

May Group Exercise

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	6:00-7:00 Cycle Brandi	6:00-7:00 Muscle Madness Gina	6:00-6:45 Cycle Express Valynn	6:00 - 7:00 Sport Conditioning (gym) Kwesi	5:55-6:55 Bootcamp \$80/4 weeks Brandi	8:00-9:00 Cycling Julie	
8:00	8:00-9:00 Step&Sculpt Julie	8:00-9:00 Pilates Mat Brandi	8:00-9:00 Muscle Blast Julie	8:00-9:00 PilatesYoga Fusion Brandi	8:00-9:00 Friday Mix Julie	8:30-9:15 WillPower & Grace Anne	8:45-10:00 Yoga Heather
9:00	9:20-10:20 MuscleBlast Lisa	9:20-10:20 20-20-20 Linda	9:20-10:05 Kickbox 10:10-10:25 Abs/Stretch Nichole	9:20-10:20 Zumba Stephanie	9:20-10:20 Total Body Conditioning Wendy	9:20-10:15 Zumba Stephanie/Anne	9:00-10:00 Cycling Bruce
	9:20-10:05 Cycle Express Natalie		9:20-10:05 Cycle Express Linda		9:20-10:05 Cycle Express Kwesi	9:30-10:20 Cycling Gigi	
10:30	10:30-11:45 Gentle Yoga Gaerda	10:30-11:30 Young at Heart Jan	10:30-11:45 Yoga Deirdre	10:30-11:30 Young at Heart Jan	10:30-11:30 Tai Chi Ken		
	12:00-12:45 Lunchtime Circuit&Stretch Wendy	12:00-12:45 Lunchtime Yoga Nichole	12:00-1:00 Outdoor Bootcamp \$75/series \$20/class Brandi	12:00-12:45 LunchtimeFitball Wendy	12:00-12:45 LunchtimeYoga Mike	10:30-11:30 Yoga Mike/Vanessa	
	5:30-6:30 R.I.P.E.D Brandi	5:30-5:55 Core Express 6:00-6:55 Zumba Martha	5:30-6:30 MuscleMadness Linda	5:15-6:00 Cycle Express Patty		12:00-2:00 PreNatal Yoga \$15/drop in Anna No class 5/26	
6:00	6:00-7:00 Cycling Bruce	6:30-7:30 Cycling Julie	6:00-7:00 Cycling Bruce	6:00-6:55 Pilates Mat Julie			
7:00	7:00-8:15 Flow Yoga Gaerda	7:00-8:00 Relax & Renew Yoga Eve	7:00-9:00 PreNatal Yoga \$15/drop in Anna	7:00-8:00 Flow Yoga Nathalie			



**Columbia Athletic Clubs-Juanita Bay • 11450 98th Ave NE Kirkland 98033
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Group Exercise Class Descriptions

Bootcamp: Test your edge with strength, cardio intervals, and core in this class designed to take your workout to the next level. Every class will be different and utilize battle ropes, jamballs, superbands, kettlebells, and more. Space is limited.

Circuit and Stretch: This class is a 30 minute total body workout moving quickly from one exercise to another using a variety of equipment. A 15 minute total body stretch follows the workout. All levels welcome.

Core Express: Work your abs, back and more in this 25 minute express class. This class is open to all levels and is a great add-on before or after your cardio workout

Cycling: Ride through simulated terrain on Lemond Revmaster cycles in our cycling studio. New participants should arrive 15 min early for proper bike set up. All levels!

Flow Yoga: An active style of yoga linking one movement into the next with breath. This class includes standing postures, abs, hip openers, relaxation and more! Suitable for all levels.

Friday Mix: Using a variety of formats this class will give you a great total body workout. The workout will be different week to week and may include step, bosu, weights, mat work and more!

Gentle Yoga: The name says it all. This class takes a gentler approach giving modifications as you work on flexibility, balance and strength.

Kickbox: Kick, punch, and groove the calories away in this action-packed, fun, safe and effective cardiovascular class. No equipment used. All levels.

Muscle Madness: This class concentrates on muscular strength/endurance, core and balance using a variety of equipment. Moving quickly from one exercise this class will work the whole body. No cardio component in this class.

MuscleBlast: High intensity bootcamp style class with cardio intervals on and off the step mixed with strength training!

Pilates: With an emphasis on breath, core conditioning and body awareness, pilates is a safe and effective way to stretch, strengthen and streamline the body without adding bulk or stressing joints.

Relax and Renew Yoga: De-stress and rejuvenate your mind and body with this class featuring fully supported poses held for longer periods of time. Experience the deep relaxation and stretching benefits of yoga in this format.

R.I.P.P.E.D: This class is a high energy workout that masterfully combines an easy, yet effective cardio routine interlaced with weights and resistance. All levels.

Sport Conditioning: Using a variety of equipment, this athletic workout will increase agility, muscle strength and more. Meets in the basketball gym.

Tai Chi: Ancient Chinese exercises that help reduce stress, increase stamina and improve coordination.

(TBC) Total Body Conditioning: A conditioning class focusing on muscular endurance, strength and toning for the entire body. Balance training and short cardio bursts may be included. All levels.

WillPower & Grace: Blending several disciplines this class is a total body workout performed barefoot and equipment free! You will get the benefits of a cardio/sculpt class, the discipline of Pilates and the self awareness of yogs all in one class. All levels.

Yoga: Our yoga classes offer a variety of styles. Each class provides a strong foundation challenging the entire body. All levels.

Young at Heart: A workout designed to improve balance, strength, endurance, and flexibility for more mature members or those who want a gentler workout.

20/20/20: Class format changes every 20 minutes. Segments may include, hi-lo, step, Bosu, interval work, strength, core and more. Something for everyone! All levels.

ZUMBA: ZUMBA is a Latin dance inspired workout that is taking the world by storm! This is a great cardio workout that can be adapted to all levels. No dance skills required!