

FITNESS CLASSES EFFECTIVE March 1, 2018

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerobics Studio	5:30-6:45am Power Cycling Chris	5:30-6:30am Ultimate Fitness Chris	5:30-6:45am Power Cycling Shannon T.	5:30-6:30am Ultimate Fitness Chris	5:30-6:30am Indoor Cycling Victoria	7:30-8:45am Power Cycling Chris/Aerobics Studio	9:00-10:15am Vinyasa (Level 1) Karen/Yoga Studio
Yoga Studio		5:30-6:30am Strength & Stretch Victoria	6:30-7:30am Vinyasa (All Levels) Cristina		6:30-7:30am Vinyasa (All Levels) Mary Ann	8:00-9:00am Booty Barre Mary Ann (MP)	9:30-10:30am Booty Barre Mary Ann (MP)
Aerobics Studio	7:00-8:00am Super Circuit Laura	7:00-8:00am Cycle Six Pack Sabine	7:00-8:00am Super Circuit Laura	7:00-8:00am Cycle Six Pack Sabine	7:00-8:00am Super Circuit Laura	9-10:15am Rizzmic Amber	11:00am-12:15pm Hot Vinyasa (All Levels) Nicky
Multipurpose Room (MP)			6:00-7:00am Booty Barre Sculpt Nancy		6:00-7:00am Booty Barre Mary Ann	Aerobics Studio 9-10:15am Hot Vinyasa (All Levels) Chris	Yoga Studio 10:15-11:30am Cycle Core and Strength Lisa/Caroline
Aerobics Studio	8:15-9:15am Ultimate Fitness Laura	8:25-9:25am Cardio Step Deb	8:15-9:15am Ultimate Fitness Laura	8:25-9:25am Cardio Step Nisa	8:15-9:15am Ultimate Fitness John	Yoga Studio 10:30-11:45am Vinyasa (All Levels) Lisa	Aerobics Studio 12:30-1:30pm Restorative Flow Nicky
Yoga Studio	8:15-9:15am Gentle Yoga Tamara		8:15-9:15am Gentle Yoga Tamara		8:15-9:30am Vinyasa (Level 1) Tamara	Yoga Studio	Yoga Studio
Yoga Studio	9:30-10:15am Power Vinyasa Nicky	8:45-9:45am Yoga Conditioning Caroline		8:45-9:45am Yoga Conditioning Caroline		12:00-1:00pm Core & More Tien	
Multipurpose Room (MP)	8:30-9:30am Yoballates Lynelle		8:30-9:30am Senior Conditioning Mary	8:25-9:25am Yoballates Lynelle	8:55-9:55am Senior Conditioning Mary		4:30-6:00pm Yin Yoga Nicky
Yoga Studio/Gym		8:30-9:30am Zumba Gold Lynelle GYM	9:30-10:20am Pilates Mat Nancy Yoga Studio				
Aerobics Studio	9:30-10:30am Flex in the City Caroline	9:30-10:30am Exert Katie	9:30-10:30am Cycle Circuit Intervals Caroline	9:45-10:45am Intermediate Zumba Gina	9:30-10:30am Flex in the City John	1:15-2:15pm Core & More Tien	
Multipurpose Room (MP)	10:00-11:00am Booty Barre Nancy	9:30-10:45am Barrecore Karen	10:00-11:00am Booty Barre Mary Ann		10:00-11:00am Booty Barre Sculpt Nancy	Aerobics Studio	
Yoga Studio	10:30-11:30am Vinyasa (All Levels) Heather	10:00-11:00am Pilates Mat Nancy	10:30-11:30am Vinyasa (All Levels) Heather	10:00-11:00am Pilates Mat Nancy	10:30-11:45am Hot Vinyasa (Level 2) Heather		
Aerobics Studio	10:40-11:40am Spin and Tone Zone Laura	11:00-12:00pm Indoor Cycling Laura		11:00-12:00pm Indoor Cycling Laura	10:40-11:30am Step Plus John		
Multipurpose Room (MP)	11:15-12:15pm Foam Rolling Nancy	12:15-1:15pm Extend Katie		11:10-12:10pm Booty Barre Nancy	11:10-11:55am Senior Yoga Tamara		
Yoga Studio	12:00-1:00pm Hatha Nicky	11:30-12:30pm Hot Vinyasa (Level 2) Heather	12:00-1:00pm Yoga Conditioning Tamara	12:00-1:00pm Vinyasa (Level 2/3) Nancy	12:00-1:00pm Vinyasa (All Levels) Nicky		
Aerobics Studio	12:00-1:00pm Ultimate Fitness Justin	12:15-1:15pm Total Body Torch Stacy	12:00-1:00pm Ultimate Fitness Justin		12:00-1:00pm Ultimate Fitness Justin		
Multipurpose Room (MP)					12:00-1:00pm Yoga for Beginners Tamara (MP Room)		
Yoga Studio	1:00-2:00pm Pilates Mat Nancy	4:00-4:45 Slow Flow Yoga Caroline		4:00-4:45 Slow Flow Yoga Caroline	1:15-2:30pm Pilates & Foam Rolling Nancy		
Aerobics Studio		5:30-6:30pm HIIT Strength Tien	5:00-6:00pm Rizzmic Amber	5:30-6:30pm HIIT Strength Lisa			
Yoga Studio	5-6:15pm Yin Yoga Cristina	5:00-6:00pm Pilates Mat Nancy	5-6:15pm Yin Yoga Cristina	5:00-6:00pm Pilates Mat Nancy			
Multipurpose Room (MP)				5:30-6:30pm Barre Tighten & Tone Caroline			
Aerobics Studio	6:00-7:00pm Indoor Cycling Kelly S.	6:30-7:30pm Core & More Tien	6:00-7:00pm Indoor Cycling Lisa	6:30-7:30pm Core & More Tien			
Yoga Studio	6:30-7:45pm Hot Vinyasa (Level 2) Cristina	6:30-7:30pm Restorative Flow Brielle	6:30-7:30pm Vinyasa (All Levels) Cristina	6:30-7:30pm Hot Power Vinyasa Nicky			
Aerobics Studio	7:15-8:15pm Cardio Kick & Sculpt Carrie						

Program fees per month:

Family Membership: \$66.00
Single Membership: \$47.25
tax not included

For one monthly fee, GPX includes more than 90 Fitness Classes Per Week!

NON-GPX Members Drop-In Fees	
30-minute Aerobics	\$4.25
60-minute Aerobics	\$7.25
75-minute Aerobics	\$7.75
60-minute Indoor Cycling	\$9.00
75-minute Indoor Cycling	\$10.25
45-minute Yoga	\$7.25
60-minute Yoga	\$11.50
75-minute Yoga	\$13.50
90-minute Yoga	\$15.50
Meditation	\$6.00
Senior Yoga	\$7.50
Pilates Mat	\$14.00
Yoballates	\$10.50
Water Aerobics	\$7.25
Barre-X	\$22.00

NO SIGN UP NECESSARY
NON GPX Member fees apply

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Competition Pool	8-8:50am Deep Liquid Intervals Deanna		8-8:50am Deep Liquid Intervals Melanie		8-8:50am Deep Liquid Intervals Deanna
Recreation Pool	9-9:50am Shallow Liquid Intervals Deanna		9-9:50am Shallow Liquid Intervals Melanie		9-9:50am Shallow Liquid Intervals Deanna

AEROBICS

ABC-FIT

This dynamic class combines Abs, Balance and Cardio to get you FIT. The instructor incorporates basic step moves, cycling, and cardio bosu with strength, balance and concentrated ab work. Guaranteed one hour of total body fitness.

CARDIO KICK AND SCULPT

Amp up your cardio with kicks, jabs, hooks, and uppercuts, then get your strength on with some weight work. This class is half cardio and half strength to give you a full-body workout. All levels welcome.

CARDIO STEP FUSION

Step at its finest! The instructor will combine fun step combos with light weight intervals to keep your body fit and toned.

CORE CONTROL

A dynamic core conditioning class incorporating Pilates-based exercises that stabilize your spine and sculpt lean muscle. This workout helps prevent injury by protecting your back and improves athletic performance by increasing power transfer efficiency.

CORE AND MORE

Using your own body weight, hand weights and resistance bands, our fitness pro will give you expert alignment cues while she guides you through a non-stop workout designed to improve your posture, balance, alignment and functional strength.

CYCLE CORE AND STRENGTH

60 minutes of non-stop cycling combining endurance, sprint and speed work followed by abdominal and upper body strength exercises.

CYCLE CIRCUIT INTERVALS

This class combines speed and interval work on the bike and whole body weight work for 60 minutes.

CYCLE SIX PACK

New cutting-edge hybrid class designed to improve fitness, flexibility and core strength. This class combines an intense 30 minutes of cardio training on the bike and 30 minutes of Pilates and yoga on a mat. No yoga or Pilates experience needed.

EXERT

Exert is a full body heart pumping training that incorporates power, quickness, agility, strength, stability and endurance.

FLEX IN THE CITY

This strength training class uses balls, free weights, body bars and dynabands, to tone and shape every body part. Great music and energy makes this power hour go by fast!

HIIT STRENGTH

This intermediate to advanced class combines high intensity body weight exercises, dumbbells, cycling and other cardio intervals.

INDOOR CYCLING

60 minutes of non-stop cycling combining endurance, sprints and speed work.

RIZZMIC™

A new American Dance Fitness Format that uses exclusively American music paired with its authentic movement. In a Rizzmic™ class you will experience such variety as hip hop, country, jazz, disco and so much more! No dance experience necessary.

SENIOR CONDITIONING

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

SPIN AND TONE ZONE

This class has 30 minutes of cycling and 30 minutes of strengthening the whole body with a variety of exercises and equipment. No class will be the same.

STEP PLUS!

A combination of basic step routines and step cardio circuits to give you a total cardio burn without all the complicated steps.

SUPER CIRCUIT

A variety of techniques and equipment are incorporated to keep things interesting and challenging for your body. You'll get your cardio and strength in one complete workout.

TOTAL BODY TORCH

This high energy workout is based on interval training principles to increase your metabolism, decrease your body fat and strengthen your heart and lungs using a mix of body weight exercises and strength training.

ULTIMATE FITNESS

The ultimate calorie burning, muscle pumping class designed to push you to the limits. Every class is designed to maximize your endurance and strength.

ZUMBA® INTERMEDIATE

Take the "work" out of workout by mixing low high-intensity moves for an interval-style, calorie-burning dance fitness party.

ZUMBA® GOLD

Perfect for active adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

BARRE-X

BARRE TIGHTEN AND TONE

Designed to firm, tighten and tone muscles and realign the body without adding bulk through intense isometric exercises. Feel the burn!

BOOTYBARRE™

Developed by world renowned fitness expert Tracey Mallett. This class fuses fitness techniques from Pilates, ballet, calisthenics and yoga.

BOOTY BARRE SCULPT

Booty Barre Sculpt is a dynamic total body workout utilizing the Booty Barre concept with a cuff and resistance band. The cuff, secured on either the hand or foot helps you experience fluid movement and flow with resistance while performing functional strength movements.

EXTEND

This class combines traditional barre with various strengthening and lengthening techniques. You will not only sweat, but you'll have fun doing so. Come groove to the electrifying music with us!

MIND & BODY

YOGA FOR BEGINNERS

This class is perfect for those newer to yoga. Instructors will spend time breaking down the basics of the practice, including terminology, alignment, fundamental poses and breath work.

GENTLE YOGA

Aligning the physical and mental, this practice focuses on gentle movement for extended periods of time. Remaining grounded throughout the practice on the mat, it allows for a healing, nurturing yoga class.

SLOW FLOW YOGA

Slow down and deepen your yoga practice. With a slower pace, there's time to refine alignment, focus on the quality of your transitions, and connect with your breathing.

SENIOR YOGA

Participants choose to practice standing with the help of a chair back or seated. Great for protecting injuries including back, knee, hip and shoulders.

VINYASA YOGA

Vinyasa yoga is a style of hatha (physical) yoga. In vinyasa yoga, the breath is linked with movement to create a mindful and conscious flow through yoga poses. This practice provides a safe and fun way to strengthen and stretch the body, and improve cardiovascular and nervous systems.

- **Level 1** This class focuses on basic alignment and fundamental poses.
- **Level 2** An intermediate progression, this class is for the yogi looking to take their practice to a new level.
- **Level 2/3** The most advanced class offered. Recommended for students with previous yoga experience. Challenging postures are explored in depth with modifications offered as needed.
- **All levels** This practice provides variations for everyone. It is suitable for beginners but will offer challenges for seasoned yogis.

YIN YOGA

Yin Yoga consists of a series of long-held, passive floor poses. This relaxing style of yoga, often referred to as the "the other half", opens and releases connective tissue, tendons and ligaments. The poses are held for 4 to 5 minutes using various props to support the body.

YOGA CONDITIONING

These supplemental conditioning classes offer a chance to strengthen the body in ways that allow practitioners to grow their practice and progress to different levels.

YOBALLATES

A blend of Barre and Pilates exercises with yoga stretches to finish, this fusion class is designed to increase your strength and flexibility using just your own body weight for resistance. Great for all fitness levels.

FOAM ROLLING

Learn foam rolling (self-myofascial release) techniques. Using the foam roller as part of your training program will improve your flexibility, function, performance, and reduce injuries. Benefits include improved joint range of motion and reduce muscle tightness.

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.

WATER AEROBICS

DEEP LIQUID INTERVALS

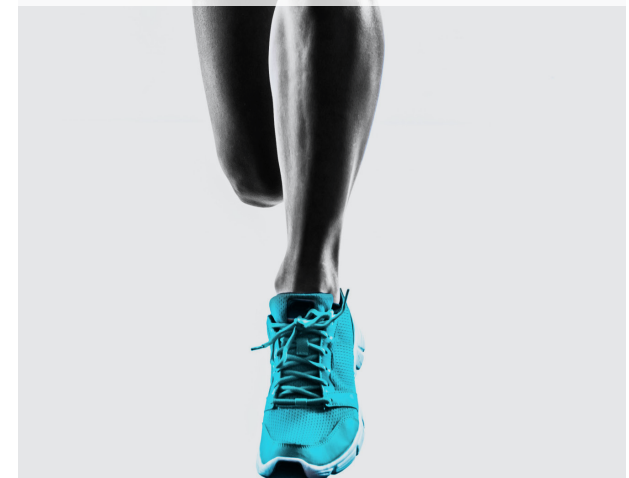
This class incorporates high intensity exercises alternating with core and strength building segments, using various buoyant equipment, in the waters natural resistance for optimal training. Zero Impact on your joints. All classes can be modified to fit any fitness level.

SHALLOW LIQUID INTERVALS

Great cardio mixed with balance, core, and muscle building segments. Low impact on your joints, but great for strength, endurance, and burning calories. Hand buoys are used. All classes can be modified to fit any fitness level.



GPX & BARRE-X CLASS SCHEDULE



BELLEVUE CLUB