

# Bellevue Group Fitness

belinhealth | Fitness

mon	tue	wed	thu	fri	sat
<b>Power-Up</b> 8-850 am <i>Brianna</i>	<b>Cycle &amp; Strength</b> 8-850 am <i>Damon</i>	<b>Power-Up</b> 8-850 am <i>Brianna</i>	<b>Fitness Intervals</b> 8-850 am <i>Chris</i>	<b>Move &amp; Groove</b> 8-850 am <i>Lissa</i>	
<b>Yoga</b> 9-950 am <i>Colleen</i>	<b>Silver Fit &amp; Strong</b> 9-930 am <i>Damon</i>	<b>Yoga</b> 9-950 am <i>Colleen</i>	<b>Silver Fit &amp; Strong</b> 9-930 am <i>Dane</i>	<b>Yoga Strong</b> 9-950 am <i>Lissa</i>	<b>Yoga Fusion</b> 9-10 am <i>Ashley</i>
<b>Active Adults</b> 10-1050 am <i>Katie L.</i>		<b>Active Adults</b> 10-1050 am <i>Chris</i>		<b>Active Adults Intervals</b> 10-1050 am <i>Amanda</i>	
<b>Gentle Chair Yoga</b> 11-1130 am <i>Katie L.</i>	<b>SilverSneakers®</b> 11-1150 pm <i>Damon</i>	<b>Gentle Chair Yoga</b> 11-1130 am <i>Chris</i>	<b>SilverSneakers®</b> 11-1150pm <i>Chris</i>		
<b>Functional Movement</b> 430-520 pm <i>Katie S.</i>	<b>Yoga</b> 430-520 pm <i>Chris</i>		<b>Yoga</b> 430-520 pm <i>Chris</i>		

**December 2021**

# Class Descriptions

**Active Adults** – Maintain cardiovascular health and improve strength and flexibility while bringing ease to your everyday activities. The music will get you moving, and the friends will keep you coming back. All levels welcome.

**Active Adults Intervals** – Similar to Active Adults, this class will help you maintain and improve cardio and strength through time-based intervals of work and rest. Challenge yourself as much or as little as you want in this full body workout.

**Fitness Intervals** – Class features time-based intervals of work and rest focusing on improving cardio and strength simultaneously. Challenge yourself as much or as little as you want in this full body workout!

**Power-Up** – Be ready to take your body to the next level. This high intensity class will challenge you to burn calories and build strength by mixing in light cardio, weights and circuits. Burn more, go harder, and push into your next level of fitness.

**Functional Movement** – Are you not moving like you used to? This class will teach the principles of how to move better, become more efficient and minimize injury by working exclusively on flexibility and core. All levels welcome.

**Move & Groove** – Get into the groove and get moving with this Zumba® dance-inspired fitness class. Using fast and slow rhythms, you will have tons of fun while toning your entire body. No experience needed...all levels welcome!

**Silver Fit & Strong**– A twist on our Silver Circuit Class that was previously offered. Get your heart rate up and improve functional strength and mobility. Have a better understanding of how to complete basic, everyday functional movements that will help strengthen your body.

**SilverSneakers® Classic**– Increase muscular strength, range of movements and activity for daily living. Build functional strength using hand-held weights, elastic tubing, and a ball for resistance. A chair is used for seated and/or standing support. Perfect for beginners...but all levels welcome!

**Yoga** – A mind/body exercise focusing on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus.

**Yoga Fusion** – This class combines the best elements of both yoga and barre! Start off with some lower body toning and strengthening moves that will get your heart pumping before bringing it down again as you ground and center your mind with some yoga poses. Be prepared to move mindfully and be amazed at how strong your body and mind really are!

**Yoga Strong** – Balance strength with surrender! Through contraction and relaxation, we build strength and train our muscles to relax. Fusing Hatha and Vinyasa yoga styles, we create a dynamic and connected series of asana. This offers opportunities to create surrender in each pose while increasing strength, balance, flexibility, overall fitness, and reducing tension and stress. This class will invite participants to add a variety of optional movement with props, blocks, yoga straps, and light hand weights. Each class will begin with focus on pranayama to clear the mind, free the breath, and channel energy. Class will conclude with meditative relaxation.