THE BELLEVUE CLUB
OFFERS PRIVATE YOGA
TRAINING FOR THOSE
WHO WOULD LIKE A MORE
INTIMATE SETTING.

PRIVATE YOGA TRAINING

PRIVATE

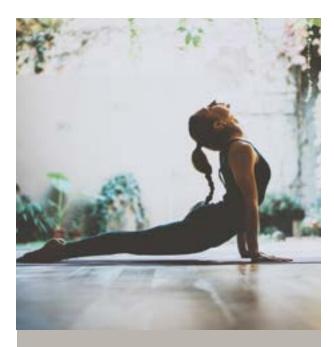
60-minute Session45-minute Session30-minute Session\$46.50

SEMI-PRIVATE (two-three people)

60-minute Session45-minute Session30-minute Session30-minute Session

*Cost per person. Prices do not include tax.





HOT YOGA

Hot classes will be warmed to 80-85 degrees.

PRENATAL YOGA

Prenatal modifications are available at all beginner, gentle yoga and all level vinyasa classes. Please notify the instructor.

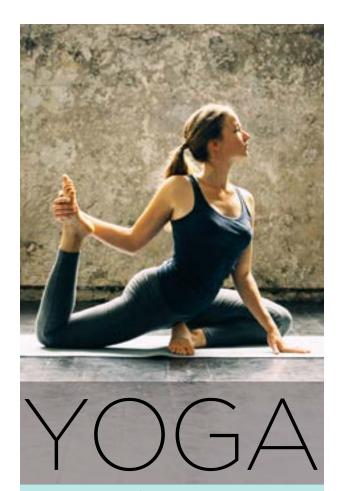
CANCELLATION POLICIES

If a private session is cancelled less than 24 hours before the appointment or if the client does not show, full charges will be applied to his or her member account.

If one client cancels for a semi-private session prior to the 24-hour notice, the other client has the option of cancelling or paying a private session rate. If one client cancels with less than 24 hours of the session, the other client will only be responsible for the semi-private rate.

BELLEVUE CLUB

425.688.3172 fitness@bellevueclub.com



at the BELLEVUE CLUB

Come move, stretch, breathe and strengthen the body in one of our many yoga classes. We offer everything from restorative and yin yoga to advanced vinyasa practices, and our knowledgeable teachers can guide practitioners of all levels through a safe and mindful experience.



	MON	TUES	WED	THU	FRI	SAT	SUN
6 AM			6:30-7:30 AM VINYASA ALL LEVELS		6:30-7:30 AM VINYASA ALL LEVELS		
7 AM		7-8 AM VINYASA	Cristina	7-8 AM VINYASA	Cristina		
8 AM	8:20-9:20 AM GENTLE YOGA	ALL LEVELS Talitha	8:20-9:20 AM GENTLE YOGA	ALL LEVELS Talitha	8:20-9:35 AM VINYASA		
9 AM	Tamara		Tamara	8:45-9:45 AM YOGA CONDITIONING	LEVEL 1 Tamara	9-10:15 AM HOT VINYASA	9-10:15 AM VINYASA
10 AM	10:30-11:30 AM		10:30-11:30 AM	Caroline	10:30-11:45 AM	ALL LEVELS Chris 10:30-11:45 AM	LEVEL 1 Karen
11 AM	VINYASA ALL LEVELS Heather		VINYASA ALL LEVELS Heather		HOT VINYASA LEVEL 2 Heather	VINYASA ALL LEVELS Lisa	11 AM-12 PM HOT VINYASA ALL LEVELS
NOON	NOON-1 PM VINYASA ALL LEVELS		NOON-1 PM YOGA CONDITIONING	NOON-1:15 PM VINYASA LEVEL 2/3	NOON-1 PM VINYASA ALL LEVELS		Nicky
1 PM	Nicky		Tamara	Lisa	Nicky		
2 PM					FRIDAY		
3 PM					MULTIPURPOSE ROOM SCHEDULE		
4 PM					11:10-11:50 AM SENIOR YOGA		4:30-6 PM YIN YOGA Nicky
5 PM	5-6:15 PM YIN YOGA Cristina		5-6:15 PM YIN YOGA Cristina		Tamara NOON-1 PM		Mercy
6 PM	5.156110		S. 15th Id		YOGA FOR BEGINNERS		
7 PM	6:30-7:45 PM HOT VINYASA LEVEL 2 Cristina	6:30-7:30 PM YOGA CONDITIONING Marva	6:30-7:30 PM VINYASA ALL LEVELS Cristina		Tamara		

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, allows for a healing, nurturing class. This relaxing approach calms the mind, removes 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 preventing injuries in the 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 focuses on basic alignment and fundamental poses.
- Level 2 is an intermediate progression, for yogis looking to take their practice to a new level.
- Level 2/3 is the most advanced class offered, recommended for students with previous yoga experience.
- All levels provides variations for everyone and 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.

COST

Yoga Classes included in GPX membership

• 60-minute Class	\$11.5C
• 75-minute Class	\$13.5C
• 90-minute Class	\$15.5C