SBCC Jan to April 2013 Fitness Class Schedule & Class Descriptions (over)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Key:	***TBC = Total Body Conditioning***	***All Classes 1Hr, unless specified***	***Gym A * Gym B + Both Gyms ^***	***Community Room A # Community Room B ##***	***Both Community Rooms ^^***	***Studio > B = Beginner I = Intermediate A = Advanced***	***Classroom 201 %***
6:00 AM	Fit Camp-TBC ^^ (6AM)		Fit Camp-TBC ^^ (6AM)		Fit Camp-TBC > (6AM)		
	Indoor Cycling * (6AM)		Indoor Cycling * (6AM)				
	Jazzercise > (6:15AM)		Jazzercise > (6:15AM)		Jazzercise * (6:15AM)		
7:00 AM							
8:00 AM	Jazzercise Lite## (8AM)	Jazzercise * (8AM)	Jazzercise Lite## (8AM)	Jazzercise * (8AM)	Jazzercise Lite * (8AM)	Jazzercise * (8AM)	
	Boot Camp with Karie + (8:45AM)		Boot Camp with Karie + (8:45AM)				
9:00 AM	Barre > (9AM)	Boot Camp with Karie * (9:15AM)	Barre > (9AM)	Boot Camp with Karie * (9:15AM)	ZUMBA > (9:15AM)	Yang Tai Chi (Beg) > (9-9:55AM)	
	Jazzercise * (9:30AM)		Jazzercise * (9:30AM)		Jazzercise * (9:30AM)		
		Purna Yoga ## (9:30-10:45AM)			Pilates ## (9:30AM)		
10:00 AM	ZUMBA ## (10AM)	Post-Rehab S&C# (10AM)	ZUMBA ## (10AM)	Post-Rehab S&C # (10AM)		Yang Tai Chi (Int) > (10-10:55AM)	Purna Yoga > (10:15-11:30AM)
	Strong & Fit Seniors/Adults > (10:15AM)	Nordic Pole Walking + (10:20AM)	Strong & Fit Seniors/Adults > (10:15AM)	Nordic Pole Walking > (10:20AM)			
11:00 AM			Gentle Tai Chi ## (11:15AM)			Yang Tai Chi (Adv) > (11-11:55AM)	Purna Yoga-Level 2 > (11:45AM-1PM)
12:00 PM							
1:00 PM			Fit Girls + (1:30PM)				
2:00 PM							
3:00 PM							
4:00 PM	Sportball Fitkids > (4-4:55PM)	Taekwondo > (4-4:50PM)		Taekwondo > (4-4:50PM)			
5:00 PM	Sportball Fitkids > (5-5:55PM)	Taekwondo > (5-5:50PM)	Belly Dance - Beginners ## (5:30-6:20PM)	Taekwondo > (5-5:50PM)			
6:00 PM	ZUMBA > (6PM)	Taekwondo > (6-6:50PM)	ZUMBA > (6 PM)	Taekwondo > (6-6:50PM)			
		Barre ## (6:15PM)		Barre ## (6:15PM)			
6:30 PM	Core Conditioning # (6:40PM)		Belly Dance - Drills & Zills ## (6:30-7 PM)				
			Belly Dance - Combined ## (6:30-8:45PM)				
7:00 PM	Indoor Cycling > (7:15PM)	Purna Yoga > (7:15-8:30PM)	Indoor Cycling > (7:15PM)	Purna Yoga > (7:15-8:30PM)			
			Belly Dance-Intermediate ## (7:10-8PM)				
8:00 PM			Belly Dance-Art of Belly Dance ## (8-8:45PM)				

SOUTH BELLEVUE COMMUNITY CENTER

a partnership for a healthy community

CITY OF BELLEVUE WASHINGTON

BOYS & GIRLS CLUBS OF BELLEVUE

Register online at:

MyParksandRecreation.com, in person, or by phone at:

(425) 452-4240

Schedule subject to change without notice.