

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

## PRIVATE YOGA TRAINING

### PRIVATE

- 60-minute Session \$90
- 45-minute Session \$69
- 30-minute Session \$46.50

### SEMI-PRIVATE *(two-three people)*

- 60-minute Session \$55
- 45-minute Session \$43.50
- 30-minute Session \$30.50

*\*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



# YOGA

*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.

“As an endurance (Ironman) athlete, yoga helps keep my whole body in sync and connected. It’s one of the few experiences where I am able to concentrate on my breathing, which helps me relax.”  
—Jeffrey Crosby, Bellevue Club member



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

### 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 \$11.50
- 75-minute Class \$13.50
- 90-minute Class \$15.50