



FITNESS CLASSES JANUARY 2012

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. Ski Conditioning Chris	5:30-6:45 a.m. Cycle Flex Mark	5:30-6:30 a.m. Ski Conditioning Chris	5:30-6:45 a.m. Indoor Cycling Debbie	7:30-8:45 a.m. Indoor Cycling Chris	
6 a.m.	Yoga Studio	6:15-7:15a.m. Hot Yoga 26 poses Patrick		6:15-7:15a.m. Hot Yoga 26 poses Patrick			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	8:30-9:25 a.m. Ultimate Fitness Mark	8:25-9:25 a.m. Cardio Step Sue	8:25-9:25 a.m. Cycle Circuit Mark	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>	
8:30 a.m.	Yoga Studio	8:20-9:20 a.m. Gentle Yoga Tamara		8:20-9:20 a.m. Gentle Yoga Tamara		8:20-9:20 a.m. Gentle Yoga Tamara		
	Multipurpose Room or GYM	8:30-9:30 a.m. Yoballates Lynelle	8:30-9:30 a.m. GYM Zumba Gold Lynelle	8:30-9:30 a.m. Senior Conditioning Mary		9:00-10:00 a.m. Senior Conditioning Mary	10:30-11:30 a.m. Vinyasa Yoga level 1-2 Natalie <i>Yoga Studio</i>	10:30-11:30 a.m. Cycle Flex Lisa/Mark <i>Aerobics Studio</i>
9 a.m.	Yoga Studio		9-9:45 a.m. Tai Chi Jerome	9:30-10:20 a.m. Adv. Pilates Mat Nancy	9-9:45 a.m. Tai Chi Jerome		12-12:50 p.m. Pilates Mat TBA <i>Yoga Studio</i>	11-12 p.m. Hot Yoga 26 poses Patrick <i>Yoga Studio</i>
9:30 a.m.	Aerobics Studio	9:30-10:30 a.m. Flex in the City John	9:30-10:30 a.m. Ultimate Fitness Mark	9:30-10:30 a.m. Cycle Circuit John	9:30-10:30 a.m. Ultimate Fitness Rose	9:30-10:30 a.m. Flex in the City John		
	Multipurpose Room				9:30-10:30 a.m. GYM Zumba Lynelle			
10 a.m.	Yoga Studio		10-10:50 a.m. Pilates Mat Nancy		10-10:50 a.m. Pilates Mat Nancy	10:00-11:30 a.m. Hot Int/Adv Vinyasa Heather		
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				
	Aerobics Studio	10:40-11:30 a.m. Cycle Circuit John		10:40-11:30 a.m. BOSU C.S.I. John		10:40-11:30 a.m. Circuit Slim Down John		
11 a.m.	Aerobics Studio		11 a.m.-12 p.m. Indoor Cycling Shannon		11 a.m.-12 p.m. Indoor Cycling Shannon			
11:30/12 p.m.	Yoga Studio	12:00-1:00 p.m. Hatha Yoga Level 2 Tamara	11:30-12:30 p.m. Hot Power Hour Yoga Camron	12:00-1:00 p.m. Hatha Yoga Level 2 Tamara	11:30-12:30 p.m. Hot Power Hour Yoga Heather	12:00-1:00 p.m. Yoga Basics Tamara		
12/1:00 p.m.	Aerobics Studio	11:45-12:45 p.m. Ski Conditioning Sue	12:15-1:15 p.m. Ultimate Fitness Sabine		12:15-1:15 p.m. Ultimate Fitness Sabine	11:45-12:45 p.m. Ski Conditioning Sue		
	Yoga Studio	1:05-1:55 p.m. Pilates Mat Nancy		1:05-1:55 p.m. Meditation For Clarity Lin				
11 a.m.	Multipurpose Room		11:00-12:00 p.m. Feldenkrais® Improve Flexibility/ Reduce Pain Peggy					
4 p.m.	Yoga Studio	4:30-5:45 p.m. Vinyasa Yoga Camron						
5 p.m.	Aerobics Studio	5-6 p.m. Cardio Step Tori	5:15-6:15 p.m. Ski Conditioning Rose	5-6 p.m. Cardio Step Chris	5:15-6:15 p.m. Ski Conditioning Rose			
	Yoga Studio		5:05-5:55 p.m. Pilates Mat Nancy		5:05-5:55 p.m. Pilates Mat TBA	5:00-6:15 p.m. Hot Yoga 26 poses Patrick		
6 p.m.	Aerobics Studio	6:00-7:00 p.m. Indoor Cycling Rose	6:30-7:30 p.m. Circuit Slim Down Lisa	6:00-7:00 p.m. Cycle Core Rose	6:30-7:30 p.m. Zumba Lynelle			
6:30 p.m.	Yoga Studio	6:30-7:45 p.m. Hot Vinyasa Yoga Camron	6:30-7:30 p.m. Hot Yoga 26 poses Patrick	6:30-7:30 p.m. Candlelight Yoga Elisa	6:30-7:30 p.m. Hot Yoga 26 poses Natalie	6:30-7:30 p.m. Candlelight Yoga Elisa		



Program Fees
per month

Family Membership: \$49.50
Single Membership: \$37.75

For one monthly fee, GPX includes more than 70 Fitness Classes per week

Step
Indoor cycling
Yoga
Pilates Mat
Water Aerobics

NON-GPX Members	
Drop-In Fees	
60-minute Aerobics	\$6.50
75-minute Aerobics	\$7.00
Indoor Cycling	\$8.00
60-minute Yoga	\$10.50
75-minute Yoga	\$12.50
90-minute Yoga	\$14.50
Pilates Mat	\$13.00
Yoballates	\$9.50
Water Aerobics	\$6.50
Feldenkrais	\$10.50
Meditation	\$10.50
NO SIGN UP NECESSARY	
NON GPX Member fees apply	

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TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 a.m.	Competition Pool	8-8:45 a.m. Deep Liquid Intervals Sue H.		8-8:45 a.m. Deep Liquid Intervals Sue H.		8-8:45 a.m. Deep Liquid Intervals Deanna
9 a.m.	Recreation Pool	9-10 a.m. Shallow Liquid Intervals Sue H.		9-10 a.m. Shallow Liquid Intervals Sue H.		9-10 a.m. Aqua Fit Deanna
9:45 a.m.	Recreation Pool					

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 FLEX

This energetic cycling class offers 40+ minutes of cycling. Complete your workout with abdominal and back strengthening exercises. Tennis shoes please.

INDOOR CYCLING

Cycling offers a dynamic, low-impact workout that burns calories and gets your heart pumping. All levels welcome! Limited SPD and lock bike clips.

CYCLE CIRCUIT

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

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!

CARDIO 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 regimen.

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.

CIRCUIT SLIM DOWN

Heart and muscles will be pumping and burning calories to get you fit and lean. No fancy steps or choreography just good old fashion cardio and strength intervals to quickly get you in shape. Men welcome!

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 YOGA 26 POSES

Guaranteed to detoxify the body, release metabolic waste and increase flexibility. Certified Hot Yoga instructors will safely lead you through

poses that will enhance your cardiovascular system, purify your body, and increase strength and flexibility.

HOT POWER HOUR/HOT VINYASA

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

YOGA FOR EVERYBODY

All ages can attend this class and find benefits in flexibility, relaxation, balance and strength.

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.

ADVANCED PILATES MAT

Designed for the more seasoned Pilates Mat participant or individuals that are use to a vigorous core training regime.

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.

VINYASA YOGA

By integrating breath with each movement, the focus is placed on the journey between the postures.

MEDITATION FOR CLARITY

Enjoy the benefits of increased energy, enthusiasm for life, and reduced pain.

FELDENKRAIS: FINDING FLEXIBILITY

These dynamic exercises have evolved out of the instructor's extensive background in professional dance, Pilates, and the Fendekrais Method, an exceptional system for enhancing physical awareness and well-being.

DEEP LIQUID INTERVALS

High intensity exercises alternating with core and strength building segments. No swimming experience necessary.

SHALLOW LIQUID INTERVALS

Great cardio mixed with balance, core, and muscle building segments. No swimming experience necessary.

DEEP H2O CHALLENGE

This unique deep-water exercise class builds strength and endurance, increases muscle tone and burns calories. No swimming experience necessary.

ULTIMATE FITNESS

The high intensity class is guaranteed to kick your booty. Cardio intervals such as cycling, bosu, power step, stair sprinting and power strength circuits will ensure a total body blitz.

Age requirements for GPX Classes: 12 years and up



GPX PROGRAM SCHEDULE



BELLEVUE CLUB