



# Group Fitness Classes Effective November 1, 2018

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerobics Studio	5:30-6:45am <b>Power Cycling</b> Chris	5:30-6:30am <b>Ski Conditioning</b> Chris	5:30-6:45am <b>Power Cycling</b> Shannon P.	5:30-6:30am <b>Ski Conditioning</b> Chris	5:30-6:30am <b>Indoor Cycling</b> Victoria	7:30-8:45am <b>Power Cycling</b> Chris	9:00-10:15am <b>Vinyasa (Level 1)</b> Karen/Yoga Studio
Yoga Studio		5:30-6:30am <b>Strength &amp; Stretch</b> Victoria	6:30-7:30am <b>Vinyasa (All Levels)</b> Cristina	5:30-6:30am <b>Strength &amp; Stretch</b> Victoria	6:30-7:30am <b>Vinyasa (All Levels)</b> Cristina	8:00-9:00am <b>Booty Barre</b> Mary Ann (MP)	9:30-10:30am <b>Booty Barre</b> Mary Ann (MP)
Aerobics Studio	7:00-8:00am <b>Athletic Conditioning</b> Laura	7:00-8:00am <b>Cycle Fusion</b> Sabine	7:00-8:00am <b>Athletic Conditioning</b> Laura	7:00-8:00am <b>Cycle Fusion</b> Sabine	7:00-8:00am <b>Athletic Conditioning</b> Laura	9-10:15am <b>Rizzmic</b> Amber	11:00am-12:15pm <b>Hot Vinyasa (All Levels)</b> Nicky
Multipurpose Room (MP)			6:00-7:00am <b>Booty Barre Sculpt</b> Nancy		6:00-7:00am <b>Booty Barre</b> Mary Ann	<b>Aerobics Studio</b> 9-10:15am Hot Vinyasa (All Levels) Chris	<b>Yoga Studio</b> 10:15-11:30am <b>Cycle Core and Strength</b> Lisa/Caroline
Aerobics Studio	8:15-9:15am <b>Ultimate Fitness</b> Laura	8:15-9:15am <b>Cardio Step</b> Palina	8:15-9:15am <b>Ultimate Fitness</b> Laura	8:30-9:30am <b>Cardio Step</b> Nisa	8:15-9:15am <b>Ultimate Fitness</b> John	<b>Yoga Studio</b> 10:30-11:30am <b>Vinyasa (All Levels)</b> Heather	<b>Aerobics Studio</b> 12:30-1:30pm <b>Restorative Flow</b> Nicky
Yoga Studio	8:15-9:15am <b>Gentle Yoga</b> Tamara	8:45-9:15am <b>Mini Vini</b> Caroline	8:15-9:15am <b>Gentle Yoga</b> Tamara	8:45-9:15am <b>Mini Vini</b> Caroline	8:15-9:30am <b>Vinyasa (Level 1)</b> Tamara	<b>Yoga Studio</b>	<b>Yoga Studio</b>
Yoga Studio		9:15-9:45 <b>Strength &amp; Balance</b> Caroline		9:15-9:45 <b>Strength &amp; Balance</b> Caroline		12:00-1:00pm <b>Core &amp; More</b> Tien	
Multipurpose Room (MP)	8:30-9:30am <b>Yoballates</b> Lynelle		8:30-9:30am <b>Senior Conditioning</b> Mary	8:25-9:25am <b>Yoballates</b> Lynelle	8:55-9:55am <b>Senior Conditioning</b> Mary		4:30-6:00pm <b>Yin Yoga</b> Nicky
Yoga Studio/Gym		8:30-9:30am <b>Zumba Gold</b> Lynelle <b>GYM</b>	9:30-10:20am <b>Pilates Mat</b> Nancy <b>Yoga Studio</b>				
Aerobics Studio	9:30-10:30am <b>Long and Lean</b> Caroline	9:30-10:30am <b>Exert</b> Katie	9:30-10:30am <b>Long and Lean</b> Caroline	9:45-10:45am <b>Zumba</b> Gina	9:30-10:30am <b>Flex in the City</b> John	1:15-2:15pm <b>Core &amp; More</b> Tien	
Multipurpose Room (MP)	10:00-11:00am <b>Barre Intervals</b> Nancy	9:30-10:45am <b>Barrecore</b> Palina	10:00-11:00am <b>Booty Barre</b> Mary Ann		10:00-11:00am <b>Barre Intervals</b> Nancy	<b>Aerobics Studio</b>	
Yoga Studio	10:30-11:30am <b>Vinyasa (All Levels)</b> Nicky	10:00-11:00am <b>Pilates Mat</b> Nancy	10:30-11:30am <b>Vinyasa (All Levels)</b> Mallory	10:00-11:00am <b>Pilates Mat</b> Nancy	10:30-11:45am <b>Hot Vinyasa (Level 2)</b> Nicky		
Aerobics Studio	10:45-11:45 <b>Cycle Fusion</b> Laura	11:00-12:00pm <b>Indoor Cycling</b> Laura	10:45-11:45 <b>Cycle Fusion</b> Rachel	11:00-12:00pm <b>Indoor Cycling</b> Julia	10:45-11:45 <b>Cardio Step</b> John		
Multipurpose Room (MP)	11:15-12:15pm <b>Foam Rolling</b> Nancy	12:15-1:15pm <b>Extend</b> Katie		11:10-12:10pm <b>Barre Intervals</b> Nancy	11:10-11:55am <b>Senior Yoga</b> Tamara		
Yoga Studio	12:00-1:00pm <b>Hatha</b> Nicky	11:30-12:30pm <b>Hot Vinyasa (Level 2)</b> Mary Ann	12:00-1:00pm <b>Yoga Core</b> Tamara	12:00-1:00pm <b>Vinyasa (All Levels)</b> Julia	12:00-1:00pm <b>Vinyasa (All Levels)</b> Nicky		
Aerobics Studio	12:00-1:00pm <b>Ultimate Fitness</b> Justin	12:15-1:15pm <b>Total Body Torch</b> Stacy	12:00-1:00pm <b>Ultimate Fitness</b> Justin	12:15-1:15pm <b>Total Body Torch</b> Stacy	12:00-1:00pm <b>Ultimate Fitness</b> Justin		
Multipurpose Room (MP)					12:00-1:00pm <b>Yoga for Beginners</b> Tamara (MP Room)		
Yoga Studio	1:15-2:00pm <b>Pilates Express</b> Nancy	4:00-4:45 <b>Slow Flow Yoga</b> Caroline		4:00-4:45 <b>Slow Flow Yoga</b> Caroline	1:15-2:30pm <b>Pilates Roll &amp; Release</b> Nancy		
Aerobics Studio		5:30-6:30pm <b>Ski Conditioning</b> Tien	5:00-6:00 <b>Rizzmic</b> Christine	5:30-6:30pm <b>Ski Conditioning</b> Lisa			
Yoga Studio	5-6:15pm <b>Yin Yoga</b> Cristina	5:00-6:00pm <b>Pilates Mat</b> Nancy	5-6:15pm <b>Yin Yoga</b> Cristina	5:00-6:00pm <b>Pilates Mat</b> Nancy			
Aerobics Studio	6:00-7:00pm <b>Indoor Cycling</b> Kelly S.	6:30-7:30pm <b>Core &amp; More</b> Tien	6:00-7:00pm <b>Indoor Cycling</b> Lisa	6:30-7:30pm <b>Core &amp; More</b> Tien			
Yoga Studio	6:30-7:45pm <b>Vinyasa (Level 1)</b> Cristina		6:30-7:30pm <b>Vinyasa (All Levels)</b> Cristina	6:30-7:30pm <b>Hot Vinyasa</b> Nicky			
Multipurpose Room (MP)	6:15-7:15pm <b>Kickboxing</b> Edwin			6:15-7:15pm <b>Kickboxing</b> 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

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

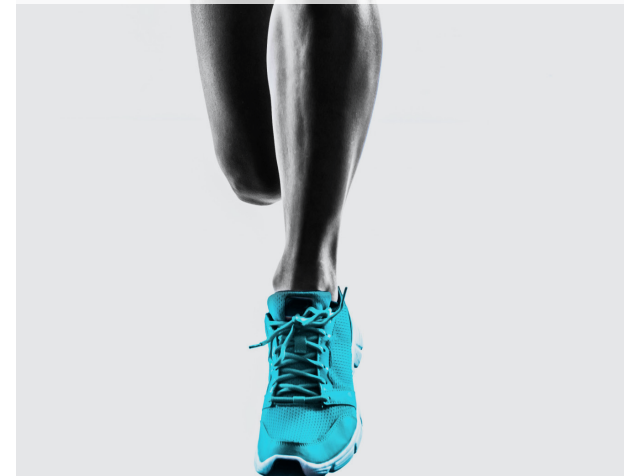
This class incorporates high intensity exercises alternating with core and strength building segments, using various buoyant equipment, in the water's natural resistance for optimal training. Zero Impact on your joints. All classes can be modified to fit any fitness level.

### 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