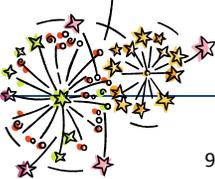
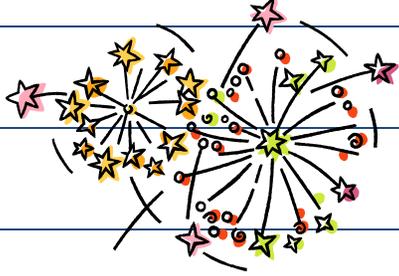
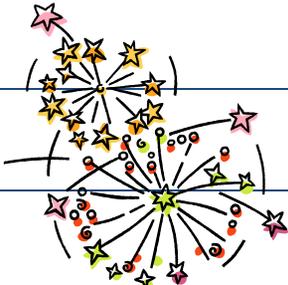


FREE CLASSES & ACTIVITIES TO CELEBRATE OUR 7TH ANNIVERSARY!

A signed waiver is required prior to participating in any class or activity at SBCC. Please sign in at the Front Desk. Class descriptions on reverse.

Thursday, January 3	Friday, January 4	Saturday, January 5	Sunday, January 6	Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11	Saturday, January 12
				Indoor Cycling or Fit Camp 6 - 7 am	Karie's Boot Camp 9:15 - 10:15 am	Indoor Cycling or Fit Camp (new students only) 6 - 7 am	Fit Camp (new students only) 6 - 7 am		
	ZUMBA 9:15-10:15 am				Sportball Junior (ages 16 m-24 m) 9:30 - 10:15 am	Karie's Boot Camp 8:45 - 9:45 am	Karie's Boot Camp 9:15 - 10:15 am		Beginner Tai Chi 9 - 9:55 am
	Pilates 9:30 - 10:30 am	Rock Climbing 10 am - 1 pm	Purna Yoga 10:15 - 11:30 am	Strong & Fit (new students only) 10:15 - 11:15 am	Purna Yoga 9:30 - 10:45 am	ZUMBA 10 - 11 am			
	Pre-Ballet & Tap 1 (ages 3-5) 10:30 - 11:15 am			Adult Basketball Drop-In 12-2 pm	Post Rehab Strength & Cond. 10 - 11 am	Strong & Fit (new students only) 10:15 - 11:15 am	Post Rehab Strength & Cond. 10-11 am		
	Pre-Ballet (ages 3-5) 11:30am-12:15 pm	Rock Climbing 1:30 - 4:30 pm	One World Roller Derby Open House 10 - 11:30 am		Nordic Pole Walking 10:20 - 11:20 am	Gentle Tai Chi 11:15am - 12:15 pm			
					Sportball Parent & Child (ages 2-4) 10:30 - 11:15 am	Fit Girls (ages 12-18) 1:30 - 2:30 pm			
FREE Jazzercise Classes Mon, Wed & Fri 6:15 - 7:15 am Mon - Sat. 8 - 9 am Mon, Wed & Fri 9:30 - 10:30 am					Sportball Multi-sport (ages 3-5) 11:30am-12:30 pm	Line Dancing 2:30 - 4 pm	Mouse & Me 1 - 2 pm		
				ZUMBA 6 - 7 pm	Sportball Multi-sport (ages 3-5) 1 - 2 pm	Belly Dancing (new students only) 5:30-6:20 pm	Taekwondo 5 pm - 6 pm		
Purna Yoga 7:15 - 8:30 pm				Natural Start Pre-school Open House 6:30 - 8 pm	Barre 6:15 - 7:15 pm	Zumba 6 - 7 pm			
				Line Dancing 7 - 8:30 pm	Purna Yoga 7:15 - 8:30 pm	Rock Climbing 6 - 8:30 pm	Purna Yoga new students only) 7:15 - 8:30 pm		
SOUTH BELLEVUE COMMUNITY CENTER <i>a partnership for a healthy community</i>						Beginning Watercolor 6:15 - 8:45 pm			
				Indoor Cycling 7:15 - 8:15 pm		Indoor Cycling 7:15 - 8:15 pm			
 									
								14509 SE Newport Way, Bellevue, WA 98006 425-452-4240 www.bellevuewa.gov www.myparksandrecreation.com	

Class Descriptions

Barre - This class draws from the best of the Barre method, Pilates, yoga, and dance for a breakthrough workout that improves strength, flexibility, endurance, posture, stamina, balance and grace.

Belly Dance – An evening of hospitality, entertainment, & festivity. Bring a snack to share and non-alcoholic beverage of your choice. Enjoy a video of belly dance, performance, and lesson. Age 13+

Boot Camp with Karie – This popular high-energy workout will get you in shape, tone your muscles and burn calories with fat burning boot camp style exercises combined with cardio kickboxing moves, weights and Pilates based core work. All levels welcome. Bring a towel and water bottle.

Fit Camp-Total Body Conditioning – This fun, affordable, & effective group class utilizes dumbbells, bands, agility movements, and a variety of exercises to strengthen your core, burn stubborn body fat, get stronger, build lean muscle mass, and improve your level of fitness. Min. age is 16

Fit Girls - Conditioning program that improves core strength and athletic performance while preventing injuries. For middle and high school girls of all fitness levels. Taught by a Licensed Athletic Trainer.

Gentle Tai Chi - This class introduces the foundation of Tai Chi through the Tai Chi Qigong 18 form. Easy to follow exercise sequence combines gentle upper body movements with deep breathing. Age 18+

Indoor Cycling – A great workout that burns 500+ calories per class! All fitness levels welcome because you control your pace. Call to reserve your seat. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes and padded shorts if you have them. Min. age is 13.

Jazzercise - Designed to enhance cardiovascular endurance, strength, and flexibility. It's easy to follow and has fun choreography. Class includes a gentle warm-up, 30 minutes of aerobic workout, muscle toning and strength segment, with handheld weights and stretch finale.

Line Dancing -A great way to exercise your body and mind, meet new friends, and listen to great music. Focus is on beginner and intermediate levels. Leather soled shoes recommended.

Mouse & Me - Fun, interactive computer classes designed for preschoolers. Classes are small and personal. Children will receive a password from each class so they can show their parents what they have learned at home online. Children absolutely love it and parents enroll their children for the academic enrichment, self-confidence, and learning skills they will use for life.

Natural Start Pre-school Open House - Natural Start Preschool operates a half-day program that focuses on hands-on learning. Parents and children are invited to visit our classroom, meet our teachers, tour the facility, and learn more about what our unique program has to offer!

Nordic Pole Walking - Learn to walk with ease and gain the greatest health benefits from walking with expert personalized instruction from a Licensed Massage Therapist and Certified Instructor.

One World Roller Derby Open House - Come learn about Roller Derby! Designed to teach beginning girl and women skaters how to skate with overall focus on agility, fitness, confidence and endurance.

Pilates – This instructional class focuses on breathing technique, correct form/postural alignment, strengthening core muscles, increasing body awareness and improving balance and flexibility using bands, balls, and small weights. All fitness levels welcome. Min. age is 13

Post Rehab Strength & Conditioning – Designed for adults recovering from injuries or living with chronic, recurring injuries who want to return to physical activity. Taught by Licensed Athletic Trainer.

Pre-ballet and Tap - Children discover the rhythm while exploring tap steps and experience the gracefulness of ballet while exploring basic dance elements. They will gain coordination, body awareness, and self esteem as they express themselves through dance.

Purna Yoga – Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength and coordination, plus feel more centered and peaceful. All experience levels welcome. Students should bring a yoga mat to class. Min. age is 13

Rock Climbing - A trained staff from Mini-Mountain will belay individuals who wish to climb. All basic equipment provided. Min. age is 4.

Sportball - Sportball uses age appropriate methods to introduce and reinforce the benefits of teamwork and skills development rather than the importance of winning. Children gain confidence and develop social skills necessary to succeed in sport and life. Children are taught skills in hockey, football, soccer, volleyball, baseball, basketball, and tennis.

Strong & Fit Seniors/Adults – A group fitness program to improve overall functional fitness. You will improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning while participating in a fun, safe, social, and supportive atmosphere. Min. age is 18

Taekwondo - An ancient Martial Art, Taekwondo is a system of practical techniques used for self-defense. Instruction is designed to physically emphasize kicks and punches that strengthen and condition.

Tai Chi CHUAN Sword Play – An Ancient Chinese method for promoting a well integrated body and mind through a series of stretching exercises. Slowly work toward incorporating good posture & the 24 simplified movements of Tai-Chi, including 32 Swordplay movements. Min. age is 16

Watercolor - Learn traditional watercolor techniques following along as the instructor paints and provides individual assistance. Great for the beginners and those who want to improve their skills.

Yang Style Tai Chi – Learn this simplified 16 movements Tai Chi form to improve balance, coordination and flexibility as well as revitalize energy, calm the mind and relax the body. Min. age is 18

ZUMBA - It's become one of the fastest-growing dance-based fitness workouts - fusing Latin rhythms with easy to follow moves. 'Ditch the workout! Join the Party!' Bring a towel and water. Min. age is 12