

# SBCC 20th Anniversary **FREE** Week Schedule: January 5 - 11, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 Pickleball 6 - 8 AM		
Cycling 6 - 7 AM	Total Body Fitness 6 - 6:50 AM	Cycling 6 - 7 AM	Total Body Fitness 6 - 6:50 AM			
Adult Badminton Clinic 8:30 - 10 AM	Adult Beginner Pickleball 8:30 - 10 AM	Adult Badminton Clinic 8:30 - 10 AM	Adult Beginner Pickleball 8:30 - 10 AM		Adult Drop-in Basketball 8 - 10 AM	Family Drop-in Badminton 8 - 10 AM
Fit 360 9:15 - 10:15 AM		Fit 360 9:15 - 10:15 AM			Jazzercise 8:15 - 9:15 AM	Yoga for Women's Health 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	Jazzercise 9:15 - 10:15 AM		
Pilates 9:15 - 10:15 AM	Functional Fitness 9:15 - 10:15 AM		Foam Rolling 9:15 - 10:15 AM	Pilates 9:15 - 10:15 AM	Family Drop-in Basketball 10 AM - 12 PM	Family Drop-in Pickleball 10 AM - 12 PM
Indoor Play 10:30 AM - 12 PM	Cycle/Stretch 10:30 - 11:30 AM	Indoor Play 10:30 AM - 12 PM	Cycle/Stretch 10:30 - 11:30 AM	Indoor Play 10:30 AM - 12 PM	Sound Bath 10:30 - 11:45 AM	Chair Yoga for Older Adults 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		
ZUMBA 10:30 - 11:30 AM				ZUMBA 10:30 - 11:30 AM		
Adult Drop-in Badminton 10:30 AM - 12:30 PM	Gentle Yoga 11:45 AM - 12:45 PM	Adult Drop-in Badminton 10:30 AM - 12:30 PM		Gentle Movement 11:45 AM - 12:45 PM		
Adult Line Dancing 1 - 3 PM	Open Art Studio 1 - 3 PM	Bridge Bunch 1 - 3 PM		Board Game Bonanza 1 - 3 PM		
ZUMBA 6 - 6:50 PM		Yoga - All Levels 6 - 6:50 PM	Adult Drop-in Pickleball 3 - 5 PM	Adult Drop-in Pickleball 1 - 3 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	Adult Drop-in Volleyball 4 - 6 PM		
Small Group Training 7 - 7:50 PM	Fit 360 7 - 7:50 PM			Jazzercise Glow Dance Party (18+) 6:30 - 7:30 PM	  <b>SOUTH BELLEVUE COMMUNITY CENTER</b> <i>a partnership for a healthy community</i>	
Drop-in Activities		Fitness Classes		Class held outdoors under cover		
No registration necessary. Just come! Space is limited on a first come, first serve basis.						

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**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. Participants must have the mobility to transition from the floor to standing. Join our encouraging and motivating community!

**Adult Badminton Clinic (18+):** If you've never played badminton before or are just a beginner, this introductory 90-minute clinic at SBCC is designed specifically for you! The one-time session will cover the basics of the game and help develop an understanding of badminton for recreational and social play, badminton rules, terminology, and provide beginner play time. All equipment is provided.

**Adult Drop-in Badminton (18+):** Drop-in gym badminton for adults age 18 and over. Space is limited on a first come, first serve basis. Check-in starts 15 minutes prior. Limit 24 (Mon PM limit 36).

**Adult Drop-in Basketball (18+):** Drop-in gym basketball for adults age 18 and over. Space is limited on a first come, first serve basis. Check-in starts 15 minutes prior. AM Limit 20, PM Limit 40.

**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 Drop-in Pickleball (18+):** Drop-in gym pickleball for adults age 18 and over. Space is limited on a first come, first serve basis. Check-in starts 15 minutes prior. Limit 24.

**Adult Beginner Pickleball (18+):** This class is a free preview for the 4-week class which is designed to provide basic skills needed to play pickleball, including etiquette, terminology, rules, and scoring. Recommended for players up to a Level 2.5 rating. Players are encouraged to bring their own paddle, but one can be provided if needed. All other equipment is provided. First come, first serve. Check-in starts 15 minutes prior. Limit 24.

**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.

**Adult Drop-in Volleyball (18+):** Drop-in gym volleyball for adults age 18 and over. Space is limited on a first come, first serve basis. Check-in starts 15 minutes prior. Limit 28.

**CLASS AND ACTIVITY DESCRIPTIONS (CONTINUED ON OTHER SIDE)**



**Board Game Bonanza (18+):** Board Game Bonanza is an opportunity for board game enthusiasts 18+ to gather and play games together. With a wide variety of games to choose from, it's the perfect way to spend an afternoon connecting, competing, and enjoying great games as a community.

**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 and play your favorite game with other members of your community!

**Chair Yoga for Older Adults (55+):** This gentle, supportive class is designed especially for older adults who may find it challenging to get down to the floor or transition between seated and standing positions. Using the stability of a chair and props like yoga straps and blocks, participants will explore accessible yoga postures that promote flexibility, balance, and relaxation without the need for a traditional mat-based practice. With guided breathing techniques and mindful movement, you'll cultivate a sense of ease and well-being in a small, safe, and welcoming community.

**Cycling (13+):** Increase your aerobic fitness level and burn a lot of calories in the fresh air of our outdoor natural setting. Classes held outdoors 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.

**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.

**Family Drop-in 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 using dumbbells and bands. All levels welcome as Instructor will provide modifications.

**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 and resources will also be discussed. Please bring a towel and your own foam roller.

**Functional Fitness (18+):** A unique group class designed to enhance your overall movement quality and everyday performance by focusing on improving your range of motion, agility, balance, and strength through dynamic compound movements that mimic daily activities. Our approach emphasizes functional movements that help you move better in real life - whether it's lifting groceries, climbing stairs, or playing with your kids.

**Gentle Movement (18+):** Designed specifically for older adults seeking to enhance joint mobility and overall wellness, this low-impact, low-intensity class focuses on gentle movements that promote flexibility, strength, and balance without the strain of traditional workouts. Class includes stretching, resistance training with light weights, and balance exercises. Our experienced instructor will guide you through each movement, ensuring proper form and adapting exercises to meet your individual needs.

**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.

**Jazzercise Glow Dance Party (18+):** Jazzercise is hosting a fun, glow-themed fitness dance class on Friday night to celebrate the Anniversary!

**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. 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](http://www.community-pilates.com)

**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!

**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.

**Tai Chi & Mindful Movement (18+):** This class incorporates the practices of Chi Kung, Yang family style Tai Chi, stretching, breathwork and meditation. Expect to feel an immediate sense of refreshed focus, relaxation and overall well-being. Longer term benefits include increased flexibility and balance, calmness, strength and a deeper mind-body connection.

**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+):** 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.

**Yoga for Women's Health (18+):** Come join a therapeutic, specialized 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 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.

Drop-in Activities

Fitness Classes

Class held outdoors under cover

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