

Group Fitness Classes Effective February 10, 2019

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerobics Studio	5:30-6:45am Power Cycling Chris	5:30-6:30am Ski Conditioning Chris	5:30-6:45am Power Cycling Shannon P.	5:30-6:30am Ski Conditioning Chris	5:30-6:30am Indoor Cycling Victoria	7:30-8:45am Power Cycling Chris	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) Mallory	5:30-6:30am Strength & Stretch Victoria	6:30-7:30am Vinyasa (All Levels) Cristina	8:00-9:00am Booty Barre Mary Ann (MP)	9:30-10:30am Booty Barre Mary Ann (MP)
Aerobics Studio	7:00-8:00am Athletic Conditioning Laura	7:00-8:00am Cycle Fusion Sabine	7:00-8:00am Athletic Conditioning Laura	7:00-8:00am Cycle Fusion Sabine	7:00-8:00am Athletic Conditioning 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	9:10-15am Hot Vinyasa (All Levels) Chris	10:15-11:30am Cycle Core and Strength Lisa
Aerobics Studio	8:15-9:15am Ultimate Fitness Laura	8:15-9:15am Cardio Step Palina	8:15-9:15am Ultimate Fitness Laura	8:30-9:30am Cardio Step Nisa	8:15-9:15am Ultimate Fitness John	10:30-11:30am Vinyasa (All Levels) Heather	12:30-1:30pm Restorative Flow Nicky
Yoga Studio	8:15-9:15am Gentle Yoga Tamara	8:45-9:15am Mini Vini Caroline	8:15-9:15am Gentle Yoga Tamara	8:45-9:15am Mini Vini Caroline	8:15-9:30am Vinyasa (Level 1) Tamara	12:00-1:00pm Core & More Tien	
Yoga Studio		9:15-9:45 Strength & Balance Caroline		9:15-9:45 Strength & Balance Caroline			
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 Long and Lean Laura	9:30-10:30am Exert Katie	9:30-10:30am Long & Lean Morgan	9:45-10:45am 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 Barre Intervals Nancy	9:30-10:45am Barrecore Palina	10:00-11:00am Booty Barre Mary Ann		10:00-11:00am Barre Intervals Nancy		
Yoga Studio	10:30-11:30am Vinyasa (All Levels) Nicky	10:00-11:00am Pilates Mat Nancy	10:30-11:30am Vinyasa (All Levels) Mallory	10:00-11:00am Pilates Mat Nancy	10:30-11:45am Hot Vinyasa (Level 2) Nicky		
Aerobics Studio	10:45-11:45 Cycle Fusion Laura	11:00-12:00pm Indoor Cycling Laura	10:45-11:45 Cycle Fusion Rachel	11:00-12:00pm Indoor Cycling Laura	10:45-11:45 Cardio Step John		
Multipurpose Room (MP)	11:15-12:15pm Foam Rolling Nancy	12:15-1:15pm Extend Katie	11:15am-12:15pm Yoga Sculpt Morgan	11:10-12:10pm Barre Intervals Nancy	11:10-11:55am Senior Yoga Tamara		
Yoga Studio	12:00-1:00pm Hatha Nicky	11:30-12:30pm Hot Vinyasa (Level 2) Mary Ann	12:00-1:00pm Yoga Core Tamara	12:00-1:00pm Vinyasa (All Levels) Julia	12:00-1:00pm Vinyasa (All Levels) Nicky		
Aerobics Studio	12:00-1:00pm Ultimate Fitness Justin		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	1:15-2:00pm Pilates Express Nancy	4:00-4:45 Slow Flow Yoga Caroline		4:00-4:45 Slow Flow Yoga Caroline	1:15-2:30pm Pilates Roll & Release Nancy		
Aerobics Studio		5:30-6:30pm Ski Conditioning Tien	5:00-6:00 Rizzmic Christine	5:30-6:30pm Ski Conditioning Lisa			
Yoga Studio	5-6:30pm Yin Yoga Cristina	5:00-6:00pm Candlelight Pilates Nancy	5-6:15pm Yin Yoga Cristina	5:00-6:00pm Candlelight Pilates Nancy			
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			6:30-7:30pm Vinyasa (All Levels) Cristina	6:30-7:30pm Hot Vinyasa Nicky			
Multipurpose Room (MP)	6:15-7:15pm Kickboxing Edwin			6:15-7:15pm Kickboxing Edwin			

Program fees per month:
Family Membership: \$66.00
Single Membership: \$47.25
tax not included
For one monthly fee, GPX includes more than 100 Fitness Classes Per Week!

NON-GPX Members Drop-In Fees

60-minute Aerobics	\$7.25
75-minute Aerobics	\$7.75
60-minute Indoor Cycling	\$9.00
75-minute Indoor Cycling	\$10.25
60-minute Yoga	\$11.50
75-minute Yoga	\$13.50
90-minute Yoga	\$15.50
Senior Yoga	\$7.50
Pilates Mat	\$14.00
Yoballates	\$10.50
Deep/Shallow Liquid Intervals	\$7.25
Barre	\$22.00

NO SIGN UP NECESSARY
NON GPX Member fees apply

Group exercise classes are available to members 12 years of age and older and 7 to 11 years of age when accompanied by an adult.

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

AEROBICS

ATHLETIC CONDITIONING

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.

CARDIO STEP

An energetic, non-stop step aerobics class to get your heart rate up. Time flies by as you focus on fun choreography on a step bench.

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 FUSION

A blend of cycling intervals, strength, core, and stretching. Every class is designed to improve your stamina, strength, and core.

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.

LONG AND LEAN

This workout blends high intensity cardio segments and flowing strength-building moves to give you long, lean muscles. It also improves balance, stability, flexibility and posture.

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.

STRENGTH AND STRETCH

Energize your body with this class that combines functional training, core work and stretching that will release tension and increase your flexibility.

TOTAL BODY TORCH

This high energy workout will strengthen all your major muscle groups using hand weights and your own body weight.

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 INTERVAL

This class will chisel your muscles, kick your core and rev up your metabolism using interval training mixed with barre, weights, bands, balls and floor exercises.

BARRECORE

This class blends barre exercises and functional core training. You'll get a comprehensive workout as you build lean muscles throughout the core, legs and upper body using small, isolated movements.

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 dance-based class is a combination functional movement and barre technique to give you the perfect balance for your body. Begin with easy-to-follow dance cardio to get your heart rate up followed by strengthening exercise to tone your body.

MIND & BODY

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.

HATHA YOGA

Hatha yoga balances the mind and body via physical postures or "asanas," controlled breathing and meditation. Asanas teach poise, balance, strength and flexibility and are practiced to improve the mind and body.

MINI VINI

Short on time? Stop by for a focused shortened vinyasa practice.

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.

PILATES EXPRESS

Short on time? No problem! This is a focused, Pilates mat quick core workout.

PILATES ROLL AND RELEASE

A unique combination of Pilates mat exercises and self massage/myofascial release using the foam roller. This class will help you gain strength, balance and core control and leave you feeling strong and stretched.

RESTORATIVE FLOW

This class focuses on a calming flow of grounded, gentle and therapeutic yoga poses that help the body unwind and remove tension.

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.

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.

STRENGTH & BALANCE

Improve your stability and strength with this non yoga-based balance class.

VINYASA YOGA

Vinyasa yoga is a style of hatha (physical) 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.

- **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 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.

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.

YOGA CORE

This a slower paced yoga flow workout to fine-tune your alignment while practicing strength-building poses for the core, upper and lower body. Appropriate for all levels.

WATER AEROBICS

DEEP LIQUID INTERVALS

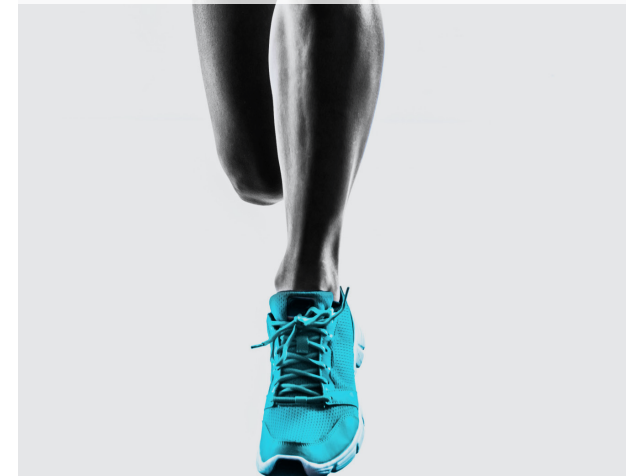
This class incorporates high intensity exercises alternating with core and strength building segments, using various buoyant equipment, in the water's natural resistance for optimal training. Zero Impact on your joints. All classes can be modified to fit any fitness level.

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