

Shape Up with Spring Fitness Classes @ North Bellevue Community Center

425-452-7688

4063 148th Ave. NE, Bellevue WA 98007

www.myparksandrecreation.com



Register over the phone, on the web, or in person. For more information or to register call the North Bellevue Community Center at 425-452-7681. Register on-line at www.myparksandrecreation.com.



Core & Stretch

This class blends aspects of Yoga, Mat Pilates, and core exercises to create long, strong, and lean muscles. A great way to improve your posture, define your mid-section, improve balance, and lengthen tight muscles. Core and Stretch offers a variety of modifications for beginners and advanced exercisers- no Yoga or Pilates experience required.

Tuesday Class 12 - 1 pm

March 6-27, 2012 #64794, \$32R - \$38NR (4 classes)

Thursday Class 1 - 2 pm

April 3-24, 2012 #64795, \$32R - \$38NR (4 classes)

March 1-29, 2012 #64780, \$40R - \$48NR (5 classes)

April 5-26, 2012 #64787, \$32R - \$38NR (4 classes)



Zumba

ZUMBA comes to North Bellevue Community Center! It's a one of a kind fitness program with easy to follow Latin rhythms designed for all fitness levels. The goal of the program is for you to love working out again and to look forward to it! This fun hour of calorie burning, energizing, and expressive movement brings spice back into everyone's fitness program! Bring a towel and water.

Friday Class 12 - 1 pm

March 2-30, 2012 #64777, \$40R - \$48NR (5 classes)

April 6-27, 2012 #64778, \$32R - \$38NR (4 classes)

This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation, please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service.



North Bellevue Community Center
4063 - 148th Avenue NE, Bellevue WA 98007
Phone 425-452-7681 Fax 425-882-1968

Enhance Fitness

Tuesday/Thursday/Friday, 9:00 -10:00 am

Gentle Yoga

Monday, 10:30 -11:30 am

Thursday, 10:30 -11:30 am

Advanced Yoga

Monday, 10:00 -11:00 am

Line Dance

Monday, 11:45 am-12:45 pm

Wednesday, 3:30 -4:30 pm

Friday, 11:00 am -12:00 pm

Tap Dance

Beginning Tap; Tuesday, 11:00 am -12:00 pm

Advanced Tap; Tuesday, 12:15 -1:15 pm

**For course session dates and fees, please call the
North Bellevue Community Center at 425-452-7681.**



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