

SPECIALTY TRAINING PROGRAMS

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.	Studio 1	5:45-6:30 a.m. Jason's X-Fit! JasonB		5:45-6:30 a.m. Jason's X-Fit! JasonB				
7 a.m.	Aerobics Studio	7-8 a.m. Weight Loss Workout Tom		7-8 a.m. Weight Loss Workout Tom		7-8 a.m. Weight Loss Workout Tom		
7 a.m.	Multipurpose Room 2	7-7:50 a.m. Pilates Circuit Lynelle		7-7:50 a.m. Pilates Circuit Lynelle		7-7:50 a.m. Pilates Circuit Lynelle		
7:30 a.m.	Kinesis Studio	7:30-7:55 a.m. Full Body Burn Josh		7:30-7:55 a.m. Full Body Burn Josh		7:30-7:55 a.m. Full Body Burn Josh		
8 a.m.	Multipurpose Room 2				8-8:50 a.m. Pilates Circuit Level 2 Nancy			
8 a.m.	Kinesis Studio							
	Studio 1							
8:30 a.m.	Kinesis Studio	8:30-8:55 a.m. Core Specific Amy		8:30-8:55 a.m. Core Specific Amy				
	Aerobics Studio	8:30-9:30 a.m. Ultimate Fitness JasonB	9:30-10:30 a.m. Ultimate Fitness JasonB		9:30-10:30 a.m. Ultimate Fitness JasonB			
9 a.m.	Kinesis Studio	9-9:25 a.m. Full Body Burn Josh	9-9:25 a.m. Fit Over 40 Mary		9-9:25 a.m. Fit Over 40 Mary	9-9:25 a.m. Full Body Burn Josh		
9:30 a.m.	Kinesis Studio	9:30-9:55 a.m. TriFit (thighs-tri's-tush) Tamara		9:30-9:55 a.m. TriFit (thighs-tri's-tush) Tamara		9:30-10:25 a.m. Fitlife Christin	9:30-10:30 a.m. Weight Loss Workout Melanie	
10 a.m.	Kinesis Studio	10-10:45 a.m. Senior Kinesis Tamara		10-11 a.m. Senior Kinesis/powerplate Tamara				
10 a.m.	Multipurpose Room					9:00am-9:50am Pilates Circuit Level2/3 Nancy		
10:30 a.m.	Studio 1	10:30-11:30 a.m. Women on Weights Christin		10:30-11:30 a.m. Women on Weights Christin			10:30-11:30 a.m. Speed, Vertical, Quickness Jeff	10:30-11:30 a.m. Speed, Vertical, Quickness Jeff
10:45 a.m.	Kinesis Studio	10:45-11:30 a.m. Senior Kinesis Tamara						
11 a.m.	Multipurpose Room		11-12 p.m. Feldenkrais/ Flexibility Injury Recover					
11:30 a.m.	Kinesis Studio	11:30-11:55 a.m. Full Body Burn Josh	11:30-11:55 a.m. Core Circuit Cherie	11-11:30 a.m. Full Body Burn Josh	11:30-11:55 a.m. Core Circuit Cherie			
12 p.m.	Aerobics Studio	12-1 p.m. Weight Loss Workout Christin		12-1 p.m. Weight Loss Workout Melanie		12-1 p.m. Weight Loss Workout Jeff STUDIO 1		
12 p.m.	Multipurpose Room 2	12-12:50 p.m. Pilates Circuit Level 2 Nancy		12-12:50 p.m. Pilates Circuit Level 2 Nancy				
3 p.m.	Kinesis Studio							
3:30 p.m.	Kinesis Studio							
4 p.m.	Kinesis Studio	4:15- 5 p.m. Teens for Fitness Melanie		4:15- 5 p.m. Teens for Fitness Melanie		4:15- 5 p.m. Teens for Fitness Melanie		
5 p.m.	Studio 1	5-6 p.m. Speed, Vertical, Quickness Jeff		5-6 p.m. Speed, Vertical, Quickness Jeff				
6:30 p.m.	Kinesis Studio		6:30-7:25 p.m. Fitlife Christin		6:30-7:25 p.m. Fitlife Christin			
6:45 p.m.	Aerobics Studio							

Specialty Class Drop-In Fees	
Senior Kinesis/Powerplate	\$9.00
Weight Loss Workout	\$9.00
Small Group Conditioning	\$9.00
Ultimate Fitness	\$ 9.00
Core Circuit	\$15
Body Makeover	\$15
Full Body Burn	\$15
Fit Over 40	\$15
Core Specific	\$15
TriFit	\$15
Jason's X-Fit	\$18
Fitlife	\$27
Women on Weights	\$27
Kids for Fitness	\$90/month
Teens for Fitness	\$90/month

Go Monthly and Save!	
30-minute Classes:	\$99/month for two classes per week
45-minute Classes:	\$125/month for two classes per week
60-minute Classes:	\$175/month for two classes per week
<i>Excludes: Weight Loss Workout, Pilates Circuit, Ultimate Fitness and Feldenkrais</i>	

Core Circuit

Tired of the same old crunches? Try core kinesis to get the abs you desire and the core strength you need for a healthy back. Abs, back, booty and more will be challenged in this fun class.

Feldenkrais: Flexibility & Injury Recovery

This class will help you improve posture, balance and alignment so you can move in ways that don't cause stress on the body. Great for those recovering from injury and also for active folks who want to move with refined efficiency and skill.

Fitlife

We've designed this 55-minute group personal training class for women who have a busy schedule and want the focused results of personal training, but still desire a supportive group atmosphere. If you are looking for a fun, healthy way to start or end your day while increasing your motivation to exercise, we highly recommend trying this class.

Fitness for Youth (8-15 year olds)

We offer two 60-minute classes for youth taught by experienced personal trainers. Ages 8-11 and 12-15 will have fun working out in a group setting. Both classes include aerobic activity, weight training, flexibility and balance.

Fit Over 40

Keep your body agile and injury-resistant with regular low-impact Kinesis workouts. We specifically designed this 25-minute class to fire up your metabolism, build muscle mass and strengthen your joints and muscles.

Full Body Burn

CrossFit and SuperSlow Zone have nothing on this workout. The difference: amazing results without injury. This class is designed to strengthen, tighten and define every muscle group in the least amount of time. It's the best burn for your buck.

Pilates Circuit

Our Pilates Reformer classes incorporate reformer exercises and Pilates chair and mat exercises in one 50-minute workout. Classes are limited to six participants. We ask that new participants attend Pilates From the Ground Up or enroll in private studio sessions before joining a Pilates Reformer class.

Senior Kinesis

A fun, 60-minute group personal training approach to working out with a variety of equipment. This class focuses specifically on core strength, hips, and balance.

Speed, Vertical & Quickness Training

Bellevue Club Trainer Jeff Taylor has created a special program designed to drastically improve speed and quickness through a series of body weight movements and speed techniques. This explosive training program is perfect for basketball, soccer, track, baseball, football and lacrosse players. It's time to leave your opponents in the dust!

Teens For Fitness

Personal trainer Melanie Baker designed this program to promote daily physical activity into your teen's busy lifestyle. The focus is to build self confidence and overall strength by working through simple yet challenging aerobic and endurance intervals. This class is geared towards all fitness levels.

TriFit (thighs/triceps/tush)

The name says it all. Hit all the stubborn body parts that have challenged you for years. Squat, dip, and lift into any designer jeans or bathing suit your heart desires. Sign up for this class and wave goodbye to droop.

Ultimate Fitness

Spin into action with this cutting edge workout. Our personal trainer will have your heart pumping, muscles flexing and core burning in this class that combines cycling, weights and ab work. Satisfy your urge to burn!

Women's Circuit

Balance your body as you burn calories and firm muscles in this exciting 25-minute class. Join us in strengthening your muscles without adding bulk. This is a great workout if you want to see substantial body-sculpting results in a short period of time.

Women on Weights

Never be afraid to walk into the weight room again. This 55-minute class is a great way to explore the benefits of strength training. Rotating from station to station, participants workout in small groups using the cable machines, free weights and selection machines. The emphasis is on form, injury prevention and correct lifting technique.

X-Fit

X-Fit is a high-intensity, fast-paced class designed to work every muscle in your body. It is 45 minutes of functional, athletic training that utilizes resistance training, strength training and circuit training combined with aerobic activity to keep your body moving. Classes always end with essential stretching to promote flexibility and relieve the effects of any residual muscle soreness.

Weightloss Workout

Taught by our personal trainers, we'll have you sweating, panting and pleading for relief. No muscle will be ignored. A lot of effort in just a short amount of time will pay off with results. Each class includes a variation of cardio, strength, corework, plyometrics and more.

Specialty Training Schedule

2010



BELLEVUE CLUB