

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 DANCE

This one-hour class combines medium to low-impact aerobic dance moves with high energy music for an effective but fun cardio workout!

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 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.

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.

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.

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. 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 overall stability and strength with this non yoga-based balance class. Participants will focus on stabilization postures while incorporating lightweight upper body strength training.

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 is an all-levels class.

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.

YINI-YASA YOGA

Moderately paced movements of classical yoga postures are practiced in synchronization with the breath to relieve tension and tightness in the muscles.

YIN YOGA

A calm practice focusing on

deep tissue stretching. Ideal for injury prevention and rehabilitation, stress reduction, tension relief and flexibility.

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.

YOBALLATES:

Class based from the fundamentals of ballet technique with a strong focus on proper body alignment & posture. 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 healthy spine by strengthening deep core muscles.

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.

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 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.

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.

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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.



GPX & BARRE-X CLASS SCHEDULE



BELLEVUE CLUB

| Location | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|--|---|---|--|---|---|--|
| Aerobics Studio | 5:30-6:45am Cycle Core and Strength Chris | 5:30-6:30am Ultimate Fitness Chris | 5:30-6:45am Cycle Core and Strength Shannon T. | 5:30-6:30am Ultimate Fitness Chris | 5:30-6:30am Indoor Cycling Victoria | 7:30-8:45am Cycle Core and Strength Chris/Aerobics Studio | 9:00-10:15am Yoga for Everyone Karen/Yoga Studio |
| Yoga Studio | | 7:00-8:30am Kripalu Yoga Talitha | 6:30-7:30am Rise and Shine Yoga Cristina | 7:00-8:30am Kripalu Yoga Talitha | 6:30-7:30am Rise and Shine Yoga 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 Cycle Six Pack Sabine | | 7:00-8:00am Cycle Six Pack Sabine | 7:00-8:00am Cardio Dance Carrie | 9-10:15am Rizzmic Amber | 11:00-12:00pm Hot Vinyasa Nicky |
| Multipurpose Room (MP) | 6:00-7:00am Booty Barre Maryann | | 6:00-7:00am Booty Barre Sculpt Nancy | | 6:00-7:00am Booty Barre Nancy | Aerobics Studio 9-10:15am Hot Vinyasa Yoga Chris | 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 10:30-11:30am Vinyasa Flow Marva | 4:30-6:00pm Yin Yoga Nicky |
| Yoga Studio | 8:20-9:20am Gentle Yoga Tamara | 8:45-9:15am Yoga for Golf Caroline | 8:20-9:20am Gentle Yoga Tamara | | 8:20-9:35am Hatha and Meditation Tamara | Yoga Studio | |
| Yoga Studio | | 9:20-9:50am Strength with Balance Caroline | | 9:20-9:50am Strength with Balance Caroline | | 12:00-1:00pm Core & More Tien | |
| Multipurpose Room (MP) | 8:30-9:30am Yoballates Lynelle | 8:30-9:30am Booty Barre Karen | 8:30-9:30am Senior Conditioning Mary | 8:25-9:25am Yoballates Lynelle | 8:55-9:55am Senior Conditioning Mary | | |
| 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 | | |
| Multipurpose Room (MP) | 10:00-11:00am Booty Barre Nancy | 9:40-10:40am Booty Barreless Karen | 10:00-11:00am Booty Barre Maryann | | 10:00-11:00am Booty Barre Sculpt Nancy | | |
| Yoga Studio | 10:30-11:30am Int/Adv Vinyasa Heather | 10:00-10:50am Pilates Mat Nancy | 10:30-11:30am Int/Adv Vinyasa Heather | 10:00-10:50am Pilates Mat Nancy | 10:30-11:45am Hot Adv Vinyasa 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) | 11:10-12:10pm Booty Barre Sculpt Nancy | 12:15-1:15pm Extend Katie | | 11:10-12:10pm Booty Barre Nancy | 11:10-11:50am Yoga Upright Tamara | | |
| Yoga Studio | 12:00-1:00pm Hatha Yoga Nicky | 11:30-12:30pm Hot Power Hour Yoga Heather | 12:00-1:00pm Hatha Yoga Tamara | 11:30-12:30pm Yin-Yasa Yoga Marva | 12:00-1:00pm Hatha Yoga Nicky | | |
| Aerobics Studio | 12:00-1:00pm Ultimate Fitness Justin | 12:15-1:15pm Ultimate Fitness Laura | 12:00-1:00pm Ultimate Fitness Justin | | 12:00-1:00pm Ultimate Fitness Justin | | |
| Multipurpose Room (MP) | | | | | 12:00-1:00pm Yoga Basics Tamara | | |
| Yoga Studio | 1:05-1:55pm Pilates Mat Nancy | | | | 1:05-1:55pm Pilates Mat Nancy | | |
| Multipurpose Room (MP) | | | | | | | |
| 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 | 5:05-5:55pm Pilates Mat Nancy | 5-6:15pm Yin Yoga Cristina | 5:05-5:55pm Pilates Mat Nancy | 4:00-5:15 pm Yin-Yasa Yoga Marva | | |
| 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 | | | | |
| Yoga Studio | 6:30-7:45pm Hot Vinyasa Yoga Cristina | 6:30-7:30pm Yoga Core Marva | 6:30-7:30pm Vinyasa Flow Cristina | | | | |

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

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|--------------------------|---------|
| 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

| Location | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|---------|--|----------|---|
| Competition Pool | 8-8:45am Deep Liquid Intervals Deanna | | 8-8:45am Deep Liquid Intervals Lynelle | | 8-8:45am Deep Liquid Intervals Deanna |
| Recreation Pool | 9-10am Shallow Liquid Intervals Deanna | | 9-10am Shallow Liquid Intervals Lynelle | | 9-10am Shallow Liquid Intervals Deanna |

 = NEW CLASS & INSTRUCTOR