

Bellevue *belinhealth* | Fitness Group Fitness

mon	tue	wed	thu	fri	sat
Body Challenge 530-620 am <i>Bethany</i>	Body Challenge 530-620 am <i>Bethany</i>		The Ride 530-620 am <i>Lauren</i>	Cycle + Strength 530-620 am <i>Amanda</i>	
Core & More 8-850 am <i>Amanda</i>	Body Challenge 8-850 am <i>Amanda</i>	Gentle Stretch & Mobility 8-850 am <i>Amanda</i>	Body Challenge 8-850 am <i>Darlene</i>	Move & Groove 8-850 am <i>Lissa</i>	Saturday Rotation 8-9 am
Yoga 9-950 am <i>Colleen</i>	Silver Circuit <i>on the track</i> 9-950 am <i>Amanda</i>	Fitness Intervals 9-950 am <i>Rick</i>	Silver Circuit <i>on the track</i> 9-950 am <i>Tim</i>	Yoga 9-950 am <i>Ashley</i>	Week 1 YOGA
	Cardiopulmonary & Vascular Rehab <i>Group Training Rm</i> 930-11 am <i>Dane</i>		Cardiopulmonary & Vascular Rehab <i>Group Training Rm</i> 930-11 am <i>Dane</i>		Week 2 Move & Groove
Active Adults 10-1050 am <i>Darlene</i>	Zumba® Gold 10-1050 am <i>Jacinda</i>	Active Adults 10-1050 am <i>Darlene</i>	Zumba® Gold 10-1050 am <i>Jacinda</i>	Active Adults 10-1050 am <i>Instructor Rotation</i>	Week 3 YOGA
		Yoga Essentials 11-1150 am <i>Colleen</i>		Gentle Stretch & Mobility 11-1150 am <i>Katie S.</i>	Week 4 Move & Groove
SilverSneakers® 1110-12 pm <i>Darlene</i>	SilverSneakers® 1110-12 pm <i>Jacinda</i>		SilverSneakers® 1110-12 pm <i>Jacinda</i>		Week 5 YOGA
	Reach for Wellness <i>on the track</i> 1-145 pm <i>Amanda</i>		Reach for Wellness <i>on the track</i> 1-145 pm <i>Amanda</i>		
Functional Movement 430-520 pm <i>Katie S.</i>	Yoga 430-520 pm <i>Colleen</i>	Cycle + Strength 430-520 pm <i>Dane</i>	Yoga 430-520 pm <i>Nicky</i>		



Jan-May 2019

Class Descriptions

Active Adults – Maintain cardiovascular health and improve strength and flexibility while bringing ease to your everyday activities. The music will get you moving, and the friends will keep you coming back. All levels welcome.

Body Challenge – Get results in this cutting-edge conditioning class. Train and strengthen your body and reap the rewards you deserve! Modifications are provided for all levels.

Core & More – See yourself in high definition! A high-energy, motivating class that combines core work with cardio and strength training for an efficient, calorie-burning class! Modifications are provided for all levels.

Cycle + Strength – Cross training at its best! Gear up for the challenge by switching it up with this perfect cardio and strength combo. Work hard on and off the bike to get a total body workout!

Fitness Intervals – Class features time-based intervals of work and rest focusing on improving cardio and strength simultaneously. Challenge yourself as much or as little as you want in this full body workout!

Functional Movement – Are you not moving like you used to? This class will teach the principles of how to move better, become more efficient and minimize injury by working exclusively on flexibility and core. All levels welcome.

Gentle Stretch & Mobility – Similar to Gentle Chair Yoga class with less emphasis on traditional yoga and more on relaxation and stretching. All levels welcome.

Move & Groove – Get into the groove and get moving with this Zumba® dance-inspired fitness class. Using fast and slow rhythms, you will have tons of fun while toning your entire body. No experience needed...all levels welcome!

SilverSneakers® Classic– Increase muscular strength, range of movements and activity for daily living. Build functional strength using hand-held weights, elastic tubing, and a ball for resistance. A chair is used for seated and/or standing support. Perfect for beginners...but all levels welcome!

Silver Circuit – Get your heart rate up and improve functional strength. Have a better understanding of how and when to use our Cybex Weight Machines as well as the benefits of resistance training.

Strength Challenge – Be ready to take your body to the next level. Burn hundreds of calories and learn how to sculpt your body. Get that lean and strong body you want! All levels welcome.

The Ride – Outdoor cycling with indoor comfort. An amazing cardio workout filled with intervals, hill climbs, speed work, and endurance training. You control the intensity of the ride, we control the “bumps and curves” in the road.

Yoga – A mind/body exercise focusing on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus.

Yoga Essentials – No experience required – class is for all levels, especially beginners. Learn basic yoga postures at a slow mindful pace with a focus on proper alignment of the body and breathing. Props such as blocks or straps may be used to assist in a posture or maximize a stretch. Practice develops body awareness, strength, balance, flexibility and focus.

Zumba® Gold – Tailored for active older adults, who want to focus on toning and conditioning. Zumba® Gold blends the Zumba® party you love at a slower pace with total body conditioning. Walk in ready to have a blast and tone up, leave exhilarated and empowered!

Medical Fitness Programs

Cardiopulmonary & Vascular Rehab – Designed for anyone who has finished a hospital-based Phase Two Program and would like to continue in a supervised format. Class includes pre/post blood pressure and heart rate monitoring, group warm up and cool down and personalized exercise prescription.

Reach for Wellness – Designed for individuals with Parkinson’s and other neurological disorders. Continue with lifelong wellness as we help you maintain normal movement while improving balance, posture, strength, and stamina.

► *Please note:*
All classes in the shaded boxes are paid