



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP WELLNESS SCHEDULE

JUNE 25 – SEPTEMBER 2, 2018

DROP-IN MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle-All Levels-CR 5:30-6:30am Kathy	Boot Camp-SG 5:30-6:30am Holly	Cycle-All Levels-CR 5:30-6:30am Kathy	Boot Camp-SG 5:30-6:30am Holly	Cycle-All Levels-CR 5:30-6:30am 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. SAMMAMISHYMCA.ORG	
H.I.I.T.-SG 5:30-6:30am Jana	Yoga-Vinyasa-RR 6-7am Jessica	H.I.I.T.-SG 5:30-6:30am Jana	Yoga-Vinyasa-RR 6-7am Jessica	H.I.I.T.-SG 5:30-6:30am Jana		
Yoga-All Levels-RR 6-7am Jessica	Cycle-Express-CR 6-6:45am Victoria	Yoga-Power Vinyasa-RR 6-7am Anitha	Cycle-Express-CR 6-6:45am Victoria	Yoga-Power Vinyasa RR 6:30-7:30am Anitha		
Walking Grp-Outside 8-9am Vicki	Circuit Training-SG 7:30-8:30am Vicki	Yoga-Vinyasa-RR 8-9am Maribeth	Yoga-Viniyoga--RR 8-9am Elaine ★	Core Strength-GF1 6:30-7am Kathy ★	Boot Camp-SG 8:15-9:15am Mihaela	*Yoga-All Levels-GF1 8:15-9:15am Danielle
Strength Training- Barbell Pump-GF1 8:15-9:10am Diana	Yoga-All Levels-RR 8:15-9:15am Anitha ★	Strength Training- Barbell Pump-GF1 8:15-9:10am Diana	Aqua Fitness-Mixed Depth-LP 8:35-9:35am Dominique ★	Strength Training- Barbell Pump-GF1 8:15-9:10am Diana	Cardio Strength-GF1 8:15-9:15am Margaret	Cycle-All Levels-CR 8:30-9:30am Teresa
Yoga-Vinyasa-RR 8-9am Grace	Aqua Fitness-Mixed Depth-LP 8:35-9:35am ★	Aqua Fitness-LP 8:35-9:35am Pat ★		Aqua Fitness-LP 8:35-9:35am Pat ★	Cycle-Power Pedal-CR 8:30-9:30am Paul	
Aqua Fitness-LP 8:35-9:35am ★				Cycle-All Levels -CR 8:30-9:45am Tim		
Running Grp-Outside **Contact Vicki	Circuit Training-SG 9-10am Vicki	Running Grp-Outside **Contact Vicki	Cycle-All Levels- CR 9:15-10:15am Mihaela	Circuit Training-SG 9-10am Avivit	*Yoga-Vinyasa-GF1 9:30-10:30am Tiffany	Yoga-Power Vinyasa GF1 9:30-10:30am Danielle
Step & Strength-GF1 9:20-10:35am Avivit	Cycle-Power Pedal- CR 9:30-10:30am Paul	Step & Strength-GF1 9:30-10:45am Avivit	H.I.I.T. Express-SG 9:30-10am Jenny	*Yoga-Vinyasa-RR 9:30-10:30am Renee Meena	Zumba-LG 9:30-10:30am Christina	Core Strength-SG 9:45-10:15am Teresa
Cycle-All Levels- CR 9:30-10:45am Tim	*Yoga-Gentle-GF1 9:30-10:30am Sanjyot ★	Cycle-All Levels- CR 9:30-10:45am Tim	*Yoga-Gentle-GF1 9:30-10:30am Sanjyot ★	*Above the Barre- GF1 9:30-10:45am Margaret	Cycle-All Levels- CR 9:45-10:45am Cornell	Tai Chi-RR 9:45-10:45am Valerie ★
Zumba-LG 9:45-10:45am Christina	Nia-RR 9:30-10:30am Rande	*Pilates-Mat-RR 9:30-10:30am Karen ★	Nia-RR 9:30-10:30am Alyson ★	Zumba Gold-LG 9:30-10:25am Diana ★	Yoga-All Levels-GF1 10:45-11:45am Tiffany ★	Cycle-All Levels- CR 10-11am Victoria
Strength Training- Barbell Pump Express-SG 9:45-10:30am Diana	Turbo Kick-LG 9:30-10:20am Jana	Zumba-LG 9:45-10:45am Jessica	Zumba-LG 9:45-10:45am Rachel	Yoga in the Park- Meet at Beaver Lake Park 10-11am (ends Aug 24th) Grace	Zumba Toning-SG 10:45-11:45am Alisha	Zumba-SG 10:30-11:30am Yang
*Pilates-Mat-RR 10:30-11:30am Tarah ★	Boot Camp-SG 10:15-11:15am Riley	Core Strength-LG 10:45-11:15am Tim	Total Body Conditioning-SG 10:15-11am Vicki	Boot Camp-SG 10:30-11:30am Tim	Core Strength-RR 11-11:30am Cornell	Bollywood- Fitness-GF1 10:45-11:30am Deepti
*Above the Barre GF1 10:45-11:45am Margaret	Zumba-LG 10:30-11:30am Rachel	AOA-Strength-GF1 11-12pm Vicki ★	*Yoga-All Levels- GF1 10:45-11:45am Sanjyot ★	*Pilates-Mat-RR 11-11:45am Karen ★		STRONG by Zumba- GF1 11:45-12:45pm Yang
Boot Camp-SG 11-12pm Tim	*Yoga-All Levels- GF1 10:45-11:45am Sanjyot ★	Boot Camp-SG 11-12pm Shiloh	Yoga-Gentle-RR 11-12pm Grace ★	AOA-Strength-GF1 11-12pm Avivit ★		
Zumba Gold-LG 11-11:55am Diana ★	AOA-Cardio Fitness SG -11:30-12:30pm Avivit ★		Line Dancing-SG 11:15-12:15pm Vicki ★			

*Referral Required: Contact Stephanie Norton-Bredl at snortonbredl@seattlemca.org.

Updated 7/9/2018

*Tickets required to reserve space in class. Please check with the Member Services desk. ** Contact Vicki at vsosey@seattlemca.org

DROP-IN AFTERNOON AND EVENING CLASSES				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Moving For Better Balance-RR 1-2pm Teresa <i>*Referral Required</i>	Aqua Arthritis & Injury-AP 12-1pm Cheryl ★	Moving For Better Balance-RR 1-2pm Teresa <i>*Referral Required</i>	Aqua Arthritis & Injury-AP 12-1pm Cheryl ★	AOA-Chair Yoga-GF1 12:15-1pm Grace
Core Strength-GF1 12-12:30pm Avivit ★	Step-GF1 12-1pm Jenny ★	Yoga-Vinyasa -RR 12-12:55pm Renee Meena	Cycle-All Levels- CR 12-1:15pm Tim	Zumba -SG 12-1pm Jessica ★
	Pedaling For Parkinson's-CR 1:30-2:30pm <i>*Referral Required</i>	Cycle-Express-CR 12-12:45pm Tim	Meditation-RR 12:15-12:45pm Grace ★	
	Adaptive Programs-Dance-GF1 1:45-2:30pm Jeanell <i>*Referral Required</i>	Above the Barre Express -GF1 12:15-1pm Hannah	AOA-Chair Yoga-RR 1-1:45pm Elaine	
Yoga-Family-RR 4:15-5:15 pm Danielle		Yoga-Gentle-RR 4:15-5:15pm Jessica ★	Pedaling For Parkinson's-CR 1:30-2:30pm <i>*Referral Required</i>	Pilates-Mat-RR 4:45-5:45pm Karen ★
Core Strength-SG 4:45-5:30 pm Margie	Cardio Strength-GF1 5-5:45pm Teresa	Core Strength-SG 4:45-5:30 pm Margie	Adaptive Programs-Yoga -GF1 1:45-2:45pm Anitha <i>*Referral Required</i>	*Yoga-Gentle-RR 5:45-6:45pm Anitha ★
Boot Camp-SG 6-6:45pm (Rotating Instructors)	Pilates-Mat-GF1 6-7pm Kate ★	Cycle-Express-CR 5:45-6:30pm Kelly	AOA-Yoga -RR 2-2:45pm Elaine	
Bollywood-Fitness-GF1 6-6:45pm Sowmya ★	Total Body Conditioning-SG 6-6:45pm Vicki ★	Yoga-All Levels-RR 6:30-7:45pm Karen ★	Cardio Strength-GF1 5-5:45pm Teresa	
Above the Barre-GF1 7-8pm Jamie	Yoga-Power Vinyasa-RR 6:30-7:30pm Sheetal P.	Above the Barre-GF1 7-8pm Jamie	Pilates-Mat-GF1 6-7pm Teresa ★	
Aqua Zumba-LP 7-8pm Jean ★	Cycle-All Levels- CR 6:30-7:45pm Tim	Aqua Fitness-LP 7-8pm Dominique ★	Yoga-Power Vinyasa-RR 6-7pm Sheetal P.	Zumba-GF1 7-8pm Liz ★
Cycle-Beginner-CR 7-7:45pm Mike	Zumba-SG 7-8pm Jean	Cycle-Beginner-CR 7-7:45pm Mike ★	Cycle-All Levels- CR 6:30-7:45pm Tim	
Zumba-SG 7-8pm Jeanell	Above the Barre-GF1 7:15-8:15pm Kate	Zumba Toning-SG 7-8pm Jeanell	Bollywood-Fitness-SG 7:15-8:15pm Deepti ★	
		Tai Chi & Qi Gong-RR 8:15-9:15pm Ken ★	Yoga-Yin-RR 7:15-8:15pm Sheetal P. ★	
			Zumba Toning-GF1 7:15-8:15pm Alisha ★	

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+ (Ages 10-13 with Adult Supervision)
Family Classes	Ages 8+
Dance Classes	Ages 8+
Teen Classes	Ages 13-18

CHALLENGE LEVELS	
★	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!

SMALL GROUP TRAINING SCHEDULE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pilates Reformer 10:45-11:45am	Strong Mom: Pre & Postpartum Fitness 10-11am	Total Body Burn & Firm 11am-12pm	TRX Plus 8-9am
	Kettlebells & TRX 5-6pm	Pilates Reformer 10:45-11:45am		Pilates Reformer 12-1pm
	Ballroom & Swing 5:15-6:15pm			Pilates Reformer 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 & south Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.		

*Referral Required: Contact Stephanie Norton-Bredl at snortonbredl@seattleymca.org.

*Tickets required to reserve space in class. Please check with the Member Services desk. ** Contact Vicki at vsosey@seattleymca.org

Updated 7/9/2018

ABOVE THE BARRE: A challenging and unique workout designed to tone and strengthen your entire body as well as increase flexibility by using your own body weight and light free weights. Designed to be done barefoot, but not required.

ABOVE THE BARRE EXPRESS: A challenging and unique workout designed to tone and strengthen your entire body as well as increase flexibility by using your own body weight and light free weights. Designed to be done barefoot, but not required. *Express classes are shortened versions of full classes.

ADAPTIVE PROGRAMS-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. *Referral Required

ADAPTIVE PROGRAMS-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 FITNESS: Combine fun with fitness to increase your cardiovascular endurance. 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.

AOA-CHAIR YOGA: This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques. Ideal for those with mobility and balance challenges - all postures are done standing near or seated in a chair.

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

ARTHRITIS & INJURY PROGRAMS—AQUA FITNESS: This class is 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. This is a comfortable, therapeutic class with others who understand managing pain.

Note: This program does not replace physical therapy and participants are encouraged to check in with their physician before starting the class.

AQUA FITNESS: A variety of aerobic movements are performed in the shallow end of the pool to 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.

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 Foxtrot. These dances are a great introduction to other social dances.

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!

BOOT CAMP: 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.

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-BEGINNER: 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 - ALL LEVELS: 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 - BEGINNER: Specifically designed for those new to cycle class. Instructors will assist with bike set-up, posture and cycling technique. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.

CYCLE - EXPRESS: 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. *Express classes are shortened versions of full Classes.

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

H.I.I.T.: High Intensity Interval Training uses moderate-intensity intervals alternated with high-intensity intervals for a full-body workout.

H.I.I.T. EXPRESS: High Intensity Interval Training uses moderate-intensity intervals alternated with high-intensity intervals for a full-body workout. *Express classes are shortened versions of full classes.

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.

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 needing a dance partner.

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.

MOVING FOR BETTER BALANCE: Improve your balance, mobility, walking and mental well-being in this adapted Tai Ji Quan program. You'll learn a variety of movements tailored to train, balance and controlling body movements for performing daily activities. Participants are encouraged to wear comfortable clothing and shoes. Chairs will be available. Participants must complete an assessment with YMCA staff prior to participation.

NIA: Enhance your physical, mental, emotional and spiritual well-being through the expressive movements of NIA, a mind, body, spirit fitness and lifestyle practice.

PEDALING FOR PARKINSON'S: Pedaling a bicycle may change the life of someone with Parkinson's disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace - optimally, 80-90 revolutions per minute. Fast pedaling is not a cure of Parkinson's disease and should not be touted as such, but there is compelling evidence to show that it does make a real difference for many who try it. Groups meet on an ongoing basis. Classes are two times a week for one hour.

PILATES–MAT: This class is designed to increase core strength and flexibility plus align the mind and body. A series of movements are linked with the breath and performed from a sitting, reclining or standing position.

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.

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 for details.

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

STEP & STRENGTH: Enjoy fun, low-impact step aerobics using the different speeds and choreography on and off the step, finishing with strength training and core.

STRENGTH TRAINING—BARBELL PUMP: This low weight, high repetition barbell class will challenge all of your major muscle groups. Through resistance training you'll sculpt, tone and strengthen your entire body as you squat, press, lift and curl.

STRONG BY ZUMBA®: STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

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.

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 and registration is required.

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 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.

TOTAL BODY CONDITIONING: This fun and challenging total body workout will test your strength and stamina while taking your conditioning to a whole new level. Define muscles by alternating workouts using weights, balls, bands, barbells, battle ropes, kettlebells and other equipment.

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.

TURBO KICK®: This class combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable caloric 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: This is a non-structured time for water fitness. Members are welcome to use the aquatic fitness equipment to achieve a vertical water workout. 12 years of age or older recommended.

YOGA – ALL LEVELS: This method of yoga practice integrates both body and mind through safe alignment and balanced breathing. Build up your strength, stability, and postural integrity while practicing mindfulness and breath awareness.

YOGA – FAMILY: Enjoy family time while gaining strength and flexibility.

YOGA – GENTLE: Traditional yoga poses are modified with an emphasis on a slower pace and the use of props to ease stress and relax the body.

YOGA – POWER VINYSA: A powerful, energetic flow using breath to movement transitions to connect the mind and body, while building strength, gaining flexibility and toning muscles.

YOGA – VINIYOGA: Viniyoga is a very individualized, gentle yoga practice that includes linking the breath with the movement. The intent of the practice is to improve movement and function, and postures will be taught based on the needs of the individuals attending class. This class is appropriate for new students and those who have an ongoing Viniyoga practice.

YOGA – VINYASA: Maintain awareness and focus on the breath while moving through a series of poses. This style of yoga builds heat, flexibility, and strength while maintaining focus on good alignment.

YOGA – YIN: Yin Yoga targets muscular tissue, ligaments, bones and joints that may not be normally exercised in a more active yoga practice. This class typically focuses on the connective tissues of the hips, pelvis and lower spine. Students remain in postures anywhere from one to five minutes or more. Ideal for all yoga levels.

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.