

## 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 KICK

This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu to master.

### 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.

### 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

### 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.

### 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. This relaxing approach calms the mind, removes overall tension from the body and elevates the spirit.

### 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.

### VINYASA YOGA

Vinyasa yoga is a style of hatha (physical) yoga. In vinyasa 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.

- **Level 2/3** The most advanced class offered. Recommended for students with previous yoga experience. Challenging postures are explored in depth with modifications offered as needed.

- **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 CONDITIONING

These supplemental conditioning classes offer a chance to strengthen the body in ways that allow practitioners to grow their practice and progress to different levels.

## FLOW

Using techniques from Tai Chi, Yoga, and Pilates this class is ideal for anyone looking to improve your mind, your body and your life. You'll strengthen your entire body and leave the class feeling calm, centered and happy.

### FOAM ROLLING

Learn foam rolling (self-myofascial release) techniques. Using the foam roller as part of your training program will improve your flexibility, function, performance, and reduce injuries. Benefits include improved joint range of motion and reduce muscle tightness.

### MEDITATION

Learn and practice techniques to dissolve thoughts into stillness. Appropriate for beginners and those with experience who wish to deepen their practice and benefit from meditating with others.

### 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.

## 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

# FITNESS CLASSES EFFECTIVE November 1, 2017

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerobics Studio	5:30-6:45am <b>Cycle Core and Strength</b> Chris	5:30-6:30am <b>Ultimate Fitness</b> Chris	5:30-6:45am <b>Cycle Core and Strength</b> Shannon T.	5:30-6:30am <b>Ultimate Fitness</b> Chris	5:30-6:30am <b>Indoor Cycling</b> Victoria	7:30-8:45am <b>Cycle Core and Strength</b> Chris/Aerobics Studio	9:00-10:15am <b>Vinyasa (Level 1)</b> Karen/Yoga Studio
Yoga Studio		7:00-8:00am <b>Vinyasa (All Levels)</b> Talitha	6:30-7:30am <b>Vinyasa (All Levels)</b> Cristina	7:00-8:00am <b>Vinyasa (All Levels)</b> Talitha	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>Cardio Kick</b> Carrie	7:00-8:00am <b>Cycle Six Pack</b> Sabine		7:00-8:00am <b>Cycle Six Pack</b> Sabine	7:00-8:00am <b>Cardio Kick</b> Carrie	9-10:15am <b>Rizzmic</b> Amber	11:00-12:00pm <b>Hot Vinyasa (All Levels)</b> Nicky
Multipurpose Room (MP)	6:00-7:00am <b>Booty Barre</b> Maryann		6:00-7:00am <b>Booty Barre Sculpt</b> Nancy		6:00-7:00am <b>Booty Barre</b> Nancy	<b>Aerobics Studio</b>	<b>Yoga Studio</b>
Aerobics Studio	8:15-9:15am <b>Ultimate Fitness</b> Laura	8:25-9:25am <b>Cardio Step</b> Deb	8:15-9:15am <b>Ultimate Fitness</b> Laura	8:25-9:25am <b>Cardio Step</b> Nisa	8:15-9:15am <b>Ultimate Fitness</b> John	9-10:15am <b>Hot Vinyasa (All Levels)</b> Chris	10:15-11:30am <b>Cycle Core and Strength</b> Lisa/Caroline
Yoga Studio	8:20-9:20am <b>Gentle Yoga</b> Tamara	8:05-8:35am <b>Meditation</b> Talitha	8:20-9:20am <b>Gentle Yoga</b> Tamara	8:05-8:35am <b>Meditation</b> Talitha	8:20-9:35am <b>Vinyasa (Level 1)</b> Tamara	10:30-11:45am <b>Vinyasa (All Levels)</b> Lisa	4:30-6:00pm <b>Yin Yoga</b> Nicky
Yoga Studio	9:30-10:15am <b>FLOW</b> Carrie	8:45-9:45am <b>Yoga Conditioning</b> Caroline		8:45-9:45am <b>Yoga Conditioning</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>Booty Barre</b> Karen	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	<b>Yoga Studio</b>	
Yoga Studio/Gym		8:30-9:30am <b>Zumba Gold</b> Lynelle	9:30-10:20am <b>Pilates Mat</b> Nancy				
Aerobics Studio	9:30-10:30am <b>Flex in the City</b> Caroline	9:30-10:30am <b>Exert</b> Katie	9:30-10:30am <b>Cycle Circuit Intervals</b> Caroline	9:45-10:45am <b>Intermediate Zumba</b> Gina	9:30-10:30am <b>Flex in the City</b> John		
Multipurpose Room (MP)	10:00-11:15am <b>Booty Barre</b> Nancy	9:40-10:40am <b>Booty Barreless</b> Karen	10:00-11:00am <b>Booty Barre</b> Maryann		10:00-11:00am <b>Booty Barre Sculpt</b> Nancy		
Yoga Studio	10:30-11:30am <b>Vinyasa (All Levels)</b> Heather	10:00-10:50am <b>Pilates Mat</b> Nancy	10:30-11:30am <b>Vinyasa (All Levels)</b> Heather	10:00-10:50am <b>Pilates Mat</b> Nancy	10:30-11:45am <b>Hot Vinyasa (Level 2)</b> Heather		
Aerobics Studio	10:40-11:40am <b>Spin and Tone Zone</b> Laura	11:00-12:00pm <b>Indoor Cycling</b> Laura		11:00-12:00pm <b>Indoor Cycling</b> Laura	10:40-11:30am <b>Step Plus</b> John		
Multipurpose Room (MP)	11:30-12:10pm <b>Foam Rolling</b> Nancy	12:15-1:15pm <b>Extend</b> Katie		11:10-12:10pm <b>Booty Barre</b> Nancy	11:10-11:50am <b>Senior Yoga</b> Tamara		
Yoga Studio	12:00-1:00pm <b>Vinyasa (All Levels)</b> Nicky	11:30-12:30pm <b>Vinyasa (Level 2)</b> Heather	12:00-1:00pm <b>Yoga Conditioning</b> Tamara	12:00-1:15pm <b>Vinyasa (Level 2/3)</b> Lisa	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>Ultimate Fitness</b> Laura	12:00-1:00pm <b>Ultimate Fitness</b> Justin		12:00-1:00pm <b>Ultimate Fitness</b> Justin		
Multipurpose Room (MP)					12:00-1:00pm <b>Yoga for Beginners</b> Tamara		
Yoga Studio	1:05-1:55pm <b>Pilates Mat</b> Nancy				1:05-1:55pm <b>Pilates Mat</b> Nancy		
Multipurpose Room (MP)							
Aerobics Studio		5:30-6:30pm <b>HIIT Strength</b> Tien	5:00-6:00pm <b>Rizzmic</b> Amber	5:30-6:30pm <b>HIIT Strength</b> Lisa			
Yoga Studio	5-6:15pm <b>Yin Yoga</b> Cristina	5:05-5:55pm <b>Pilates Mat</b> Nancy	5-6:15pm <b>Yin Yoga</b> Cristina	5:05-5:55pm <b>Pilates Mat</b> Nancy			
Multipurpose Room (MP)				5:30-6:30pm <b>Barre Tighten &amp; Tone</b> Caroline			
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>Hot Vinyasa (Level 2)</b> Cristina	6:30-7:30pm <b>Yoga Conditioning</b> Marva	6:30-7:30pm <b>Vinyasa (All Levels)</b> 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**

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	\$6.00
Senior Yoga	\$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 <b>Deep Liquid Intervals</b> Deanna		8-8:45am <b>Deep Liquid Intervals</b> Lynelle		8-8:45am <b>Deep Liquid Intervals</b> Deanna
Recreation Pool	9-10am <b>Shallow Liquid Intervals</b> Deanna		9-10am <b>Shallow Liquid Intervals</b> Lynelle		9-10am <b>Shallow Liquid Intervals</b> Deanna