



GROUP FITNESS SCHEDULE

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
P90X-MP 5:30-6:30 Shar	Cycle Fusion* - GYM 5:30-6:30 Stefanie	P90X- MP 5:30-6:30 Stefanie	Cycle Fusion*- GYM 5:30-6:30 Kari/Stefanie	P90X- MP 5:30-6:30 Shar		
P.U.M.P.E.D. - MP 8:00-8:55 Diana	TRX \$\$ - MP 7:00-7:45		TRX \$\$ - MP 7:00-7:45			
	Vinyasa Yoga - MP 8:45-9:45 Chitra	Zumba - MP 9:10-10:00 Ashlie	Vinyasa Yoga - MP 8:45-9:45 Joelle	30 Minute Cardio HIIT -GYM 9:00-9:30 Kari	Power Cycle* - GYM 8:00-8:55 Lindsey/Megan M.	Vinyasa Yoga - MP 8:30-9:30 Evelyn
Bootcamp - GYM 9:00-10:00 Monica	Cycle* - GYM 9:00-10:00 Lindsey	P90X - GYM 9:00-10:00 Shar	Cycle* - GYM 9:00-10:00 Kelley	Strong to the CORE- GYM 9:30-10:15 Kari	Zumba - MP 8:00-8:55 Laura	
Zumba - MP 9:10-10:10 Ashlie	Bootcamp—GYM 10:15-11:00 Hallie	PiYo - MP 10:10-11:00 Shar	Total Body Sculpt— GYM 10:15-10:45 Kelley	TRX \$\$ - MP 9:00-9:45	Bootcamp 9:05-10:00 - GYM Miranda/Angie	
TRX \$\$ - MP 10:15-11:00	Therapeutic Yoga— MP 10:00-11:00 Amy		Gentle Yoga - MP 10:00-11:00 Julie	Mixed Fit 10:05-11:00 —MP Joanna	Vinyasa Yoga - MP 9:15-10:30 Teana	
EnhanceFitness-MP 11:15-12:15 Trisha	Zumba Gold - MP 11:15-12:15 Diana	EnhanceFitness-MP 11:15-12:15 Diana	Zumba Gold - MP 11:15-12:15 Diana	EnhanceFitness-MP 11:15-12:15 Diana		
Core & Strength - MP 12:40-1:25 Diana		Core & Strength - MP 12:40-1:25 Diana				
Cycle Fusion—MP 5:30-6:30 Miranda	Mixed Fit 5:30-6:30—MP Joanna	BARRE- MP 5:30-6:30 Kristin		Vinyasa Yoga - MP 5:30-6:30 Chitra		
Bootcamp 6:15-7:10 - GYM Angie	Boot Camp - GYM 6:15-7:10 Angie	Boot Camp - GYM 6:15-7:10 Hallie	Cardio Kickboxing - MP 6:00-7:00 Shar/Angie			
Zumba—MP 7:15—8:15 Ashlie	Yoga-Lates 7:00-8:00pm—MP Evelyn	R.I.P.P.E.D.—MP 6:45-7:45 Joanna				

Classes and/or instructors may change without notice.

Due to the popularity of classes, it is recommended you arrive early. See back for class descriptions.

Class participants must be 14 years.

Youth ages 10-13 may participate with supervising adult if they are willing and able to follow class.

MP = Multi-purpose room
Gym = Basketball gym

- = All Cycle Classes Need Tickets
- \$\$ Fee-based class, registration required

= classes that are NEW

Updated Oct 10

FOR MORE INFORMATION CONTACT:

Amy Scofield
 P 425-200-0574
 E ascfield@seattleyymca.org

30 MINUTE CARDIO HIIT

This high intensity interval training (HIIT) class is not for the faint of heart! With a cardio focus and goal of maximum calorie burn in minimal time, Tabata and other style intervals will be a main stays. Expect exercises such as burpees, mountain climbers, plyometrics, and more.

BARRE

Barre is the hottest method of training since the Pilates boom! Our classes use applied functional exercises without an actual barre - come and experience what it feels like to reform yourself for better posture and overall health! Classes combine techniques of ballet, balance training, Pilates, and toning, to strengthen, lengthen, and align your entire body. **It is recommended that you bring your own mat.**

CARDIO KICKBOXING

A combination of dance and martial arts that will improve your endurance and cardiovascular fitness, tone muscles and shred your abs if you practice consistently with power and precision.

CORE & STRENGTH

This 45-minute class will focus on improving your core and strength by using a variety of weights/bands/bars and floor mat exercises. The combination of resistance training and core/ab work will shape and tone your muscles, improve your core, balance, strength and overall general fitness. This class is open to all ages and all levels of fitness.

CYCLE

Strengthen your lungs and lower body with this non-impact form of exercise. Since you control the bike tension, this class can be done at many fitness levels.

CYCLE FUSION

Cycle Fusion combines 30-45 minutes of heart pumping all-level cycle, with 15-30 of core focused strength training.

ENHANCE FITNESS

This class is a well rounded workout that caters to the older adult, those new to exercise, or those with physical limitations. Classes can be modified to be done in a chair or standing, and incorporates cardio, strength, balance, and stretching.

GENTLE YOGA

Focuses on a variety of postures to challenge the body at each individual's level and to focus the mind in a more gentle/introductory way.

INDOOR/OUTDOOR BOOTCAMP

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

MIXED FIT

A people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. It will be an exciting 60 minute workout where we will focus on getting our heart rates up and crunching those abs all while we dance to awesome music!

P90X

Join this LIVE version of the popular at home workout series P90X®! P90X offers an amazing amount of variety with each workout targeting a specific goal, and helping members break through fitness and weight loss plateaus. Come prepared for a high intensity, total body workout.

PIYO

PiYo® combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. **It is recommended that you bring your own mat.**

P.U.M.P.E.D.

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. You will enjoy the fun, upbeat music all the while motivating you so when the class is over, you will feel P.U.M.P.E.D.!

R.I.P.P.E.D. It is comprised of: Resistance, Interval, Power, Plyometrics, Endurance and Diet. R. The 50-minute R.I.P.P.E.D. workout burns anywhere from 750-1000 calories! The R.I.P.P.E.D. class follows its acronym and changes up the workout every 6 to 9 minutes, allowing every muscle group to get a quick yet effective workout, thus the tagline - One Stop Body Shock.

RUNNING GROUP—MEETS LOBBY THURSDAY 9:30

This coached running session is open to all levels and includes a quick warm-up, followed by an outdoor run workout, and lastly stretching and recovery. Workouts will vary between hill work, interval training and steady state runs. Options will be available for both beginner and advanced runners, and childcare is available for Y members with family level memberships.

STRONG TO THE CORE

This 40 minute express class is a great way to add strength exercises to your weekly routine, with a strong focus on building core strength. Each class will focus on a couple of major muscle groups in addition to the abs/core.

THERAPEUTIC YOGA

Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the philosophy and practice of Yoga. Each class is based on who walks into the room so each class is different because we are different everyday. Yoga Therapy provides the harmony and balance of physical and mental practices using the tools taught over 2000 years ago. Such tools as asana (postures), pranayama (breath work), meditation, and the Ayurvedic system of health. This class is for everyBODY and all ages.

TOTAL BODY SCULPT

A challenging and dynamic whole body muscle conditioning class using dumbbells, bands, exercise balls & bars as resistance tools. Exercises will be modified to accommodate all fitness levels. Be prepared to work all your muscles!

YOGA FUNDAMENTALS

This class is for new students and for those wishing to deepen their understanding of fundamental yoga postures. A workshop style class providing detailed instruction and longer holds to attain proper alignment in the poses, with the goal of increasing balance, mobility, stamina and a greater sense of mental clarity and well-being. **It is recommended that you bring your own mat.**

YOGA-LATES

Fusion of Yoga and Pilates

VINYASA YOGA

Vinyasa means "breath-synchronized movement," and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Vinyasa movements are smoothly flowing and almost dance-like. Open to all levels. **It is recommended that you bring your own mat.**

ZUMBA

Find out why everyone loves this energizing, Latin-inspired dance exercise class! Get a great cardio workout and learn fun new moves. No dance background needed, and open to all fitness levels.

ZUMBA GOLD

This lower impact version of traditional Zumba will give you the fun and workout of Zumba, with less impact on the joints!

SNOQUALMIE VALLEY YMCA

35018 SE RIDGE ST Snoqualmie, WA 98065
425-256-3115

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