellevue  
Parks & Community Services  
PO Box 90012  
Bellevue, WA 98009-9012



BOYS & GIRLS CLUBS  
OF BELLEVUE

# Fitness Classes

[BellevueWA.gov/sbcc](http://BellevueWA.gov/sbcc)  
[register.bellevuewa.gov](http://register.bellevuewa.gov)

## BEST BUY!

### Session/Monthly Rates

Signing up for classes by the session or month is always the best value. Register online at [register.bellevuewa.gov](http://register.bellevuewa.gov) or in person.

## NEED SOME FLEXIBILITY?

### Flex Session Rates

Designed for participants needing more flexibility. Register for a Flex Session where you choose five dates to attend within the current quarter.

(Expires 3/31, 6/30, 9/30, 12/31)

Class	Resident	Non-Resident
Active Adult Fitness	\$55	\$65
Cycle/Stretch	\$45	\$54
Cycling	\$45	\$54
Fit 360°	\$66	\$78
Functional Fitness	\$66	\$78
Martial Arts Fitness	\$55	\$65
Pilates	\$90	\$105
Tai Chi & Mindful Movement	\$55	\$65
Total Body Fitness	\$66	\$78
Yoga	\$78	\$90
ZUMBA®	\$52	\$63

## Drop-In Rates

Many of our fitness classes can be attended on a drop-in, space available basis for maximum flexibility.

Class	Resident	Non-Resident
Active Adult Fitness	\$12	\$14
Cycle/Stretch	\$10	\$12
Cycling	\$10	\$12
Fit 360°	\$14	\$17
Functional Fitness	\$14	\$17
Martial Arts Fitness	\$12	\$14
Sound Bath	\$22.50	\$27
Pilates	\$20	\$24
Tai Chi & Mindful Movement	\$12	\$14
Total Body Fitness	\$14	\$17
Yoga	\$17	\$20
ZUMBA®	\$11	\$13

## ENHANCED BENEFIT!

### Monthly Fitness Center Pass Holders Enjoy the Following:

25% off the session price for the following 9 classes: Active Adult Fitness, Cycle/Stretch, Cycling, Fit 360°, Pilates, Total Body Fitness, Yoga and ZUMBA®.

## FREE FIRST CLASS

**Try these classes free your first time:** Active Adult Fitness, Boxing Fundamentals, Cycle/Stretch, Cycling, Fit 360°, Functional Fitness, Martial Arts Fitness, Pilates, Tai Chi & Mindful Movement, Total Body Fitness, Yoga and ZUMBA®.

For additional class offerings and descriptions go to [BellevueWA.gov/sbcc](http://BellevueWA.gov/sbcc)