

## CLASSES:

Barre  
Boot Camp with Karie  
Fit Camp  
Gentle Tai Chi  
Indoor Cycling  
Pilates  
Purna Yoga  
Post-Rehab Strength & Conditioning  
Strong & Fit  
Walk Strong  
Yang Style Tai Chi  
ZUMBA®  
Many other classes also available



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.



Bellevue Parks & Community Services  
MyParksandRecreation.com

City of Bellevue  
Parks & Community Services  
PO Box 90012  
Bellevue, WA 98009-9012



Boot Camp, Fit Camp, Indoor Cycling, Pilates, Purna Yoga, Strong & Fit, ZUMBA® classes, and more...

# Fitness Classes



**SOUTH BELLEVUE  
COMMUNITY CENTER**

*a partnership for a healthy community*



14509 SE Newport Way  
Bellevue, WA 98006

425-452-4240  
www.bellevuewa.gov  
www.myparksandrecreation.com

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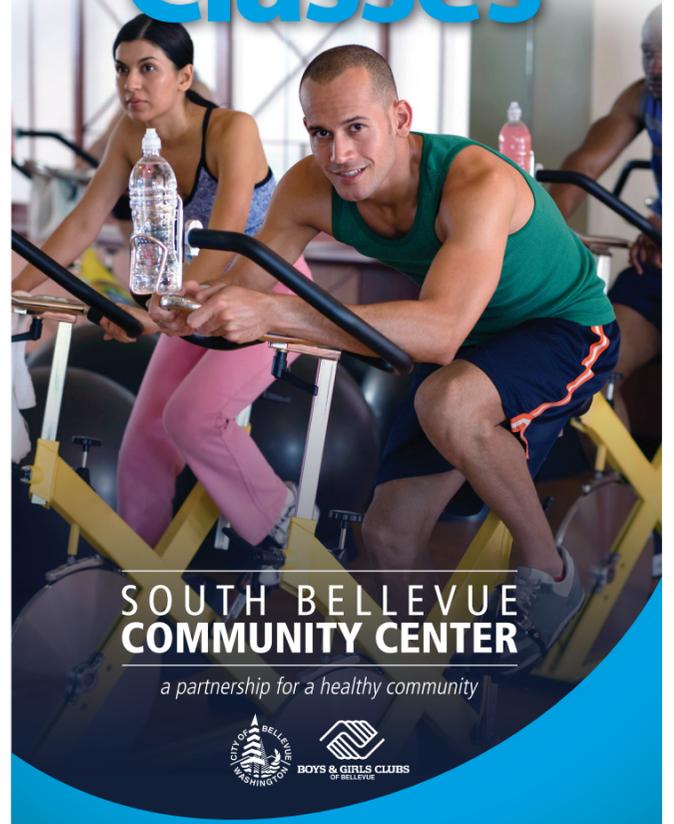
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## BEST BUY!

### Session/Monthly Rates

Signing up for classes by the session or month is always the best value. Register online at [myparksandrecreation.com](http://myparksandrecreation.com) or in person. View the Connections brochure at [www.bellevuewa.gov](http://www.bellevuewa.gov).

## NEED SOME FLEXIBILITY?

### Flex Card Rates

Designed for participants needing more flexibility. Purchase a 5-class pass valid for the trimester.

(Jan-Apr, May-Aug, Sept-Dec)

Class	Resident	Non-Resident
Barre	\$72	\$86
Boot Camp	\$60	\$72
Fit Camp	\$52	\$63
Indoor Cycling	\$40	\$48
Pilates	\$63	\$76
Purna Yoga	\$72	\$86
Strong & Fit	\$41	\$50
Walk Strong	\$63	\$76
ZUMBA®	\$40	\$48

### Drop-In Rates

Many of our fitness classes can be attended on a drop-in, space available basis for maximum flexibility.

Class	Resident	Non-Resident
Boot Camp	\$13	\$15.50
Fit Camp	\$11.50	\$14
Gentle Tai Chi	\$10	\$12
Indoor Cycling	\$9	\$10.50
Pilates	\$14	\$16.50
Purna Yoga	\$15.50	\$18.50
Strong & Fit	\$9	\$10.50
Yang Style Tai Chi	\$12	\$14
ZUMBA®	\$9	\$10.50

## ENHANCED BENEFITS!

### ePass (Monthly EFT\*) & Annual Fitness Center Pass Holders Enjoy the Following:

1. Free Sample Pass (\$81 value) to attend: Boot Camp, Fit Camp, Indoor Cycling, Pilates, Purna Yoga, Strong & Fit, & ZUMBA® once for free.
2. 25% off the session price for the 7 classes listed.

## FREE FOR ALL

### Try these classes free your first time:

Barre, Cycling, Post-Rehab Strength & Conditioning, ZUMBA®

\*Electronic Funds Transfer

## ENJOY EXERCISING WITH A FRIEND?

### Bring-a-Friend Discount

Get a friend to register with you for any of the 7 fitness classes listed in the enhanced benefits section and receive a 25% discount on your next session. Details available at the front desk.

See the Connections brochure and South Bellevue Community Center website at [www.bellevuewa.gov](http://www.bellevuewa.gov) for information on additional class offerings.

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