

FREE CLASSES & ACTIVITIES TO CELEBRATE SBCC'S 6TH ANNIVERSARY!

A signed waiver is required prior to participating in any class or activity at SBCC. Please check in at the Front Desk.

Tuesday January 3	Wednesday January 4	Thursday January 5	Friday January 6	Saturday January 7	Sunday January 8
	Indoor Cycling or Fit Camp: Total Body Conditioning 6-7am		Fit Camp: Total Body Conditioning 6-7am	FREE Jazzercise Classes Tue—Saturday 8—9am Wed & Fri 6:15-7:15am Wed & Fri 9:30-10:30am	
Purna Yoga 9:30-10:45am	Karie's Boot Camp 8:45-9:45am	Karie's Boot Camp 9:15-10:15am	ZUMBA 9:15-10:15am		
	Strong & Fit Seniors & Adults 10:15-11:15am	Indoor Cycling 10:30-11:30am	Pilates 9:30-10:30am	Yang Style Tai Chi 10-11am	Purna Yoga 10:15-11:30am
Rock Climbing 3:30-5:30pm	NEW! Abrakadoodle Open House Wednesday Mini Doodler Open House 1:15-2pm (3-5 yrs) Doodler Open House 2:15-3pm (6-10 yrs)				
	Line Dancing 2:30—4pm				
	ZUMBA 6-7pm	Fencing for Youth, Teens, & Adults 6:45-7:45pm			
	Belly Dance Girls/Ladies Night 6:30-8:30pm	Tai Chi CHUAN Sword Play 7:15-8:45pm			
Purna Yoga 7:15-8:30pm	Indoor Cycling 7:15-8:15pm	Purna Yoga 7:15-8:30pm			



SOUTH BELLEVUE COMMUNITY CENTER

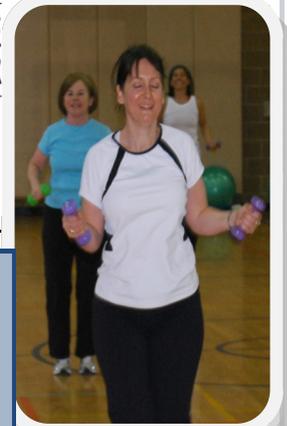
a partnership for a healthy community



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Abrakadoodle— An international education art program dedicated to developing creativity and innovation in children. Mini Doodlers is designed for children ages 3—5; Doodlers is designed for children ages 6 –10.

Belly Dance: Girls/Ladies Night – An evening of hospitality, entertainment, & festivity. Bring a snack to share and non-alcoholic beverage of your choice. Enjoy a video history of belly dance, performance, and lesson. Min. age is 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.

Fencing – Anyone for a Duel? Learn about fencing equipment, footwork, technique, conditioning, safety, strategy, and tactics, hosted by the Washington Fencing Academy (www.washingtonfencing.com). Wear sport shoes and sweatpants and bring a water bottle. Min. age is 8

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

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. Min. age is 13

Line Dancing—is 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.

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

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.

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

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

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 - has 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