

## 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 STEP FUSION

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

### CYCLE CIRCUIT INTERVALS

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

### 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 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.

### DRENCHED

A heart pumping class that combines functional movement and strength moves to upbeat music.

### 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.

### SENIOR CONDITIONING

Includes muscular strength, endurance exercises, cardiovascular 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. Keep your body guessing!

### STEP PLUS!

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

### 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.

### 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.

### ZUMBA

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

### 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, The Booty Barre™ class is unique, fun and high energy. It fuses fitness techniques from Pilates, ballet, calisthenics and yoga. This helps to create balance, posture, body awareness, flexibility and cardiovascular endurance.

#### BOOTY BARRELESS

A barre class without the barre! Prepare for a fusion style class with a true foundation of Pilates. You will experience a mind body connection fused with Pilates and Yoga. This format will help you focus on control with increasing flexibility to improve your overall strength.

#### 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

#### BALANCE WITH STRENGTH

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

### CORE AND MORE

This Pilates infused mat class teaches specific exercises that will isolate core muscle groups in order to achieve a toner, leaner, and stronger core. Strengthen all the muscles in your abdomen and back to reduce pain and enhance your posture.

### GENTLE YOGA

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

### HATHA YOGA

Hatha yoga attempts to balance mind and body via physical postures, controlled breathing, and the calming of the mind. Learn poise, balance, strength and flexibility.

### HOT POWER HOUR

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

### PILATES MAT

Pilates mat work is a series of more than 30 floor exercises. This class develops deep core strength and endurance. Light dumbbells and rings are used to enhance your workout.

### RISE AND SHINE YOGA

Wake up to a yoga practice that creates a thoughtful rhythm of movement through classical yoga postures. This class strengthens the body and improves concentration for the day ahead.

### SLOW VINYASA FLOW

This class is perfect for students seeking to explore and refine basic postures but willing to break down and discover the possibilities involved in mid-level asana practice.

### VINYASA YOGA

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

### YOBALLATES: THE BEST OF BALLET, PILATES & YOGA!

Class based from the fundamentals of ballet technique with a strong focus on core balance, strength & stability; as well as proper body alignment & posture. Exercises are concentrated movements performed at the barre for various levels of fitness. Pilates & Yoga are incorporated to improve core strength & overall flexibility.

### YOGA CORE

This class blends the benefits of yoga and Pilates to achieve stronger alignment, all the while helping support a

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**CLASS AGE RESTRICTIONS:** GPX, Group Exercise Classes & Yoga: 12 and older, 7-11 years when accompanied by an adult.

**BARRE-X CLASSES:** Class size limited to 20 people. Due to class size limitations, please be respectful of others and refrain from taking two classes back to back. Classes are done barefoot, but feel free to wear shoes if you have foot issues Please make sure to sign into every class. Classes will be cancelled if there is low attendance.

healthy spine by strengthening deep core muscles.

### YOGA FOR EVERYONE

Ages 12-100 can attend this class and find benefits in flexibility, relaxation, balance and strength. Great care is taken in demonstrating poses.

### YOGA FOR GOLF

Improve your swing, strength and overall performance on the course with yoga. Come learn the techniques the pros use to help improve their game with balance, breath and flexibility.

### YOGA UPRIGHT

A gentle yet effective practice for participants unable to participate in a regular class format. Participants choose to practice standing with the help of a chair back or seated. Great for protecting injuries including back, knee, hip and shoulders.

### YIN YOGA

A calm practice focusing on deep tissue stretching. Ideal for injury prevention and rehabilitation, stress reduction, tension relief and flexibility.

### YIN-YASA YOGA

Moderately paced movements of classical yoga postures are practiced in synchronization with the breath to relieve tension and tightness in the muscles followed by seated classical postures held for 1-2 minutes to allow the mind and body to become settled. Props are utilized to accommodate every body type and flexibility level.

### YIN YOGA FOR HIPS & BACKS

Slow style class that targets the connective tissues of the hips and low back improve circulation, healing, and to reduce tension.

### 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

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Aerobics Studio	<b>Cycle Core and Strength</b> Chris	<b>Ultimate Fitness</b> Chris	<b>Cycle Core and Strength</b> Shannon T.	<b>Ultimate Fitness</b> Chris	<b>Indoor Cycling</b> Victoria	<b>Cycle Core and Strength</b> Chris/Aerobics Studio	<b>Yoga for Everyone</b> Karen/Yoga Studio
6am	Yoga Studio			<b>Rise and Shine Yoga</b> Cristina		<b>Rise and Shine Yoga</b> Cristina	<b>Booty Barre</b> Maryann (MP)	<b>Booty Barre</b> Karen/Maryann (MP)
	Aerobics Studio		<b>7:00-8:00am</b> <b>Cycle Six Pack</b> Sabine		<b>7:00-8:00am</b> <b>Cycle Six Pack</b> Sabine	<b>7:00-8:00am</b> <b>Drenched</b> Missy	<b>9-10:15am</b> <b>Rizzmic</b> <b>Amber</b> Aerobics Studio	<b>11:00-12:00pm</b> <b>Hot Vinyasa</b> Nicky
6-8am	Multipurpose Room (MP)	<b>6:00-7:00am</b> <b>Booty Barre</b> Maryann		<b>6:00-7:00am</b> <b>Booty Barre Sculpt</b> Nancy		<b>6:00-7:00am</b> <b>Booty Barre</b> Nancy	<b>9-10:15am</b> <b>Hot Vinyasa Yoga</b> Chris	<b>10:15-11:30am</b> <b>Cycle Core and Strength</b> Lisa/Caroline
8:15/8:30am	Aerobics Studio	<b>8:15-9:15am</b> <b>Ultimate Fitness</b> Justin	<b>8:25-9:25am</b> <b>Cardio Step</b>	<b>8:15-9:15am</b> <b>Ultimate Fitness</b> Justin	<b>8:25-9:25am</b> <b>Cardio Step</b> Dana		<b>10:30-11:30am</b> <b>Yoga Studio</b>	<b>4:30-6:00pm</b> <b>Aerobics Studio</b>
8:30am	Yoga Studio	<b>8:20-9:20am</b> <b>Gentle Yoga</b> Tamara	<b>8:45-9:15am</b> <b>Yoga for Golf</b> Caroline	<b>8:20-9:20am</b> <b>Gentle Yoga</b> Tamara		<b>8:20-9:35am</b> Hatha and Meditation Tamara	<b>12:00-1:00pm</b> <b>Vinyasa Flow</b> Marva	<b>Yin Yoga</b> Zach
8:30am	Yoga Studio		<b>9:20-9:50am</b> <b>Strength with Balance</b> Caroline		<b>9:20-9:50am</b> <b>Strength with Balance</b> Caroline		<b>12:00-1:00pm</b> <b>Core &amp; More</b> Tien	<b>Yoga Studio</b>
	Multipurpose Room (MP)	<b>8:30-9:30am</b> <b>Yoballates</b> Lynelle	<b>8:30-9:30am</b> <b>Booty Barre</b> Karen	<b>8:30-9:30am</b> <b>Senior Conditioning</b> Mary	<b>8:25-9:25am</b> <b>Yoballates</b> Lynelle	<b>8:55-9:55am</b> <b>Senior Conditioning</b> Mary	<b>Yoga Studio</b>	
9am	Yoga Studio/Gym		<b>8:30-9:30am</b> <b>Zumba</b> Lynelle <b>GYM</b>	<b>9:30-10:20am</b> <b>Pilates Mat</b> Nancy <b>Yoga Studio</b>				
9:30am	Aerobics Studio	<b>9:30-10:30am</b> <b>Flex in the City</b> Missy	<b>9:30-10:30am</b> <b>Exert</b> Katie	<b>9:30-10:30am</b> <b>Cycle Circuit Intervals</b> Caroline	<b>9:30-10:30am</b> <b>Exert</b> Missy	<b>9:30-10:30am</b> <b>Flex in the City</b> John		
	Multipurpose Room (MP)	<b>10:00-11:00am</b> <b>Booty Barre</b> Nancy	<b>9:40-10:40am</b> <b>Booty Barreless</b> Karen	<b>10:00-11:00am</b> <b>Booty Barre</b> Maryann		<b>10:00-11:00am</b> <b>Booty Barre Sculpt</b> Nancy		
10am	Yoga Studio	<b>10:30-11:30am</b> <b>Int/Adv Vinyasa</b> Heather	<b>10:00-10:50am</b> <b>Pilates Mat</b> Nancy	<b>10:30-11:30am</b> <b>Int/Adv Vinyasa</b> Heather	<b>10:00-10:50am</b> <b>Pilates Mat</b> Nancy	<b>10:30-11:45am</b> <b>Hot Adv Vinyasa</b> Heather		
10:30/11am	Aerobics Studio	<b>10:40-11:40am</b> <b>Spin and Tone Zone</b> Laura	<b>11:00-12:00pm</b> <b>Indoor Cycling</b> Laura	<b>10:40-11:40am</b> <b>Drenched</b> Missy	<b>11:00-12:00pm</b> <b>Indoor Cycling</b> Laura	<b>10:40-11:30am</b> <b>Step Plus</b> John		
11/12pm	Multipurpose Room (MP)	<b>11:10am-12:10pm</b> <b>Booty Barre Sculpt</b> Nancy	<b>12:15am-1:15pm</b> <b>Extend</b> Katie		<b>11:10am-12:10pm</b> <b>Booty Barre</b> Nancy	<b>11:10-11:50am</b> <b>Yoga Upright</b> Tamara		
	Yoga Studio	<b>12:00-1:00pm</b> <b>Hatha Yoga</b> Nicky	<b>11:30-12:30pm</b> <b>Hot Power Hour Yoga</b> Heather	<b>12:00-1:00pm</b> <b>Hatha Yoga</b> Tamara	<b>11:30-12:30pm</b> <b>Yin-Yasa Yoga</b> Marva	<b>12:00-1:00pm</b> <b>Hatha Yoga</b> Nicky		
12/1pm	Aerobics Studio	<b>12:00-1:00pm</b> <b>Ultimate Fitness</b> Justin	<b>12:15-1:15pm</b> <b>Ultimate Fitness</b> Laura	<b>12:00-1:00pm</b> <b>Ultimate Fitness</b> Justin	<b>12:05-1:05pm</b> <b>Rizzmic</b> Cory	<b>12:00-1:00pm</b> <b>Ultimate Fitness</b> Justin		
	Multipurpose Room (MP)					<b>12:00-12:55pm</b> <b>Yoga Basics</b> Tamara		
1pm	Yoga Studio	<b>1:05-1:55pm</b> <b>Pilates Mat</b> Nancy				<b>1:05-1:55pm</b> <b>Pilates Mat</b> Nancy		
	Multipurpose Room (MP)							
5pm	Aerobics Studio		<b>5:15-6:10pm</b> <b>HIIT Strength</b> Tien	<b>5:00-6:00pm</b> <b>Rizzmic</b> Amber	<b>5:15-6:15pm</b> <b>HIIT Strength</b> Lisa			
	Yoga Studio	<b>5-6:15pm</b> <b>Yin Yoga</b> Cristina	<b>5:05-5:55pm</b> <b>Pilates Mat</b> Nancy	<b>5-6:15pm</b> <b>Yin Yoga</b> Cristina	<b>5:05-5:55pm</b> <b>Pilates Mat</b> Nancy	<b>5-6:15pm</b> <b>Yin-Yasa Yoga</b> Marva		
6pm	Multipurpose Room (MP)				<b>5:30-6:30pm</b> <b>Barre Tighten &amp; Tone</b> Caroline			
6:30pm	Aerobics Studio	<b>6:00-7:00pm</b> <b>Indoor Cycling</b> Kelly S.	<b>6:15-7:15pm</b> <b>Core &amp; More</b> Tien	<b>6:00-7:00pm</b> <b>Indoor Cycling</b> Lisa				
	Yoga Studio	<b>6:30-7:45pm</b> <b>Hot Vinyasa Yoga</b> Cristina	<b>6:30-7:30pm</b> <b>Yoga Core</b> Marva	<b>6:30-7:30pm</b> <b>Vinyasa Flow</b> Zach				

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
60-minute Yoga	\$11.50
75-minute Yoga	\$13.50
90-minute Yoga	\$15.50
Meditation	\$11.50
Yoga Upright	\$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**

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
8am	Competition Pool	<b>8-8:45am</b> <b>Deep Liquid Intervals</b> Deanna		<b>8-8:45am</b> <b>Deep Liquid Intervals</b> Lynelle		<b>8-8:45am</b> <b>Deep Liquid Intervals</b> Deanna
9am	Recreation Pool	<b>9-10am</b> <b>Shallow Liquid Intervals</b> Deanna		<b>9-10am</b> <b>Shallow Liquid Intervals</b> Lynelle		<b>9-10am</b> <b>Shallow Liquid Intervals</b> Deanna