



# GROUP WELLNESS SCHEDULE

## March 2018

### DROP-IN MORNING CLASSES

| MONDAY  | TUESDAY  | WEDNESDAY                                       | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY  |
|---|--|---|--|--|---|---|
| Cycle-CR<br>5:30-6:30am<br>Kathy                  | Bootcamp-SG<br>5:30-6:30am<br>Holly ◆            | Cycle-CR<br>5:30-6:30am<br>Kathy                | Bootcamp-SG<br>5:30-6:30am<br>Holly ◆                      | Cycle-CR<br>5:30-6:30am<br>Kathy                     | * TICKETS REQUIRED 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.<br><br><b>SAMMAMISHYMCA.ORG</b> |   |
| HIIT-SG<br>5:30-6:30am<br>Jana ◆                  | Yoga Flow-RR<br>6-7am<br>Jessica                 | HIIT-SG<br>5:30-6:30am<br>Jana ◆                | Yoga Flow-RR<br>6-7am<br>Jessica                           | HIIT-SG<br>5:30-6:30am<br>Jana ◆                     |   |   |
| Power Yoga-RR<br>6-7am<br>Anitha ◆                | Cycle Express-CR<br>6:15-7am<br>Jake             | Power Yoga-RR<br>6-7am<br>Anitha ◆              | Cycle Express-CR<br>6:15-7am<br>Jake                       | Core Strength-GF1<br>6:30-7am<br>Kathy ★             |   |   |
| Walking Grp-Off Site<br>8-9am<br>Vicki            | Circuit Training-SG<br>7:30-8:30am<br>Vicki      | Yoga Flow-RR<br>8-9am<br>Maribeth               | Yoga Viniyoga-RR<br>8-9am<br>Elaine ★                      | Pumped-GF1<br>8:15-9:10am<br>Diana                   | Bootcamp-SG<br>8:15-9:15am<br>Mihaela   | *Yoga Flow-GF1<br>8:15-9:15am<br>Danielle           |
| Yoga Flow-RR<br>8-9am<br>Grace                    | Yoga-RR<br>8:15-9:15am<br>Tiffany ★              | Pumped-GF1<br>8:15-9:10am<br>Diana              | Aqua Fitness Mixed<br>Depth-LP<br>8:30-9:30am<br>Dominique | Aqua Fitness-LP<br>8:30-9:30am<br>Pat ★              | Cardio Strength-GF1<br>8:15-9:15am<br>Margaret ◆  | Cycle-CR<br>8:30-9:30am<br>Teresa                   |
| Pumped-GF1<br>8:15-9:10am<br>Diana                | Aqua Fitness Mixed<br>Depth-LP<br>8:30-9:30am ★  | Aqua Fitness-LP<br>8:30-9:30am<br>Pat ★         |  | Cycle -CR<br>8:30-9:30am<br>Tim                      | Cycle Power Pedal-<br>CR<br>8:30-9:30am<br>Paul   |   |
| Aqua Fitness-LP<br>8:30-9:30am ★                  |  |   |  |  |   |   |
| Running Grp-Off Site<br>9:30-10:30am<br>Colleen   | Circuit Training-SG<br>9-10am<br>Vicki           | Running Grp-Off Site<br>9:15-10:15am<br>Vicki   | Cycle-CR<br>9:15-10:15am<br>Jake                           | Circuit Training-SG<br>9-10am<br>Avivit              | *Yoga Flow-GF1<br>9:30-10:30am<br>Tiffany   | Power Yoga-GF1<br>9:30-10:30am<br>Danielle ◆        |
| Step & Strength-GF1<br>9:20-10:35am<br>Avivit ◆   | Cycle Power Pedal-<br>CR<br>9:30-10:30am<br>Paul | Step & Strength-GF1<br>9:30-10:45am<br>Avivit ◆ | HIIT Express-SG<br>9:30-10am<br>Jenny                      | *Yoga Flow-RR<br>9:30-10:30am<br>Renee Meena         | Zumba-LG<br>9:30-10:30am<br>Christina   | Core Strength-SG<br>9:45-10:15am<br>Teresa          |
| Cycle-CR<br>9:30-10:30am<br>Tim                   | *Gentle Yoga-GF1<br>9:30-10:30am<br>Sanjyot ★    | Cycle-CR<br>9:30-10:30am<br>Tim                 | *Gentle Yoga-GF1<br>9:30-10:30am<br>Sanjyot ★              | *Above the Barre-<br>GF1<br>9:30-10:30am<br>Margaret | Cycle-CR<br>9:45-10:45am<br>Cornell   | Tai Chi-RR<br>9:45-10:45am<br>Valerie ★             |
| *Mat Pilates-RR<br>9:30-10:30am<br>Tarah ★        | Nia-RR<br>9:30-10:30am<br>Randee ★               | *Mat Pilates-RR<br>9:30-10:30am<br>Karen ★      | Nia-RR<br>9:30-10:30am<br>Alyson ★                         | Zumba Gold-LG<br>9:30-10:25am<br>Diana ★             | Yoga-GF1<br>10:45-11:45am<br>Tiffany ★  | Cycle-CR<br>10-11am<br>Victoria                     |
| Zumba-LG<br>9:45-10:45am<br>Christina ◆           | Turbo Kick-LG<br>9:30-10:20am<br>Jana            | Zumba-LG<br>9:45-10:45am<br>Jessica             | Zumba-LG<br>9:45-10:45am<br>Rachel                         | Cycle-CR<br>10-11am<br>Christine                     | Zumba<br>Toning-SG<br>10:45-11:45am<br>Alisha   | Zumba-SG<br>10:30-11:30am<br>Yang                   |
| Pumped Express-SG<br>9:45-10:30am<br>Diana ◆      | Bootcamp-SG<br>10:15-11:15am<br>Riley            | Core Strength-LG<br>10:45-11:15am<br>Tim        | Total Body<br>Conditioning-SG<br>10:15-11am<br>Vicki       | Bootcamp-SG<br>10:30-11:30am<br>Tim                  | Core Strength-RR<br>11-11:30am<br>Cornell   | Bollywood<br>Fitness-GF1<br>10:45-11:30am<br>Deepti |
| *Above the Barre-GF1<br>10:45-11:45am<br>Margaret | Zumba-LG<br>10:30-11:30am<br>Rachel              | AOA Strength-GF1<br>11-12pm<br>Vicki ★          | *Yoga-GF1<br>10:45-11:45am<br>Sanjyot ★                    | *Mat Pilates-RR<br>10:45-11:30am<br>Karen ★          |   | STRONG by Zumba-<br>GF1<br>11:45-12:45pm<br>Yang    |
| Bootcamp-SG<br>11-12pm<br>Tim ◆                   | *Yoga-GF1<br>10:45-11:45am<br>Sanjyot ★          | Bootcamp-SG<br>11-12pm<br>Shiloah               | Gentle Yoga-RR<br>11-12pm<br>Grace ★                       | AOA Strength-GF1<br>11-12pm<br>Avivit ★              |   |   |
| Zumba Gold-LG<br>11-11:55am<br>Diana ★            | AOA Cardio-SG<br>11:30-12:30pm<br>Avivit ★       |   | Line Dancing-SG<br>11:15-12:15pm<br>Vicki ★                |  |   |   |

## DROP-IN AFTERNOON AND EVENING CLASSES

| MONDAY   | TUESDAY   | WEDNESDAY                                    | THURSDAY  | FRIDAY                                     |
|--|---|--|---|--|
| Core Strength-GF1<br>12-12:30pm<br>Avivit ★    | Aqua Arthritis & Injury-AP<br>12-1pm<br>Cheryl ★                          | Yoga Flow-RR<br>12-12:55pm<br>Renee Meena    | Aqua Arthritis & Injury-AP<br>12-1pm<br>Cheryl ★                        | Zumba -SG<br>12-1pm<br>Jessica ★           |
|  | Step-GF1<br>12-1pm<br>Jenny ★   | Cycle Express-CR<br>12-12:45pm<br>Tim        | Cycle-CR<br>12-1pm<br>Tim   | AOA Chair Yoga-GF1<br>12:15-1pm<br>Grace   |
|  |   | Barre Express-GF1<br>12:15-1pm<br>Hannah     | Meditation-RR<br>12:15-12:45pm<br>Grace ★                               |  |
|  | Adaptive Dance-GF1<br>1:45-2:30pm<br>Jeanell<br><i>*Referral Required</i> | Gentle Yoga-RR<br>4:15-5:15pm<br>Jessica ★   | Adaptive Yoga-GF1<br>1:45-2:45pm<br>Anitha<br><i>*Referral Required</i> |  |
| Core Strength-SG<br>4:45-5:30 pm<br>Margie ◆   |   | Core Strength-SG<br>4:45-5:30 pm<br>Margie ◆ |   | Mat Pilates-RR<br>4:45-5:45pm<br>Karen ★   |
|  | Cardio Strength-GF1<br>5-5:45pm<br>Teresa ◆                               | Cycle Express-CR<br>6-6:45pm<br>Kelly        | Cardio Strength-GF1<br>5-5:45pm<br>Teresa ◆                             | *Gentle Yoga-RR<br>5:45-6:45pm<br>Anitha ★ |
| Bootcamp-SG<br>6-6:45pm<br>Caleb               | Mat Pilates-GF1<br>6-7pm<br>Kate ★  | Bootcamp-SG<br>6-6:45pm<br>Mihaela           | Mat Pilates-GF1<br>6-7pm<br>Teresa ★                                    |  |
| Bollywood Fitness-GF1<br>6-6:45pm<br>Sowmya ★  | Total Body Conditioning-SG<br>6-6:45pm<br>Vicki ★                         | Yoga-RR<br>6:30-7:45pm<br>Karen ★            | Power Yoga-RR<br>6-7pm<br>Sheetal P. ◆                                  |  |
| Above the Barre-GF1<br>7-8pm<br>Jamie          | Power Yoga-RR<br>6:30-7:30pm<br>Sheetal P. ◆                              | Above the Barre-GF1<br>7-8pm<br>Jamie        | Cycle-CR<br>6:30-7:30pm<br>Tim  |  |
| Aqua Zumba-LP<br>7-8pm<br>Jean ★               | Cycle-CR<br>6:30-7:30pm<br>Tim  | Aqua Fitness-LP<br>7-8pm<br>Dominique ★      | Bollywood Fitness-SG<br>7:15-8:15pm<br>Deepti ★                         | Zumba-GF1<br>7-8pm<br>Liz ★                |
| Cycle 101-CR<br>7-7:45pm<br>Mike               | Zumba-SG<br>7-8pm<br>Jean   | Cycle 101-CR<br>7-7:45pm<br>Mike             | Yin Yoga-RR<br>7:15-8:15pm<br>Sheetal P. ★                              |  |
| Zumba-SG<br>7-8pm<br>Jeanell                   | Above the Barre-GF1<br>7:15-8:15pm<br>Kate                                | Zumba Toning-SG<br>7-8pm<br>Jeanell ★        | Zumba Toning-GF1<br>7:15-8:15pm<br>Alisha                               |  |
| Tai Chi for Arthritis-RR<br>7:15-8:15pm<br>Ken |   | Tai Chi & Qi Gong-RR<br>8:15-9:15pm<br>Ken ★ |   |  |

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

| CHALLENGE LEVELS   |
|--|
| <p>★ <b>GETTING STARTED?</b><br/>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!</p> |
| <p>◆ <b>CHALLENGE YOURSELF!</b><br/>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!</p>                      |

## SMALL GROUP TRAINING SCHEDULE

| MONDAY                            | TUESDAY                           | WEDNESDAY                                       | THURSDAY                            | FRIDAY                          |
|-----------------------------------|-----------------------------------|---|-------------------------------------|---------------------------------|
|                                   |                                   |   |                                     | TRX Plus<br>8-9am               |
| Pilates Reformer<br>10:45-11:45am | Pilates Reformer<br>10:45-11:45am | Strong Mom: Pre & Postpartum Fitness<br>10-11am |                                     |                                 |
|                                   | Kettlebells & TRX<br>5-6pm        | Pilates Reformer<br>10:45-11:45am               | Total Body Burn & Firm<br>11am-12pm | Pilates Reformer<br>12-1pm      |
|                                   | Ballroom & Swing<br>5:15-6:15pm   |   |                                     | Pilates Reformer<br>3:30-4:30pm |

Cost: varies for each small group. See Member Services for more information.

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 barefoot, but not required.

**ADAPTIVE DANCE:** 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. *\*Referral Required.*

**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. *\*Referral Required.*

**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 101:** The group fitness is designed for members who are interested in group cycling but who might be intimidated by the other group cycle classes on the schedule. The class teaches you proper technique and terminology while taking it slow and helping to build your strength and endurance. Class is designed for beginners or those who need a low intensity class.

**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.

**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@seattleymca.org](mailto:vsosey@seattleymca.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:** Daily practice of Tai Chi Chuan brings many benefits, including improved strength, coordination, posture, concentration and a greater energy level. As the form is presented in a sequential manner, studying one movement each week, regular participation is preferable.

**TAI CHI FOR ARTHRITIS:** A Tai Chi program designed by the Arthritis Foundation to strengthen muscles and reduce pain.

**TAI CHI & QI GONG:** The simplified form practiced in this class combine slow, deliberate movements, meditation, and breathing exercises. Participants will move from posture to posture in a slow, rhythmic manner with great emphasis on proper breathing and relaxation. This class helps increase circulation, balance, alignment, and energy.

**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.

**BALLROOM & SWING:** Dancing is a great way to have fun, keep fit and make new friends! If you have never danced before, this class is specially designed for those who just want to have fun! You will learn some basic steps so you can feel comfortable on the dance floor and how to lead and follow. Learn some new dance moves from dances like the Swing and Fox-trot. These dances are a great introduction to other social dances.

**KETTLEBELLS & TRX:** Learn the foundations of safe and extremely effective kettlebell training. Our certified trainer will teach you how to improve your overall strength and performance using kettlebell swings, squats and deadlifts. With the additional use of the TRX, this workout is perfect if you're looking to revitalize your training and transform your body all while increasing stability and mobility.

**PILATES REFORMER:** This small group is designed with your specific needs in mind. The Pilates Reformer is a piece of equipment that provides resistance with a series of springs and ropes. In this small group setting, you will develop stronger, leaner muscles and increase your overall flexibility. Space is limited to 4 students to enable our instructor to correct and modify for all fitness levels and ages.

**STRONG MOMS: PRE & POSTPARTUM FITNESS:** All levels welcome. Designed with moms in mind, Strong Moms is a blend of strength, cardio and core training to support the body through pregnancy and the postpartum period. Exercises relate to movements that matter in your daily life and can be modified from beginner to advanced. Make connections with women on the same journey and receive individualized instruction from a personal trainer in a small group setting.

**TOTAL BODY BURN & FIRM:** This is a challenging and dynamic whole body muscle conditioning class using dumbbells, resistance bands, exercise balls and body bars as strength-training tools. Exercises will be modified to accommodate all fitness levels. Be prepared to work all your muscle groups.

**TRX PLUS:** If you want to sweat, have fun, burn calories and increase your muscle endurance then TRX PLUS is the small group for you! This class combines TRX training with other pieces of fitness equipment for a total body workout. This mix of gravity resistance and strength training provides the ultimate workout to increase strength, endurance, balance, power and core stability.

**TRX TRAINING:** Do you want to build strength, flexibility, core stability and metabolic conditioning? If so, we can help! TRX training is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity you choose. This group is perfect for all fitness levels and goals.

**WOMEN ON WEIGHTS:** Women on Weights is a women's strength training class using various training modalities including kettlebells, barbells, dumbbells and more! This class will focus on improving joint mobility, building strength and improving posture. Participants will learn new lifting techniques to improve their overall strength for everyday life!