SBCC March 2024 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**	Functional Fitness **9:15 - 10:15 AM**	Fit 360 **9:15 - 10:15 AM**	Functional Fitness **9:15 - 10:15 AM**		
Pilates **9:15 - 10:15 AM**				Pilates **9:15 - 10:15 AM**	
ZUMBA **10:30 - 11:30 AM**	Cycle/Stretch **10:30 - 11:30 AM**		Cycle/Stretch **10:30 - 11:30 AM**	ZUMBA **10:30 - 11:30 AM**	Sound Bath **10:30 - 11:30 AM**
Active Adult Fitness **10:30 - 11:30 AM**		Active Adult Fitness **10:30 - 11:30 AM**		Tai Chi & Mindful Movement **10:30 - 11:30 AM**	
Boxing Fundamentals (ages 18+) **11:45 AM - 12:45 PM**	Gentle Yoga **11:45 AM - 12:45 PM**	Boxing Fundamentals (ages 18+) **11:45 AM - 12:45 PM**			
	Taekwondo (ages 5-Adult) **4 - 4:50 PM**		Taekwondo (ages 5-Adult) **4 - 4:50 PM**		
Boxing Fundamentals (ages 9 -17) **5 - 5:50 PM**	Taekwondo (ages 5-Adult) **5 - 5:50 PM**	Boxing Fundamentals (ages 9 -17) **5 - 5:50 PM**	Taekwondo (ages 5-Adult) **5 - 5:50 PM**		
ZUMBA **6 - 6:50 PM**	Taekwondo (ages 9-Adult) **6 - 6:50 PM**	Yoga - All Levels **6 - 6:50 PM**	Taekwondo (ages 9-Adult) **6 - 6:50 PM**	SOUTH BELLEVUE COMMUNITY CENTER *a partnership for a healthy community* **Register online at:** **register.bellevuewa.gov** **(425) 452-4240**	
Shotokan Karate (ages 6-12) **6 - 6:50 PM**		Shotokan Karate (ages 6-12) **6 - 6:50 PM**			
Shotokan Karate (ages 9-Adult) **7 - 7:50 PM**	Martial Arts Fitness **7 - 7:50 PM**	Shotokan Karate (ages 9-Adult) **7 - 7:50 PM**			
Small Group Training **7 - 7:50 PM**					
Class offered both In-person and Virtual			**Class held outdoors under cover. Dress for the temperature.**		

25% Discount* available on select classes for Monthly Fitness Center Pass holders.
There are up to 3 ways to take a class. Options for each class are listed in the class descriptions. Use key below:

1st Free = FREE for 1st time participants.	**Flex** = Pick 5 dates to attend in the current trimester for that class.	**D-I** = Drop-in, pay as you go option.

Active Adult Fitness (18+): This all-levels, balanced workout welcomes adults of all ages! Energize your mind and body with movements from Martial Arts/Tai Chi, Yoga, Pilates, strength conditioning, cardio, stretching and balance challenges. Register separately for the Monday or Wednesday class or gain the benefit of expertise of both instructors by registering 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 21 - Mar 27** **Room: Studio** **1st Free, Flex, D-I, 25% Discount***

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.

Mon/Wed: 11:45am (18+)
Mon/Wed: 5pm (ages 9-17) **Mar 4 - 27** **Room: Studio** **1st Free**

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

Tues/Thur: 10:30am **Mar 5 - 28** **Room: Studio** **1st Free, Flex, D-I, 25% Discount***

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 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 start time for set-up. Park in the lower tennis court lot.

Mon/Wed: 6am **Feb 21 - Mar 27** **Held Outdoors** **1st Free, Flex, D-I, 25% Discount***

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 **Mar 4 - 27** **Room: Studio** **1st Free, Flex, D-I, 25% Discount***

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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.

Tues/Thur: 9:15am **Feb 27 - Mar 28** **Room: Studio** **1st Free, Flex, D-I**

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 20 - Mar 26** **Room: CR-AB** **1st Free, Flex, D-I, 25% Discount***

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.

Tues: 7pm **Feb 27 - Mar 26** **Room: Studio** **1st Free, Flex, D-I**

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, visit www.community-pilates.com

Mon: 9:15am Fri: 9:15am **Mar 1 - Apr 1** **Room: CR-AB** **1st Free, Flex, D-I, 25% Discount***

Shotokan Karate (6-12) and (9-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 9-Adult) or w/ Instructor Permission

Mar 4 - 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 **Mar 4 - 25** **Room: Studio**

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.

Sat: Mar 9th Sat: Mar 16th **10:30-11:30 am**
Sat: Mar 23rd Sat: Mar 30th **Dates vary** **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/ Instructor Permission

Mar 5 - 28 **Room: Studio**

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!

Fri: 10:30am **Mar 1 - 29** **Room: Studio** **1st Free, Flex, D-I**

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 **Mar 5 - 28** **Room: Studio** **1st Free, Flex, D-I, 25% Discount***

Yoga - All Levels (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 **Mar 13 - Apr 24** **Room: CR-B** **1st Free, Flex, D-I, 25% Discount***

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 uses 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/Fri: 10:30am **Mar 1 - 29** **Room: CR-AB**
Mon: 6pm **Mar 4 - 25** **Room: Studio** **1st Free, Flex, D-I, 25% Discount***

Class offered both In-person and Virtual **Class held outdoors. Cycling is held under cover.**