

## SBCC Anniversary FREE Week Schedule - January 6th - 12th, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Drop-in Pickleball <b>6 - 8 AM</b>	Adult Drop-in Volleyball <b>6 - 8 AM</b>	Adult Drop-in Basketball <b>6 - 8 AM</b>	Adult Drop-in Volleyball <b>6 - 8 AM</b>	Adult Drop-in Pickleball <b>6 - 8 AM</b>		
Cycling <b>6 - 7 AM</b> <small>*Limit 14 Arrive Early</small>	Total Body Fitness <b>6 - 6:50 AM</b> <small>*In-person only</small>	Cycling <b>6 - 7 AM</b> <small>*Limit 14 Arrive Early</small>	Total Body Fitness <b>6 - 6:50 AM</b>		Jazzercise <b>8:15 - 9:15 AM</b>	
Adult Badminton Clinic <b>8:30 - 10 AM</b>	Adult Pickleball Clinic <b>8:30 - 10 AM</b>	Adult Badminton Clinic <b>8:30 - 10 AM</b>	Adult Pickleball Clinic <b>8:30 - 10 AM</b>		Adult Drop-in Basketball <b>8 - 10 AM</b>	Family Drop-in Badminton <b>8 - 10 AM</b>
Pilates <b>9:15 - 10:15 AM</b>				Pilates <b>9:15 - 10:15 AM</b>		
Jazzercise <b>9:15 - 10:15 AM</b>	Jazzercise <b>9:15 - 10:15 AM</b>	Jazzercise <b>9:15 - 10:15 AM</b>	Jazzercise <b>9:15 - 10:15 AM</b>	Jazzercise <b>9:15 - 10:15 AM</b>		Yoga for Women's Health <b>9:15 - 10:15 AM</b>
Fit 360 <b>9:15 - 10:15 AM</b>	Functional Fitness <b>9:15 - 10:15 AM</b>	Fit 360 <b>9:15 - 10:15 AM</b>				
Active Adult Fitness <b>10:30 - 11:30 AM</b>	Cycle/Stretch <b>10:30 - 11:30 AM</b> <small>*Limit 14 Arrive Early</small>	Active Adult Fitness <b>10:30 - 11:30 AM</b>	Cycle/Stretch <b>10:30 - 11:30 AM</b> <small>*Limit 14 Arrive Early</small>	Tai Chi & Mindful Movement <b>10:30 - 11:30 AM</b>		Yoga for Stress Management <b>10:30 - 11:30 AM</b>
ZUMBA <b>10:30 - 11:30 AM</b>				ZUMBA <b>10:30 - 11:30 AM</b>	Sound Bath <b>10:30 - 11:30 AM</b>	
Adult Drop-in Badminton <b>10:30 AM - 12:30 PM</b>	Adult Drop-in Pickleball <b>10:30 AM - 12:30 PM</b>	Adult Drop-in Badminton <b>10:30 AM - 12:30 PM</b>	Adult Drop-in Pickleball <b>10:30 AM - 12:30 PM</b>		Family Drop-in Basketball <b>10 AM - 12 PM</b>	Family Drop-in Pickleball <b>10 AM - 12 PM</b>
Indoor Play <b>10:30 AM - 12 PM</b>	Adult Drop-in Chess Clinic <b>11:30 AM - 12:30 PM</b>	Indoor Play <b>10:30 AM - 12 PM</b>		Indoor Play <b>10:30 AM - 12 PM</b>		
	Gentle Yoga <b>11:45 - 12:45 PM</b>		Gentle Movement <b>11:45 - 12:45 PM</b>	Adult Drop-in Pickleball <b>1 - 3 PM</b>		
Adult Drop-in Line Dancing <b>1 - 3 PM</b>	Open Art Studio <b>1 - 3 PM</b>		Bridge Bunch <b>1 - 3 PM</b>	Adult Drop-in Volleyball <b>4 - 6 PM</b>		
Boxing Fundamentals Youth (ages 9-17) <b>5 - 5:50 PM</b>		Boxing Fundamentals Youth (ages 9-17) <b>5 - 5:50 PM</b>	Adult Drop-in Pickleball <b>3 - 5 PM</b>	Drama Kids Youth Theater <b>5 - 6 PM</b>		
ZUMBA <b>6 - 6:50 PM</b>	Boxing Fundamentals Youth & Adult (ages 7+) <b>7 - 7:50 PM</b>	Yoga - All Levels <b>6 - 6:50 PM</b>	Boxing Fundamentals Youth & Adult (ages 7+) <b>7 - 7:50 PM</b>	<div style="font-size: 2em; font-weight: bold; margin-bottom: 5px;">SOUTH BELLEVUE COMMUNITY CENTER</div> <p style="color: #800000; font-style: italic; margin: 0;">a partnership for a healthy community</p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div>		
Small Group Training <b>7 - 7:50 PM</b>	Fit 360 <b>7 - 7:50 PM</b>					
Adult Drop-in Badminton <b>6 - 8 PM</b>	Adult Drop-in Volleyball <b>6 - 8 PM</b>	Adult Drop-in Badminton <b>6 - 8 PM</b>	Adult Drop-in Basketball <b>6 - 8 PM</b>			

Schedule subject to change due to unforeseen circumstances

<b>Drop-in Activities</b>	<b>Fitness Classes</b>	<b>Class held outdoors under cover</b>
All listed classes and activities are <b>FREE</b> . No pre-registration needed. Just come!		

Class and activity descriptions on other side

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## 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.

**Adult Drop-in Chess Clinic (18+):** Whether you are a beginner or a seasoned chess player, come join us! Bring your desire and have fun! Chess players will be divided into groups based on experience and each will receive tailored instruction to sharpen their skills. Space is limited on a first come, first serve basis. Check-in starts 15 minutes prior.

**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 Drop-in 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 Badminton and Pickleball Clinics (18+):** These introductory 90-minute clinics are designed specifically for beginners! Each clinic session will cover the basics and help develop an understanding for recreational and social play, rules, terminology, and provide beginner play time. We supply all equipment. Space is limited on a first come, first serve basis. Check-in starts 15 minutes prior. Limit 24.

**Boxing Fundamentals (9-17) and (7-Adult):** 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.

**Bridge Bunch (18+):** Just learning, a little rusty, or just want a fun place to play Bridge while increasing your skill level? Come join us very Thursday and play your favorite game with other members of your community!

**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. Limit 14 Riders. Arrive Early.

**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. Limit 14 Riders. Arrive Early.

**Drama Kids Youth Theater (4-11):** Drama Kids at SBCC offers theater classes and programs for kids that are specially tailored to elementary school children ages 4-11. The instructors in our classes provide unique requirements and enhance the skills of every participant. The unique knowledge and skills kids pick up at Drama Kids at SBCC can create lasting friendships as well as educational benefits.

**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. Space is limited on a first come, first serve basis. Check-in starts 15 minutes prior.

**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+):** This class is designed to enhance your overall movement quality and everyday performance by focusing on improving range of motion, agility, balance, and strength. Unlike traditional strength training classes, our approach emphasizes functional movements that help you move better in real life - such as lifting groceries, climbing stairs, or playing with your kids. This class is for all fitness levels, from beginners to seasoned athletes.

**Gentle Movement (18+):** This low-impact, low-intensity class is designed for older adults seeking to enhance joint mobility and overall wellness. Focus is on gentle movements that promote flexibility, strength, and balance without the strain of traditional workouts. Classes include stretching, training with light weights, and balance exercises. Our experienced instructor will adapt exercises to meet your individual needs and guide you through each movement.

**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.

**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.

**Open Art Studio (18+):** An opportunity for artists 18+ to gather and practice their art and techniques, receive feedback from others and socialize. The focus is 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.

**Yoga for Stress Management (18+):** Join us for specialized yoga classes designed to help you reconnect with your mind and body, and to help manage stress. Each class will focus on foundational yoga techniques to calm down your nervous system, build self-awareness and release tension in areas impacted by stress. The goal will be to build a solid foundation of techniques for stress management.

**Yoga for Women's Health (18+):** Come join a therapeutic, specialized yoga class designed to support women at all stages of life. Techniques will address balancing hormones, reducing stress, supporting the endocrine system and reproductive health along with improving flexibility, strength and self-care. Participants will learn the science behind the techniques to educate and empower themselves to improve their well-being.

**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

All listed classes and activities are FREE. No pre-registration needed. Just come!