

Bellevue Main Club · Feb-June 2019

BOYS & GIRLS CLUB OF BELLEVUE

Programs for Adults



Bellevue Main Club, 209 100th Ave NE | 425-452-4106 | Next to Bellevue Downtown Park

Fitness Classes *(on-going)*

- **Hatha Yoga**
Tue & Thurs, 9am-9:55am
- **Strength Training**
All Levels | Tue & Thurs, 10am-10:55am
- **Mindful Movement - Tai Chi Exercise**
Wed, 10am-11am
- **Fit4Mom Stroller Strides**
Mon, Wed, Fri, 10am-11am



Bellevue Parks &
Community Services

Art & Education Classes

- **Versatile Acrylics Painting Studio**
Thurs, 10am-12pm

Class description, cost, and dates on back side

Pre-Register at:
Register.BellevueWA.gov
or call for drop-in options
425-452-4106



Meetings are wheelchair accessible. Captioning, American Sign Language (ASL), or language interpreters are available upon request. Please phone at least 48 hours in advance 425-452-7106 (Voice) or dpetersson@BellevueWA.gov. If you are deaf or hard of hearing, dial 711 (TR). Assisted listening device is available upon request. For questions or concerns regarding reasonable accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (Voice).

Fitness Classes (on-going)

Hatha Yoga

Increase your strength and flexibility through this gentle Hatha Yoga class. During class you practice balancing poses, deep stretching, and gain a calm mind and body through breath work. This class uses props such as blocks and straps to work on proper alignment and to help make poses accessible to all levels of experience. Please wear comfortable clothing and bring water.

\$75 (R) \$90(N)	5 weeks	
Feb 26-Apr 2	Tue	9am-9:55am (No class 3/26)
Feb 28-Apr 4	Thurs	9am-9:55am (No class 3/28)
\$90 (R) \$108(N)	6 weeks	
Apr 16-May 21	Tue	9am-9:55am
Apr 18-May 23	Thurs	9am-9:55am
\$60 (R) \$72(N)	4 weeks	
May 28-Jun 18	Tue	9am-9:55am
May 30-Jun 20	Thurs	9am-9:55am

Strength Training – Balance-Cardio

Work on toning, balance, stretch, and strengthen with the use of light weights, and tubing to work upper and lower body. Technique focus on agility, balance and coordination to create a workout that is fun, safe, effective, and up lifting. Great programs for all ages and abilities.

\$48 (R) \$57 (N)	6 weeks	
Feb 26-Apr 2	Tue	10am-10:55am
Feb 28-Apr 4	Thurs	10am-10:55am
Apr 16-May 21	Tue	10am-10:55am
Apr 18-May 23	Thurs	10am-10:55am
\$32 (R) \$38 (N)	4 weeks	
May 28-Jun 18	Tue	10am-10:55am
May 30-Jun 20	Thurs	10am-10:55am

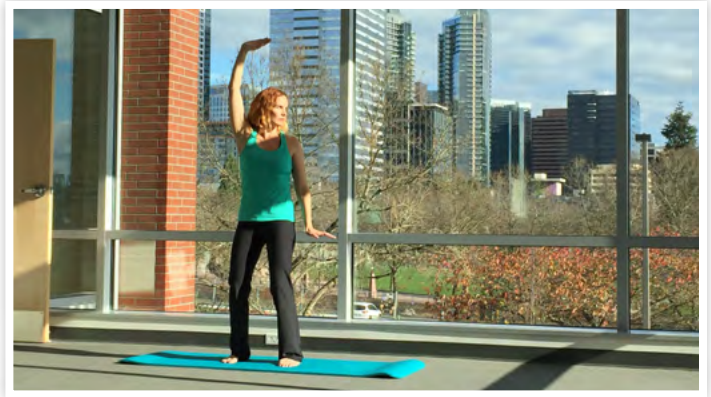


Fit4Mom Stroller Strides Fun for Mom and Baby



Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout includes strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! All fitness levels welcome. Payment options include a monthly unlimited pass, flexible punch card, or pay by the class option. Your first class is always FREE. For more information and to register, visit bellevue.fit4mom.com

Mon, Wed, Fri 10am-11am
on-going class, join anytime. Moves outside to Downtown Park starting April 8.



Mindful Movement Tai Chi Exercise

Guided movement based on Chi Kung and soft style martial arts. Encourages proper posture for effective stretching combined with easy strengthening exercise. Feel an immediate sense of refreshed focus and relaxation. www.mindfularts.us

\$54 (R) \$66 (N)	6 weeks	
Feb 27-Apr 3	Wed	10am-11am
Apr 17-May 22	Wed	10am-11am
\$36 (R) \$44 (N)	4 weeks	
May 29-Jun 19	Wed	10am-11am

Art & Education Classes

To register, contact Bellevue College Continuing Education Services, 425-564-2263 or register online at: BCconted.com.

Versatile Acrylics Studio



This class is designed to take students from a basic knowledge of acrylics to a new level. In-class demonstrations will be given on use of color, composition and perspective within the realm of landscape. Several small paintings will be done depending on each student's individual pace and choice.

\$95	6 classes	
Apr 4-May 16	Thu	10am-12pm (No class 4/11)

(R) = Bellevue Resident (N) = Non-Bellevue Resident



Bellevue Parks & Community Services