SBCC January-April 2011 Class Descriptions

CLASS SESSION PRICES AVAILABLE (BEST VALUE/TOO MANY OPTIONS TO LIST) SEE CONNECTIONS, ON-LINE INFO OR ASK STAFF

Indoor Cycling – Session price available; DROP-IN: Res ($9), Non ($10.50); FLEX CARD: Res ($40), Non ($48)
Come ride our LeMond RevMaster Classic Bikes and get a serious aerobic workout & burn approximately 600+ calories per class! All fitness levels welcome because you control your pace. Please arrive 10 minutes early on first day for a bike fit. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them.

Fit Camp-Total Body Conditioning – Session price by month; DROP-IN: Res ($11.50), Non ($14); FLEX CARD: Res ($52), Non ($63)
Would you like a fun, affordable and effective way to burn stubborn body fat, get stronger, build lean muscle mass, and improve your level of fitness? Our group workouts utilize dumbbells, bands, bodyweight exercises, fun agility movements, and a variety of exercises to strengthen your core and more.

Boot Camp with Karie – Session price available; DROP-IN: Res ($13), Non ($15.50); FLEX CARD: Res ($60), Non ($72)
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. Beg. - adv levels welcome. Bring a towel and water bottle.

Strong & Fit Seniors/Adults – Session price by month; DROP-IN: Res ($9), Non ($10.50); FLEX CARD: Res ($41), Non ($50)
This monthly group fitness program taught by certified personal trainers, provides education on improving overall functional fitness. Participants will improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning while participating in a fun, safe, social, and supportive atmosphere.

Pilates – Session price available; DROP-IN: Res ($14), Non ($16.50); FLEX CARD: Res ($63), Non ($76)
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.

Chito-Ryu Karate – Session price by month: Res ($55), Non ($66)
Chito-ryu is a traditional Japanese martial art that incorporates safe practice of sparring and self defense. Class levels from beginner to advanced, for adults of all ages & children ages 10 years & up. More information (www.seattlechitoryu.com) or call 206-909-3073.

Purna Yoga – Session price available; DROP-IN: Res ($15.50), Non ($18.50); FLEX CARD: Res ($72), Non ($86)
Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength and coordination. Purna Yoga also helps each student feel more centered and peaceful. With 2,000 hours of teacher training, your teacher has a wealth of knowledge to share with you. All experience levels welcome. Students should bring a yoga mat to class.

Jazzercise & Jazzercise Lite – Call Phyllis at (425) 814-2134 or visit jazzfitness.net for more information.

Taekwondo – Session price by month: Res ($53), Non ($63)
An ancient Korean Martial Art, Taekwondo is a system of practical techniques used for self-defense. Instruction is designed to physically emphasize kicks and punches that strengthen and condition the whole body and mentally promote confidence, patience, and respect. For the 6pm class, students must be 10 yrs old or have instructor permission.

Belly Dance – Prices listed below for 6-class session. "Combined" = Basics & Intermediate class; "Veils of the Nile" = Professional Dance Troupe; Flex card available for "Basics" class only: Res ($60), Non ($72)
Classes are perfect for beginners as well as more advanced students who want to refine their skills. Each session introduces a new, fun rhythm & appropriate steps to learn. Classes range from beginner (Basics) to advanced/performing troupe (Veils of the Nile).
Basics – **Res ($63), Non ($76);** *Intermediate* – **Res ($76), Non ($90);** *Combined* – **Res ($107), Non ($128);**
Veils of the Nile – **Res ($123), Non ($147);** *Veils of the Nile Limited* – **Res ($107), Non ($128)**

Fencing – Session Price: Res ($125), Non ($150) – 8 Classes, Beginner and Advanced classes available
Anyone for a Duel? Learn about fencing equipment, footwork, technique, conditioning, safety, strategy, and tactics, hosted by the Washington Fencing Academy (www.washingtonfencing.com). Bring sport shoes, water bottle, and sweatpants (no jeans). One time $22 book fee and $35/session equipment rental fee payable to instructor first day of class. Participants can join prior to 3rd class.

Tai Chi – Session Price: Res ($54), Non ($65) – 6 Classes, Beginner & Advanced classes available;
DROP-IN: Res ($10.50), Non ($12.50)
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. The advanced class will practice the Yang style long form.

ZUMBA Session price available;
DROP-IN: Res ($9), Non ($10.50);FLEX CARD: Res ($40); Non ($48)
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.

Tai Chi CHUAN Sword Play—Session Price: Res ($56), Non ($67)
5 Classes
An Ancient Chinese method for promoting a well integrated body and mind through a series of stretching exercises. We slowly work toward incorporating good posture & the 24 simplified movements of Tai-Chi, including 32 Swordplay movements. Small classes guarantee plenty of instructional assistance and is appropriate for all abilities.

Session/Monthly Price = Best value when registering for a full session. Prices may vary each session due to different sessions lengths.
Flex Cards = Gain flexibility by purchasing a 5 class pass, valid for the trimester. 15% more than session price. Available for select classes.
Drop-in Rates = Pay for one class at a time. 10% more than Flex Card rates. Available for select classes.
To register during a session call South Bellevue Community Center (425) 452-4240.
Refer to Connections brochure at www.bellevuewa.gov, or myparksandrecreation.com for session rates.