FREE CLASSES & ACTIVITIES TO CELEBRATE OUR 10th ANNIVERSARY!

No pre-registration necessary. A signed waiver is required prior to participating in any class or activity at SBCC. Please sign in at your class.

Monday January 4	Tuesday January 5	Wednesday January 6	Thursday January 7	Friday January 8	Saturday January 9	Sunday January 10
Indoor Cycling * (ages 13+) 6 —7 am	**Total Body Fitness** > (ages 16+) 6 —6:50 am	**Indoor Cycling** * (ages 13+) 6 — 7 am	**Total Body Fitness** > (ages 16+) 6 — 6:50 am	**Total Body Fitness** > (ages 16+) 6 — 6:50 am		
OPEN Adult Basketball + (ages 18+) 6 — 7:30 am	**Boot Camp with Karie** * (ages 13+) 9:15 — 10:15 am	**OPEN Adult Basketball** + (ages 18+) 6 — 7:30 am	**Boot Camp with Karie** * (ages 13+) 9:15 — 10:15 am	**OPEN Adult Basketball** + (ages 18+) 6 — 7:30 am		
Boot Camp with Karie + (ages 13+) 8:45 — 9:45 am	**Post Rehab Strength & Conditioning** > (ages 18+) 9:15 — 10:15 am	**Boot Camp with Karie** + (ages 13+) 8:45— 9:45 am		**ZUMBA** > (ages 13+) 9:15 — 10:15 am		
Strong & Fit > (ages 18+) 10:15 — 11:15 am	**My Gym Gymsters** + (ages 19-36 months) 10:15 — 11:05 am	**Indoor Play** + (ages 1-5) 10:30 am — 12 pm	**Cycle/Stretch** > (ages 16+) 10:35 — 11:35 am	**Pilates** ## (ages 13+) 9:15 — 10:15 am		**OPEN Adult Basketball** * (ages 18+) 10 am — 12 pm
Indoor Play + (ages 1-5) 10:30 am — 12 pm	**Cycle/Stretch** > (ages 16+) 10:35— 11:35 am	**Zumba** ## (ages 13+) 10 — 11 am		**South Bellevue Stitchers** (ages 18+) 10 am — 12 pm	**Beg. Yang Style Tai Chi** > (ages 16+) 10 — 11 am	**Purna Yoga Level 2** > (ages 13+) 10:15 — 11:30 am
Art—Sumi Painting Group # (ages 18+) 10:30 am — 1:30 pm	**My Gym Whiz Kids** + (ages 3-5) 11:15 am — 12:05 pm	**Strong & Fit** > (ages 18+) 10:15 — 11:15 am	**ESL for Chinese Seniors—Class Room 201** (ages 60+) 12:30— 2 pm	**Indoor Play** + (ages 1-5) 10:30 am — 12 pm	**Rock Climbing** (ages 4-Adult) 10 am — 1 pm	
OPEN Adult Basketball * (ages 18+) 12 — 2 pm	**Yoga for Adults 50+** ## (ages 13+) 11:15 am — 12:30 pm	**OPEN Adult Basketball** * (ages 18+) 12 — 1:30 pm	**Homeschool P.E — Parkour*** (ages 5-9) 12:30 — 1:25 pm	**Dance With Me** > (ages 30-48 months) 10:30 — 11:15 am	**Rock Climbing** (ages 4-Adult) 1:30 — 4:30 pm	**Class descriptions/ages on reverse side.**
OPEN Pickle Ball + (ages 18+) 12:30 — 2:30 pm	**South Bellevue Bridge Bunch** # (ages 18+) 1:10— 3:10 pm	**Parkour** + (ages 6-10) 5 — 5:55 pm	**Homeschool P.E — Parkour*** (ages 9-13) 1:30 — 2:25 pm	**Pre-Ballet & Tap 1** > (ages 3-5) 11:30 am — 12:15 pm		
Small Group Training w/ Sara # (ages 18+) 7 — 7:50 pm	**Pre-Ballet 2 Open House** ## (ages 5-6) 4 — 4:45 pm	**Parkour** + (ages 10-16) 6 — 6:55 pm		**OPEN Pickle Ball** + (ages 18+) 12:30 — 2:30 pm		
Pilates ## (ages 13+) 7— 8 pm	**Youth Ballet Open House** ## (ages 7-10) 5— 6 pm	**Rock Climbing** (ages 4—Adult) 6 — 8:30 pm		**Pre-Ballet Open House** > (ages 3-5) 1:30 pm — 2:15 pm		
Indoor Cycling > (ages 13+) 7:15 — 8:15 pm	**Natural Start Preschool Open House—Class Room** (ages 3-5) 6:30— 8 pm	**Zumba** > (ages 13+) 6 — 7 pm	**Purna Yoga** > (ages 13+) (7:15 — 8:30 pm	**Parkour** + (ages 6-10) 5 — 5:55 pm		
	Purna Yoga > (ages 13+) 7:15 — 8:30 pm	**Indoor Cycling** > (ages 13+) 7:15 — 8:15 pm		**Parkour** + (ages 10-16) 6 — 6:55 pm		
		OPEN Badminton + (ages 18+) 7 — 8:45 pm				

ROOM KEY
- Gym A *
- Gym B +
- Both Gyms ^
- Community Room A #
- Community Room B ##
- Both Community Rooms ^^
- Studio >

FREE Jazzercise Classes!

Mon & Wed	6:15 - 7:15am >
Tues & Thurs	6:15 - 7:15am ##
Friday	6:15 - 7:15am *
Mon, Wed & Sat	8-9am ^^
Tues, Thurs & Fri	8-9am *
Mon, Wed & Fri	9:30 - 10:30am *

14509 SE Newport Way, Bellevue, WA 98006
425-452-4240 www.bellevuewa.gov
www.myparksandrecreation.com

Class Descriptions

Art—Sumi Painting Group – Join others as they practice the Art of Sumi Painting. Sumi means 'ink painting' in Japanese and is an art medium that dates back some six thousand years. New to Sumi? Others will be happy to share their knowledge and love of the art form. Other water-based mediums are also welcome to join. Ages 18+.

Beginning Yang Style Tai Chi – Learn the beginning 16 movements of this Tai Chi form to improve balance, coordination and flexibility. Its meditative quality revitalizes energy, calms the mind and relaxes the body. Taught by a 6th rank certified instructor. (Regular session classes are held on Saturdays at 9am.) Ages 16+.

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 including cardio drills, strength and circuit training, yoga stretches and Pilates based core work. All levels welcome. Bring a towel and water bottle. Ages 13+.

Cycle/Stretch – This class is a fusion of beginner level indoor cycling and flexibility exercises. Class is designed for those brand new to indoor cycling including older adults, participants new to exercise, and overweight or de-conditioned participants. Increase your cardiovascular fitness and increase flexibility for activities of daily living. Bring a standard size water bottle and a towel. Padded bike shorts or a gel seat cover are helpful. Ages 16+.

Dance With Me – Have fun with your child while enhancing the mind body connection through the Brain Dance and use of nursery rhymes, movement games, props and more. In this class we will explore the elements of dance to a variety of music styles. Both Parents and caregivers are welcome. Ages 30-48 months.

ESL for Chinese Seniors – This free class offers to teach English as a second language for non-native speakers. Beginner and Intermediate levels welcome. Ages 60+.

Homeschool P.E. (Parkour) – This fun class begins with exciting warmups, games, Parkour skill training and obstacle courses. We invite you to join our community where students are challenged to meet personal goals, gain new strengths and create strong friendships. We monitor each child's body mechanics to ensure proper movement patterns that lead to pain free movement in the future. Ages 5-9 or 9-13.

Indoor Cycling – A great workout that burns up to 600+ calories per class! All fitness levels welcome because you control your pace. Call to reserve your seat at 425-452-4240. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes and padded shorts if you have them. Ages 13+.

Indoor Play – Need a place to let your little ones play indoors? Try our drop-in gym play time for children. Parents/caregivers must supervise their own children. Ages 1-5.

Jazzercise – This class is designed to enhance cardiovascular endurance, strength and flexibility. It's easy to follow and has fun dance choreography. Class includes a gentle warm-up, 30 minutes of aerobic workout, muscle toning with handheld weights and a stretch finale. Ages 13+.

My Gym - Gymsters – Moms, Dads, and caregivers! Join in with your little one in a class that incorporates music, dance, relays, puppets, games and sports. My Gym kids have so much fun as they gain strength, balance, coordination, fine and gross motor proficiency, agility, flexibility and most importantly confidence and self-esteem. An adult must attend with Gymsters. Ages 19 months–36 months.

My Gym – Whiz Kids – My Gym Whiz Kids is a fun class where kids ages 3-5 years old can gain strength, balance, coordination, motor proficiency, agility, flexibility and most importantly confidence and self-esteem. Adults are not required to attend with Gymsters. Ages 3–5 years.

Natural Start Preschool Open House – Natural Start Preschool is a nature-based preschool combining Kindergarten readiness with experience in nature, physical activity and environmental education. Parents and children are invited to visit our classroom, meet teachers and learn about our unique program! Ages 3+.

OPEN Adult Basketball – Come to our open gym time for adults. Open for full court play, then players have option to switch to half court if 2 courts are needed. Schedule subject to change depending on attendance. Call 452-4240 for schedule. Ages 18+.

OPEN Badminton – Enjoy playing badminton or want to learn? Put this easy and fun way to exercise on your schedule to mix up your routine! Ages 18+.

OPEN Pickle Ball – Join our pickle ball players for some good exercise and lots of fun! It's an easy sport to pick up if you have not played before. Ages 18+.

Parkour – Parkour is a physical activity that combines the art of play and the science of movement. MoveFree Academy will train your child to control their body through fun, physical and mental challenges the way it was meant to be used. Play games, learn new skills, progress strength and dominate obstacle courses while optimizing your ninja potential! Ages 6-10 or 10-16.

Pilates – This instructional class focuses on correct form/postural alignment, strengthening core muscles, breathing technique, increasing body awareness and improving balance and flexibility using bands, balls and small weights. All fitness levels welcome. Ages 13+.

Post Rehab Strength & Conditioning – This class is designed for adults recovering from injuries or living with chronic, recurring injuries who want to return to physical activity. It is focused on developing core strength using body weight, resistance bands and balance equipment. Taught by a Licensed Athletic Trainer. Ages 18+.

Pre Ballet, Pre Ballet/Tap1, Pre Ballet 2, and Youth Ballet Open Houses – Come meet and greet with the instructor while your little one gets an intro to ballet. They will explore the basic elements of dance. Pre Ballet 2 and Youth Ballet will expand on the basics focusing on rhythm and developing ballet vocabulary. Ages 3-5, 5-6, or 7-10.

Purna Yoga – This class helps students gain flexibility, strength and coordination by focusing on correct alignment while using props to make each pose accessible. Feel more centered and peaceful while developing a deeper relationship with your body, mind and spirit. Your Certified Purna Yoga teacher has a wealth of knowledge to share with you with over 2000 hours of teacher training. All levels welcome. Wear comfortable clothes and bring a yoga mat if you have one. Additional props will be provided. Ages 13+.

Purna Yoga Level 2 – This class welcomes experienced students to expand their knowledge of the yoga poses. Students should bring a yoga mat to class if you have one. Additional props will be provided. Ages 13+.

Rock Climbing – Our indoor rock wall is great for beginners who'd like to learn or advanced climbers who want to practice in a controlled environment. A trained staff will belay individuals who wish to climb on our 30 foot 'Crag Mountain.' All basic equipment provided. Ages 4+.

Small Group Training w/ Sara – This small group training class will help you achieve your fitness goals. Workouts will be individualized to meet your needs and fitness level. Sara will provide support, encouragement and accountability to reach new heights in your health and wellness. Ages 18+.

South Bellevue Stitchers – Crochet or knit a project of your own or one for charity in a fun group! Learn a new craft or increase your skill level. Ages 18+.

South Bellevue Bridge Bunch – Join in for a fun group social game with our bridge playing bunch. This game is for everyone whether you are just learning, a little rusty or just want to increase your skill level! Ages 18+.

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. Ages 18+.

Total Body Fitness – This class aims to help you burn stubborn body fat, get stronger, build lean muscle mass, and improve your level of fitness. The group workouts utilize dumbbells, bands, bodyweight exercises, fun agility movements and a variety of exercises to strengthen your core. Expect to sweat and have fun! Ages 16+.

Yoga for Adults 50 + – This class offers poses for improving flexibility and balance, active strengthening, deep relaxing and better mental clarity. Poses are made accessible for all levels of experience and to help you progress individually. Ages 50+.

ZUMBA – It's become one of the fastest-growing dance-based fitness workouts - fusing Latin rhythms with easy to follow moves. This hour of calorie burning, energizing and expressive movements brings spice back into your fitness routine. 'Ditch the workout! Join the Party!' Bring a towel and water. Ages 13+.