



BITS OF SOUTH BELLEVUE

January 2015

Here's What's Happening this month

JANUARY 2015 HOLIDAY HOURS

THURSDAY, JANUARY 1ST: CLOSED

FRIDAY, JANUARY 2ND: 8AM-4PM

MONDAY, JANUARY 19TH: 8AM-4PM

NEW FITNESS EQUIPMENT!

Concept Model E Rower

Life Fitness Powermill Climber

(SBCC will be the first fitness center in the Seattle area to get this piece of equipment!)



Along with several pieces of smaller equipment

- 1 big blue and 2 smaller red Balance Disks with 3 wall posters demonstrating ideas for new exercises
- Medicine Ball rack with 6 lb-15 lb balls and 3 wall posters demonstrating ideas for new exercises
- Thick ultra-cushioned Smiths Bar Collar
- 2 new Pulley Motion Machine attachments – waist belt and cushioned ankle strap **AND MORE!**

NEW YEAR!

NEW FITNESS GOALS!

Fitness Center staff is happy to provide you with FREE coaching on any cardio or strength training equipment. **All you have to do is ask!** Attend as many Fitness 1-on-1's as you need until you feel safe and proficient on the equipment. **See Fitness Center for More Details!**

Message from the Manager at SBCC

Myself, and the staff of SBCC want to say "Thank You" to our valued customers and event supporters for helping make 2014 the best year ever!

We're busy planning an even better 2015! Stay informed of what's happening now with monthly editions of "Bits of South Bellevue". –Brad Bennett

Registration Begins Monday, January 12th

Natural Start

Preschool

2015-2016 School Year



Know any families with pre-school age children looking for a great preschool for next year? Why not recommend they come attend our Open House.



Open House

Saturday, January 24th

call 425-4524240 for more details

Post Holiday Ornament Drive donate all your unwanted ornaments and decorations!

This is a part of the "Giving Campaign" to benefit families in the Crossroads area of Bellevue. Bring your donated items to the Front Desk anytime this year.

Help us Reach our Goal of assembling 200 boxes for the 2015 Holiday Season!



SBCC 9th ANNIVERSARY CELEBRATION

To celebrate, many of our instructors invite you to attend free classes Jan 5th-11th. Try as many as you like to find that perfect fit for you.

Pick-up a schedule at South Bellevue Community Center, call 425-452-4240 or visit our web site <http://www.bellevuewa.gov/sbcc.htm> for more information!



"The Boys & Girls Club means that I get to learn new games, new strategies, and new activities. The Club is also somewhere safe, comfortable, and fun that I can always come to."

**-2014 Youth of the Year
Maia, a 5th grader from
Spirtridge Elementary**

SOUTH BELLEVUE COMMUNITY CENTER

a partnership for a healthy community



Through partnerships and exceptional customer service, the South Bellevue Community Center provides accessible opportunities for recreation, fitness, education and celebrations to build a healthy community.