



TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.	Aerobics Studio	5:30-6:45 a.m. Indoor Cycling Chris	5:30-6:30 a.m. Total Body Conditioning Chris	5:30-6:45 a.m. Cycle Flex Mark	5:30-6:30 a.m. BOSU C.S.I. Chris	5:30-6:45 a.m. Indoor Cycling Debbie		
	Yoga Studio					8:15-9:15 a.m. Cardio Step Fusion Lesley	9-10:15 a.m. Cardio Step Fusion Maria <i>Aerobics Studio</i>	9-10:15 a.m. Yoga for Everyone Karen <i>Yoga Studio</i>
8:15 a.m.	Aerobics Studio		8:25-9:25 a.m. Cardio Step Sue	8:15-9:15 a.m. Zumba Lynelle	8:25-9:25 a.m. Cardio Step Sue	8:15-9:15 a.m. Cardio Step Fusion Lesley	9-10:15 a.m. Hot Vinyasa Yoga Chris <i>Yoga Studio</i>	9:15-10:15 a.m. Flex in the City TBA <i>Aerobics Studio</i>
8:30 a.m.	Yoga Studio	8:20-9:20 a.m. Gentle Yoga Tamara	8:15-8:55 a.m. Dynamic Stretch Cheri	8:20-9:20 a.m. Gentle Yoga Tamara		9:00-10:00 a.m. Senior Conditioning Mary	12-12:50 p.m. Pilates Mat Jenna <i>Yoga Studio</i>	10:30-11:30 a.m. Cycle Flex Lisa/Mark <i>Aerobics Studio</i>
	Multipurpose Room	8:30-9:30 a.m. Yoballates Lynelle	8:30-9:30 a.m. Zumba Gold Lynelle	8:30-9:30 a.m. Senior Conditioning Mary				
9 a.m.	Yoga Studio		9-9:45 a.m. Tai Chi Jerome		9-9:45 a.m. Tai Chi Jerome	9:30-10:30 a.m. Flex in the City John		
9:30 a.m.	Aerobics Studio	9:30-10:30 a.m. Flex in the City John		9:30-10:30 a.m. Cycle Circuit John				
	Multipurpose Room				9:30-10:30 a.m. Zumba Lynelle	10:00-11:30 a.m. Int/Adv Hot Vinyasa Heather		
10 a.m.	Yoga Studio		10-10:50 a.m. Pilates Mat Nancy		10-10:50 a.m. Pilates Mat Nancy			
10:30 a.m.	Yoga Studio	10:30-11:30 a.m. Int/Adv Vinyasa Yoga Heather		10:30-11:30 a.m. Int/Adv Vinyasa Yoga Heather		10:40-11:30 a.m. John's Boot Camp John		
	Aerobics Studio	10:40-11:30 a.m. Cycle Circuit John		10:40-11:30 a.m. BOSU C.S.I. John				
11 a.m.	Aerobics Studio		11 a.m.-12 p.m. Indoor Cycling Shannon		11 a.m.-12 p.m. Indoor Cycling Shannon			
11:30 a.m.	Yoga Studio		11:30-12:30 p.m. Hot Power Hour Yoga Camron		11:30-12:30 p.m. Power Hour Yoga Camron			
12 p.m.	Yoga Studio	12:00-1:00 p.m. Hatha Yoga Tamara		12:00-1:00 p.m. Hatha Yoga Tamara				
	Aerobics Studio		12:15-1:15 p.m. Step Circuit Kim		12:15-1:15 p.m. Cardio Jam Kim			
4:15 p.m.	Multipurpose Room							
	Yoga Studio	4:30-5:45 p.m. Vinyasa Yoga Camron						
5 p.m.	Aerobics Studio	5-6 p.m. Step Fitness Maria		5-6 p.m. Step Fitness Kim				
	Yoga Studio		5:05-5:55 p.m. Pilates Mat Jenna		5:05-5:55 p.m. Pilates Mat Jenna			
6 p.m.	Aerobics Studio					6:30-7:30 p.m. Candlelight Yoga Elisa		
6:30 p.m.	Yoga Studio	6:30-7:45 p.m. Hot Vinyasa Yoga Camron						



Program Fees

Family Membership: \$45 per month
Single Membership: \$35 per month

For one monthly fee, GPX includes more than 50 Fitness Classes per week

*Step
Indoor cycling
Yoga
Pilates Mat
Water Aerobics
and More!*

Class Drop-In Fees	
60-minute Aerobics	\$6.00
75-minute Aerobics	\$6.50
Indoor Cycling	\$7.50
John's Boot Camp	\$6.00
60-minute Yoga	\$10.00
75-minute Yoga	\$12.00
90-minute Yoga	\$14.00
Pilates Mat	\$12.00
Yoballates	\$9.00
Water Aerobics	\$7.00

NO SIGN UP NECESSARY

WATER AEROBICS

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 a.m.	Competition Pool	8-9 a.m. Deep H2O Challenge Sue A.		8-9 a.m. Deep H2O Challenge Sue A.		8-9 a.m. Deep H2O Challenge Deanna
9 a.m.	Recreation Pool	9-10 a.m. Aqua Fit Sue A.		9-10 a.m. Aqua Fit Sue A.		9-10 a.m. Aqua Fit Deanna
9:45 a.m.	Recreation Pool		9:45- 11 a.m. Aqua Fit Teresa			

AEROBICS CLASSES

BOSU C.S.I.

There is no crime scene here—only cardio strength intervals (CSI) that combine the energizing effects of cardio and weight training using the BOSU ball.

Cycle Circuit

This energetic class offers a combo of weights, cardio and abs for a full body workout.

Indoor Cycling

A dynamic, low-impact workout that burns calories and gets your heart pumping.

Cycle Flex

Challenge your cardiovascular and muscular system with a whole body experience of indoor cycling sculpting, toning and burning fat.

Dynamic Stretch

Increase your range of motion, flexibility and balance with this all encompassing stretch class.

Flex in the City

This strength training class uses bands, BOSU balls, steps, free weights and body bars, along with continuously intense movements.

John's Boot Camp

Be prepared to push your body to the max in an interval class led by "drill sergeant" John. This is definitely an advanced class.

Kickbox Cardio

Kick & jab your way into unbelievable shape! With fun, fast music, your arms and legs will be burning and your heart will be pumping.

Pedal, Pump and Pose

Burn fat, build muscles and enjoy the benefits of yoga. After two cycles of spinning and strength conditioning, we will end the class with a long yoga session to restore and refresh for the weekend.

Step

This class incorporates step aerobics with high energy, great music and fun in the perfect formula to make you sweat.

Senior Conditioning

Includes muscular strength, endurance exercises, cardiovascular training and a complete stretching regime.

Weight Loss Workout

Each class includes cardio, strength, corework and plyometrics.

Zumba

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program.

Zumba Gold

A lower intensity version of Zumba taught at a slower pace.

MIND & BODY CLASSES

Candlelight Yoga

Step into the soft glow of candlelight and soothe your body, soul and mind as you are led through a series of calming and fluid yoga poses.

Gentle Yoga

Yoga designed to accommodate past injuries, muscle or joint imbalances and restricted movements.

Hatha Yoga

Hatha is a slow-paced, meditative and gentle form of yoga.

Hot Power Hour/Hot Vinyasa

These detoxifying and strengthening yoga classes take place in a room heated to approximately 80-90 degrees.

Kid/Teen Yoga (12-17 year olds)

Designed to improve body image, awareness, confidence and flexibility.

Pilates Mat

Pilates mat work is a series of more than 30 floor exercises designed to strengthen various muscles through flexing, extending and twisting motions of the spine.

Tai Chi

Using slow and purposeful movements, tai chi focuses on balance, coordination and taking control of the body.

Yoballates

An invigorating fusion of yoga, ballet and Pilates.

Yoga for Everyone (12 year olds and up)

This class is exactly what it says, yoga for everyone. Bring the whole family to release tension, increase flexibility and calm the mind.

Vinyasa

By integrating breath with each movement, the focus is placed on the journey between the postures, not just the postures themselves.



GPX PROGRAM Schedule

2010



BELLEVUE CLUB