

SBCC July 2025 Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	Foam Rolling 9:15 - 10:15 AM	Pilates 9:15 - 10:15 AM		
	Cycle/Stretch 10:30 - 11:30 AM		Cycle/Stretch 10:30 - 11:30 AM	ZUMBA 10:30 - 11:30 AM		
	Gentle Yoga 11:45 AM - 12:45 PM	Active Adult Fitness 10:30 - 11:30 AM			Sound Bath 10:30 - 11:45 AM	
Boxing Immersion Summer Clinic (ages 8-16) 1 - 3 PM	Boxing Immersion Summer Clinic (ages 8-16) 1 - 3 PM	Boxing Immersion Summer Clinic (ages 8-16) 1 - 3 PM	Boxing Immersion Summer Clinic (ages 8-16) 1 - 3 PM	Boxing Immersion Summer Clinic (ages 8-16) 1 - 3 PM		
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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. Monday and Wednesday classes taught separately. Participants must have the mobility to transition from the floor to standing. Join our encouraging and motivating community!

Wed: 10:30am July 2 - Aug 13 Room: Studio 1st Free, Flex, D-I, 25% Discount*

Boxing Immersion Summer Clinic (8-16): This non-contact, week-long camp will immerse your child into the exciting sport of boxing with a Bronze Level USA Boxing Coach. Kids will learn their base, how to move, and work defense and offense drills in a fun and action-packed camp. Each day of camp will focus on the basics of footwork, coordination, balance, while increasing self-esteem and confidence in their movement. Coaches use USA Boxing protocols to create an emotionally, mentally and physically safe environment.

Mon - Fri: 1-3pm July 14 - 18 Room: Studio

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 July 1 - 31 Room: Studio 1st Free, Flex, D-I, 25% Discount*

Cycling (13+): 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 July 2 - Aug 13 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 using dumbbells and bands. All levels welcome as Instructor will provide modifications.

Mon/Wed: 9:15am July 2 - 30 Room: Studio 1st Free, Flex, D-I, 25% Discount*

Foam Rolling (13+): This is a one-day class with an introduction to self-massage using a foam roller called self-myofascial release. Foam rolling has shown to help increase flexibility, circulation, reduce muscle tension and stress, and improve range of motion. If you experience pain in the knees, lower back, or participate in high impact activities like running, learn how foam rolling can help. Other recovery methods, processes, resources will also be discussed. Please bring a towel and your own foam roller.

Thu, July 10th Thu, July 31st 9:15-10:15am Room: Studio

(CONTINUED ON NEXT PAGE)

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](#) **July 1 - Aug 12** **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: SBjazzercise@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, visit www.community-pilates.com

[Fri: 9:15am](#) **July 11 - Aug 16** **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](#)

July 2 - 30 **Room: CR-B/Studio**

Small Group Training (16+): Join a Certified Personal Trainer in a small group class focused on helping you achieve your fitness goals. Workouts are designed to meet your needs and fitness level. Trainer will provide accountability and encouragement to reach new heights in health!

[Mon: 7pm](#) **July 7 - 21** **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. See dates available below.

[Sat: July 12th](#) [Sat: July 19th](#) [Sat: July 26th](#) **10:30-11:30 am** **Room: Studio**

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

[Tues/Thur: 5pm \(ages 6-Adult\)](#) **July 1 - 31** **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. The class will utilize bodyweight exercises, agility movements, dumbbells and bands. All fitness levels welcome.

[Tues: 6am - Virtual](#) **July 1 - 29**

[Tues/Thur: 6am - In-Person](#) **July 1 - 31** **Room: Studio** **1st Free, Flex, D-I, 25% Discount***

Yoga - All Levels (13+): Beginner and intermediate students who desire a safe foundation in yoga will develop body awareness, flexibility, balance, and strength. Students with injuries or health conditions will learn modifications for safety. This class integrates other aspects of a well-rounded practice such as breathing, meditation and health and nutrition tips.

[Wed: 6pm](#) **July 9 - Aug 13** **Room: CR-B** **1st Free, Flex, D-I, 25% Discount***

ZUMBA (13+): ZUMBA is a fitness class with easy to follow rhythms for all fitness levels. The Friday Toning class uses light weights to build muscles in arms, legs and glutes. This hour of calorie burning, energizing, and expressive movement will spice up your fitness program.

[Mon: 6:00pm](#) **July 7 - 28** **Room: CR-AB/Studio**

[Fri: 10:30am \(Toning\)](#) **July 11 - 25** **Room: Studio** **1st Free, Flex, D-I, 25% Discount***

Class held outdoors. Dress for the temperature

Class offered In-person and Virtual

Single class offering