



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP WELLNESS SCHEDULE

Fall 2017

New schedule begins Tuesday, September 5th

MORNING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle—CR 5:30-6:30am Kathy	Bootcamp—SG 5:30-6:30am Holly	Cycle—CR 5:30-6:30am Kathy	Bootcamp—SG 5:30-6:30am Holly	Cycle—CR 5:30-6:30am Kathy		
HIIT—SG 5:30-6:30am Jana	Water Walking—AP 7:00-10:00am No Instructor	HIIT—SG 5:30-6:30am Jana	Water Walking—AP 7:00-10:00am No Instructor	HIIT—SG 5:30-6:30am Jana		
Power Yoga—RR 6:00-7:00am Anitha	Cycle Express—CR 6:15-7:00am Jake	Power Yoga—RR 6:00-7:00am Anitha	Cycle Express—CR 6:15-7:00am Jake	Core Strength—GF1 6:30-7:00am Kathy		
Yoga Flow—RR 8:00-9:00am Grace	Running Group—Meet in lobby 7:00-7:30am Jake	Yoga Flow—RR 8:00-9:00am Maribeth	Running Group—Meet in lobby 7:00-7:30am Jake	Cycle Express—CR 8:15-9:00am Margaret	HIIT—GF1 8:15-9:15am Maddie	
Walking Group—Off Site 8:00-9:00am Vicki	Circuit Training—SG 7:30-8:30am Vicki	Pumped—GF1 8:15-9:10am Diana	Yoga Viniyoga—RR 8:00-9:00am Elaine	Pumped—GF1 8:15-9:10am Diana	Cycle Power Pedal— CR 8:30-9:30am Paul	
Pumped—GF1 8:15-9:10am Diana	Aqua Fitness Mixed Depth—LP 8:30-9:30am Natalie	Aqua Fitness—LP 8:30-9:30am Pat	Aqua Fitness Mixed Depth—LP 8:30-9:30am Natalie	Aqua Fitness—LP 8:30-9:30am Pat	Bootcamp—SG 8:30-9:15am Mihaela	*Yoga Flow—GF1 8:30-9:30am Madison
Aqua Fitness—LP 8:30-9:30am Natalie	Circuit Training—SG 9:00-10:00am Vicki	Running Group—Off Site 9:15-10:15am Vicki	Cycle—CR 9:15-10:15am Jake	Circuit Training—SG 9:00-10:00am Avivit	*Yoga Flow—GF1 9:30-10:30am Tiffany	Cycle—CR 8:30-9:30am Teresa
NEW! Running Group— Off Site 9:30-10:30am Colleen	Cycle Power Pedal— CR 9:15-10:15am Paul	Step & Strength—GF1 9:30-10:45am Avivit	Nia—RR 9:30-10:30am Alyson	*Yoga Flow—RR 9:30-10:30am Renee Meena	Zumba—SG 9:30-10:30am Christina	Yoga—GF1 9:45-10:45am Madison
Step & Strength—GF1 9:20-10:35am Avivit	Nia—RR 9:30-10:30am Rande	*Mat Pilates—RR 9:30-10:30am Karen	*Gentle Yoga—GF1 9:30-10:30am Sanjyot	*Above the Barre— GF1 9:30-10:30am Margaret	Cycle—CR 9:45-10:45am Cornell	Core Strength—SG 9:45-10:15am Teresa
*Mat Pilates—RR 9:30-10:30am Tarah	*Gentle Yoga—GF1 9:30-10:30am Sanjyot	Cycle—CR 9:30-10:30am Tim	HIIT Express—SG 9:30-10:00am Jenny	Zumba Gold—LG 9:30-10:25am Diana	Yoga—GF1 10:45-11:45am Tiffany	Zumba—SG 10:30-11:30am Yang
Cycle—CR 9:30-10:30am Tim	Turbo Kick—LG 9:30-10:30am Jana	Zumba—SG 9:45-10:45am Jessica	Zumba—LG 9:45-10:45am Rachel	NEW! Cycle—CR 10:00-11:00am Christine	NEW! Zumba Toning—SG 10:45-11:45am Alisha	STRONG by Zumba—GF1 11:45am-12:45pm Yang
Zumba—SG 9:45-10:45am Christina	Bootcamp—SG 10:15-11am Holly	Core Strength—LG 10:45-11:15am Tim	Total Body Conditioning—SG 10:15-11:00am Vicki	*Mat Pilates—RR 10:45-11:30am Karen	Core Strength—RR 11:00-11:30am Cornell	
*Above the Barre— GF1 10:45-11:45am Margaret	Zumba—LG 10:45-11:45am Rachel	AOA Strength—GF1 11:00am-12:00pm Vicki	*Yoga—GF1 10:45-11:45am Sanjyot	AOA Strength—GF1 11:00am-12:00pm Avivit	NEW! Above the Barre—RR 11:45am-12:45pm Kate	
Zumba Gold—LG 11:00-11:55am Diana	*Yoga—GF1 10:45-11:45am Sanjyot	Bootcamp—SG 11:00am-12:00pm Shiloah	Line Dancing—SG 11:15am-12:15pm Vicki	Bootcamp—SG 11:00am-11:55am Tim	NEW! Adaptive Dance—GF1 12:00-12:45pm Jeanell	
Bootcamp—SG 11:00am-12:00pm Jamie	AOA Cardio—SG 11:15am-12:00pm Avivit					

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## AFTERNOON AND EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Core Strength—GF1 12:00-12:30pm Avivit ★	Aqua Arthritis & Injury—AP 12:00-1:00pm Cheryl ★	Yoga Flow—RR 12:00-12:55pm Renee Meena	Aqua Arthritis & Injury—AP 12:00-1:00pm Cheryl ★	Zumba —SG 12:00-1:00pm Jessica ★		
	Step—GF1 12:00-1:00pm Jenny ★	Cycle Express—CR 12:00-12:45pm Tim	Cycle—CR 12:00-1:00pm Tim	AOA Chair Yoga—GF1 12:15-1:00pm Grace		
	Adaptive Dance—GF1 1:45-2:30pm Teresa	Barre Express—GF1 12:15-1:00pm Hannah	Meditation—RR 12:15-12:45pm Grace ★			
Core Strength—SG 4:45-5:30 pm Margie		Core Strength—SG 4:45-5:30 pm Margie ◆	Adaptive Yoga—GF1 1:30-2:30pm Anitha	Mat Pilates—GF1 4:45-5:35pm Karen ★		
	Cardio Strength—GF1 5:00-5:45pm Teresa ◆	Cycle Express—CR 6:00-6:45pm Kelly	Cardio Strength—GF1 5:00-5:45pm Teresa ◆	*Gentle Yoga—RR 5:45-6:45pm Anitha ★		
Bootcamp—SG 6:00-6:45pm Jamie	Total Body Conditioning—SG 6:00-6:45pm Vicki	Bootcamp—SG 6:00-6:45pm Mihaela	Power Yoga—RR 6:00-7:00pm Sheetal P.			
Bollywood Fitness—GF1 6:00-6:45pm Sowmya ◆	Mat Pilates—GF1 6:00-7:00pm Kate ★	Yoga—RR 6:30-7:45pm Karen ◆	Mat Pilates—GF1 6:00-7:00pm Teresa			
Above the Barre—GF1 7:00-8:00pm Jamie ★	Power Yoga—RR 6:30-7:30pm Sheetal P. ★	Above the Barre—GF1 7:00-8:00pm Jamie ★	Cycle—CR 6:30-7:30pm Tim ★			
Aqua Zumba—LP 7:00-8:00pm Jean ★	Cycle—CR 6:30-7:30pm Tim	Aqua Fitness—LP 7:00-8:00pm Natalie ★	Yin Yoga—RR 7:15-8:15pm Sheetal P. ★	Zumba—GF1 7:00-8:00pm Laura ★		
Zumba—SG 7:00-8:00pm Jeanell	Zumba—SG 7:00-8:00pm Jean	Zumba—SG 7:00-8:00pm Jeanell ★	Bollywood Fitness—SG 7:30-8:30pm Deepti ★			
Tai Chi 101—GF1 7:15-8:15pm Ross ★	Cardio Kickboxing—GF1 7:15-8:15pm John	Tai Chi Advanced—GF1 8:15-9:15pm Ross ★				

### Personal Wellness Plan

As a benefit to your Y membership, you receive a **FREE** personalized wellness plan! Whether you are new to fitness or returning to the gym after some time off, our certified trainers have you covered.

Meet with a Personal Trainer to have your fitness questions answered, establish goals and receive introductory assistance in establishing an exercise program.

To schedule your Personalized Wellness Plan, fill out an Appointment Request Form at Member Services.

#### ROOM KEY:

CR	Cycle Room
LG	Large Gym
SG	Small Gym
LS	Loft Space
GF1	Group Fitness 1
GF2	Group Fitness 2
RR	Reflection Room
AP	Activity Pool
LP	Lap Pool

#### CLASS AGES:

<b>All Classes</b>	14+ (Ages 10-13 with Adult Supervision)
<b>Family Classes</b>	Ages 8+
<b>Dance Classes</b>	Ages 8+
<b>Teen Classes</b>	Ages 13-18

**TICKETS** All classes marked with an \* require a ticket. Tickets are FREE and can be picked up at the membership desk 30 minutes prior to the start of class. The ticket reserves your spot in class and the instructor will collect the ticket from each participant prior to the start of class.

★ **GETTING STARTED?** We are committed to helping you achieve your goals every step of the way! Here are some of our beginner Group Exercise programs that will get you fit while having fun in a supportive group setting!

◆ **CHALLENGE YOURSELF!** If you are not new to exercise, are involved in a workout routine, familiar with strength training, and are in good health, here are some of our challenging classes for you!

**Everyone is welcome.** The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**

**ABOVE THE BARRE:** A challenging and unique workout designed to sculpt and strengthen your entire body as well as increase flexibility. Use your own body weight and light free weights to define and tone. Designed to be done bare-foot, but not required.

**ADAPTIVE DANCE:** Dancing can be a great emotional release and form of expression and communication. The mixing of musical, physical, and social components in an adaptive dance class can provide a non-threatening environment in which participants can further develop new skills.

**ADAPTIVE YOGA:** This class emphasizes the experience within poses, not simply physical accomplishments. Dynamic awareness moves through the mind/body relationship both with and without muscular action.

**AOA CARDIO:** Combine fun with fitness to increase your cardiovascular endurance with a great workout.

**AOA CHAIR YOGA:** Great for people with mobility or balance difficulty, yoga poses are done standing near or seated in a chair.

**AOA STRENGTH:** Move to the music through a variety of chair-based exercises designed to increase muscular strength, range of movement and activity for daily living skills.

**AQUA ARTHRITIS & INJURY:** Designed for those living with chronic pain, those recovering from an injury or those with limited mobility, this class takes a non-impact approach by using water resistance exercises to build strength and increase range of motion and flexibility throughout the body.

**AQUA FITNESS:** A variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.

**AQUA FITNESS MIXED DEPTH:** Experience a complete workout by traveling the full length of the pool from shallow to deep water to enhance your cardiovascular and strength training.

**AQUA ZUMBA®:** Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning and body-toning.

**BOLLYWOOD FITNESS:** Inspired by the high-energy music of Indian films, this mixed level class combines traditional Indian folk dance movements with modern dance techniques and exercise components to create a complete body workout. You will have fun, feel energized and get fit all at the same time!

**BOOTCAMP:** Get your extreme workout with extreme music! Dial up the adrenaline for a range of heart-pumping, strength building activities, which may include plyometrics, calisthenics, cycling, circuit training, jumping rope, speed work, lunging and more.

**CARDIO KICKBOXING:** Learn boxing and martial arts moves in this high-energy class with challenging cardio intervals. Punch, kick and block your way to greater fitness!

**CARDIO STRENGTH:** This highly energetic class incorporates a full-body workout that targets all of the major muscle groups by integrating strength training with a cardio aerobic workout.

**CIRCUIT TRAINING:** Maximize your time by getting a complete workout in one class! This format alternates timed intervals of strength and cardio segments, in a group or with rotating stations.

**CORE STRENGTH:** Increase stability and balance by targeting your core muscles—abs, back and legs, using a variety of techniques.

**CYCLE:** Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio work-out. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.

**CYCLE EXPRESS:** Enjoy an energizing ride through hills and flat terrain, simulated by different levels of resistance that you control on a stationary bike. \*Express classes are shortened versions of full classes.

**CYCLE POWER PEDAL:** High-intensity interval training for intermediate to advanced cyclists.

**GENTLE YOGA:** This relaxing and energizing class takes traditional yoga poses and modifies them with an emphasis on a slower pace accompanied by the breathing and stilling the mind.

**HIIT:** High Intensity Interval Training is a great way to burn fat! Moderate-intensity intervals are alternated with high-intensity intervals for a full-body workout.

**HIIT EXPRESS:** A shortened version of the 60-minute class, you'll work up a sweat while alternating between moderate and high intensity intervals for a full-body workout.

**LINE DANCING:** Learn the popular line dances of the past and present. A fun way to exercise your mind and body and dance socially without a dance partner.

**MAT PILATES:** Increase core strength and flexibility plus align the mind and body. Series of movements are linked with the breath and performed from a sitting, reclining or standing position.

**MEDITATION:** Train your mind like you train your body for the perfect antidote to daily stress. Learn and practice centuries old meditation techniques to relax and increase your overall sense of well-being.

**NIA:** A sensory-based movement practice that draws from martial arts, dance arts and healing arts. This class empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit.

**POWER YOGA:** A fitness-based approach to yoga with emphasis on strength and flexibility for the more advanced.

**PUMPED:** This low weight, high repetition barbell class will challenge all of your major muscle groups. Through resistance training you will sculpt, tone and strengthen your entire body as you squat, press, lift and curl.

**RUNNING GROUP:** Are you a runner or interested in getting started? Join this weekly group run for camaraderie and encouragement! \*For groups that meet off-campus contact Vicki Sosey at [vsosey@seattlemymca.org](mailto:vsosey@seattlemymca.org) for details.

**STEP:** Enjoy fun, low-impact stepping using different speeds and choreography on and off the step.

**STEP & STRENGTH:** Enjoy a great aerobic workout on a step platform, combined with strength and toning segments.

**STRONG BY ZUMBA®:** This class combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

**TAI CHI 101:** Learn the fundamentals of Tai Chi, move through the poses slowly while learning the principles behind this martial arts practice. This class is important to anyone who has never done Tai Chi before.

**TAI CHI ADVANCED:** This class is for those who have practiced Tai Chi previously. In this class you will practice the whole form, and focus on a section in more detail. Interested students may also practice Push Hands.

**TOTAL BODY CONDITIONING:** An energetic workout including strength, cardio and core. Each week is a different workout so you always stay challenged.

**TURBO KICK®:** A combination of traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn.

**WALKING GROUP:** Walk your way to improved fitness and enjoy good company! Learn proper walk posture, technique and fitness basics. Walks are outdoors and open to all fitness levels. Please come dressed for the weather.

**WATER WALKING:** Whether you're recovering from an injury, have chronic joint concerns or just changing up your routine, water walking is a great way to build fitness. No instructor; aqua socks or shoes recommended.

**YIN YOGA:** This gentle yoga practice will open and release areas in need of more flexibility. Poses are held for 2-5 minutes allowing joints and fascia to release.

**YOGA:** Explore the benefits of yoga, an ancient practice of relaxation, breathing techniques and exercise. Combat stress, improve circulation and enhance flexibility for greater overall health. Suitable for all levels.

**YOGA FLOW:** This class strives to maintain awareness and focus on the breath while moving through a series of postures. This style of yoga builds heat, flexibility and strength while maintaining focus on good alignment.

**YOGA VINIYOGA:** An individualized, gentle yoga practice that includes linking the breath with the movement. Designed to improve movement and function with postures adjusted based on individual needs.

**ZUMBA®:** A Latin-inspired dance class! Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.

**ZUMBA® GOLD:** Just as fun as Zumba, just not as fast. Easy to follow steps that help improve balance, strength, and flexibility. Great for beginners.

**ZUMBA® TONING:** A Latin-inspired dance class. Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels. This class adds light free weights to traditional Zumba®.