

SBCC Anniversary FREE Week Schedule - January 8th - 13th, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Drop-in Pickleball 6 - 8 AM	Adult Drop-in Volleyball 6 - 8 AM	Adult Drop-in Basketball 6 - 8 AM	Adult Drop-in Volleyball 6 - 8 AM	Adult Drop-in Basketball 6 - 8 AM	
Cycling 6 - 7 AM		Cycling 6 - 7 AM	Total Body Fitness 6 - 6:50 AM		Jazzercise 8:15 - 9:15 AM
Adult Badminton Clinic 8:30 - 10 AM	Adult Pickleball Clinic 8:30 - 10 AM	Adult Badminton Clinic 8:30 - 10 AM	Adult Pickleball Clinic 8:30 - 10 AM	Pilates 9:15 - 10:15 AM	Adult Drop-in Basketball 8 - 10 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	Functional Fitness 9:15 - 10:15 AM		Functional Fitness 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		Tai Chi & Mindful Movement 10:30 - 11:30 AM	
ZUMBA 10:30 - 11:30 AM				ZUMBA 10:30 - 11:30 AM	Sound Bath 10:30 - 11:30 AM
Adult Drop-in Badminton 10:30 AM - 12:30 PM	Adult Drop-in Pickleball 10:30 AM - 12:30 PM	Adult Drop-in Badminton 10:30 AM - 12:30 PM	Adult Drop-in Pickleball 10:30 AM - 12:30 PM		Family Drop-in Basketball 10 AM - 12 PM
Indoor Play 10:30 AM - 12 PM		Indoor Play 10:30 AM - 12 PM		Indoor Play 10:30 AM - 12 PM	
Boxing Fundamentals Adult (ages 18+) 11:45 - 12:45 PM	Gentle Yoga 11:45 - 12:45 PM	Boxing Fundamentals Adult (ages 18+) 11:45 - 12:45 PM		Adult Drop-in Pickleball 1 - 3 PM	
Adult Line Dancing 1 - 3 PM	Open Art Studio 1 - 3 PM		Adult Drop-in Pickleball 3 - 5 PM	Adult Drop-in Volleyball 4 - 6 PM	
Boxing Fundamentals Youth (ages 9-17) 5 - 5:50 PM		Boxing Fundamentals Youth (ages 9-17) 5 - 5:50 PM			
ZUMBA 6 - 6:50 PM	Intro to Cheerleading (ages 8-13) 6 - 7 PM	Yoga - All Levels 6 - 6:50 PM			
Small Group Training 7 - 7:50 PM	Martial Arts Fitness 7 - 7:50 PM				
Adult Drop-in Badminton 6 - 8 PM	Adult Drop-in Volleyball 6 - 8 PM	Adult Drop-in Badminton 6 - 8 PM	Adult Drop-in Basketball 6 - 8 PM		

Schedule subject to change due to unforeseen circumstances

Drop-in Activities	Fitness Classes	Class held outdoors under cover
<div style="text-align: center;"> <h2 style="margin: 0;">SOUTH BELLEVUE COMMUNITY CENTER</h2> <p style="color: #a52a2a; font-style: italic; margin: 5px 0;">a partnership for a healthy community</p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> </div>	<p style="text-align: center; font-size: 1.2em; font-weight: bold; margin: 0;">All listed classes and activities are FREE January 8-13th. No registration needed. (425) 452-4240</p>	

CLASS AND ACTIVITY DESCRIPTIONS ON OTHER SIDE

OVER

CLASS AND ACTIVITY DESCRIPTIONS

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. For the ultimate benefit of the expertise of both instructors, attend both Monday and Wednesday.

Adult Drop-in Sports (18+) Basketball, Badminton, Pickleball and Volleyball: Drop-in sports are for adults age 18 and over. Space is limited on a first come, first serve basis. Check-in starts 15 minutes prior.

Adult Line Dancing (18+): Drop-in line dancing for adults age 18 and over. Line dancing is a great way to move to a variety of popular music, elevate your mood, and make some new friends. We have a caller who walks you through each dance.

Adult Pickleball Clinic (18+): If you've never played Pickleball before or are just a beginner, this introductory 90-minute clinic is designed specifically for you! Each clinic session will cover the basics of the game and help develop an understanding of pickleball for recreational and social play, pickleball rules, terminology, and provide beginner play time. We supply all equipment. First come, first serve. Check-in starts 15 minutes prior. Limit 24.

Boxing Fundamentals (9-17) and (18+): Gain a strong foundation of technical skills to increase confidence and competence in this martial art. Learn footwork, stance, base, and mechanics of offense and defense with movement that works best for your body. USA Boxing certified coaches create an emotionally, mentally and physically safe environment to explore the benefits of boxing.

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.

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. Arrive 10 minutes before class for bike set-up. Park in the lower tennis court lot.

Family Drop-in Sports: Badminton, Basketball, Pickleball (all ages): This program is an opportunity for families, with children under the age of 18, to play together. At least one parent/guardian/caregiver of the same household must participate on the court with their children at all times. No drop-offs or organized team practices allowed.

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.

Functional Fitness (18+): Explore a pain-free range of motion with a variety of mobility, flexibility and movement patterns. Each session will progress from isolated joint mobility exercises to using multiple muscle groups that mimic daily activities and sports movements. You will be rewarded with a stronger and more supple body, negating the effects of modern sedentary lifestyles.

Gentle Yoga (13+): Each class offers stretching, active strengthening and deep relaxing poses with focus on alignment for joint safety. Props are available to make poses accessible for all levels. Benefits include: improved strength, flexibility and balance; reduced tension; better joint health; better mental clarity and an overall feeling of well-being.

Indoor Play (0-5): Drop-in gym play for children under age 5 with parents. Parents/caregivers must supervise their own children.

Intro to Cheerleading (8-13): Learn cheerleading basics such as chants, motions, pom placement, jumps and how to rally. Please wear sneakers and athletic clothing.

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.

Martial Arts Fitness (13+): Increase your fitness level and gain skills in the disciplines of Hapkido, Aikido and Taekwondo. Class includes breath work, balance, cardio, strength, and flexibility exercises. Begin anytime and work at your own pace as this class is on-going and adaptable to all levels.

Open Art Studio (18+): The open art studio is an opportunity for artists 18+ to gather and practice their art and techniques, receive feedback from others and socialize. The studio will primarily focus on media that includes pencil, charcoal, watercolor, acrylics and oil; however, it's also open to textiles, knitting and needle work.

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. All fitness levels welcome.

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.

Sound Bath (13+): A sound bath is a meditative practice with waves of soothing, echoing sound from traditional wind and crystal bowl instruments. Learning to focus on the sound waves may help participants feel a decrease in stress, fatigue, anxiety, depression, sadness, and pain. Relaxation is the main takeaway from the session.

Tai Chi & Mindful Movement (18+): This class incorporates the practices of Chi Kung, Tai Chi, core strength, stretching, breath work and meditation. Expect to feel an immediate sense of refreshed focus, relaxation, and well-being. Benefits include increased flexibility, balance, strength, and deeper mind-body calmness. An excellent way to spend your lunch break and start your weekend!

Total Body Fitness (16+): Join a certified group fitness instructor 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.

Yoga - All Levels (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.

ZUMBA (13+): ZUMBA is a fitness class with easy to follow rhythms designed for all levels. The Friday class incorporates light weights to build muscle in the arms, legs and glutes. You'll fall in love with working out again and look forward to it.

Class held outdoors under cover

Schedule subject to change due to unforeseen circumstances