

SBCC April 2025 Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling 6 - 7 AM	Total Body Fitness 6 - 6:50 AM	Cycling 6 - 7 AM	Total Body Fitness 6 - 6:50 AM		Jazzercise 8:15 - 9:15 AM	
Jazzercise 9:15 - 10:15 AM	Jazzercise 9:15 - 10:15 AM	Jazzercise 9:15 - 10:15 AM	Jazzercise 9:15 - 10:15 AM	Jazzercise 9:15 - 10:15 AM		
Fit 360 9:15 - 10:15 AM	Functional Fitness 9:15 - 10:15 AM	Fit 360 9:15 - 10:15 AM				
Pilates 9:15 - 10:15 AM			Foam Rolling 9:15 - 10:15 AM	Pilates 9:15 - 10:15 AM		NEW! Yoga for Women's Health 9:15 - 10:15 AM
ZUMBA 10:30 - 11:30 AM	Cycle/Stretch 10:30 - 11:30 AM		Cycle/Stretch 10:30 - 11:30 AM	ZUMBA 10:30 - 11:30 AM		NEW! Yoga for Stress Management 10:30 - 11:30 AM
Active Adult Fitness 10:30 - 11:30 AM		Active Adult Fitness 10:30 - 11:30 AM		Tai Chi & Mindful Movement 10:30 - 11:30 AM	Sound Bath 10:30 - 11:45 AM	
	Gentle Yoga 11:45 AM - 12:45 PM		NEW! Gentle Movement 11:45 AM - 12:45 PM			
Boxing Fundamentals (ages 9 -17) 5 - 5:50 PM	Taekwondo (ages 6-Adult) 4 - 4:50 PM	Boxing Fundamentals (ages 9 -17) 5 - 5:50 PM	Taekwondo (ages 6-Adult) 4 - 4:50 PM	<div style="border: 1px solid black; padding: 10px;"> <h2 style="margin: 0;">SOUTH BELLEVUE COMMUNITY CENTER</h2> <p style="margin: 5px 0;"><i>a partnership for a healthy community</i></p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <p style="margin: 10px 0;">Register online at: register.bellevuewa.gov (425) 452-4240</p> </div>		
ZUMBA 6 - 6:50 PM	Taekwondo (ages 6-Adult) 5 - 5:50 PM	Yoga - All Levels 6 - 6:50 PM	Taekwondo (ages 6-Adult) 5 - 5:50 PM			
Shotokan Karate (ages 6-12) 6 - 6:50 PM	Taekwondo (ages 9-Adult) 6 - 6:50 PM	Shotokan Karate (ages 6-12) 6 - 6:50 PM	Taekwondo (ages 9-Adult) 6 - 6:50 PM			
Shotokan Karate (ages 9-Adult) 7 - 7:50 PM	Fit 360 7 - 7:50 PM	Shotokan Karate (ages 9-Adult) 7 - 7:50 PM				
Small Group Training 7 - 7:50 PM	Boxing Fundamentals (ages 7-Adult) 7 - 7:50 PM		Boxing Fundamentals (ages 7-Adult) 7 - 7:50 PM			
Class held outdoors. Dress for the temperature			Class offered In-person and Virtual		Single class offering	
There are 3 ways to take a class. Use key below. Options for each class are listed in the class descriptions.						
1st Free: FREE for very 1st time participants only			Flex: Attend 5 dates in current trimester		D-I: Drop-in, pay as you go option	
*25% Discount - Fitness Center Monthly Pass holders receive 25% off when registering for a full session.						

Active Adult Fitness (18+): This all-levels, balanced workout welcomes adults of all ages! Energize your mind and body with movements from Martial Arts/Tai Chi, Yoga, Pilates, strength conditioning, cardio, stretching and balance challenges. Monday and Wednesday classes taught separately. Participants must have the mobility to transition from the floor to standing. Join our encouraging and motivating community!

[Mon: 10:30am](#) [Wed: 10:30am](#) **Mar 3 - Apr 30** **Room: Studio** **1st Free, Flex, D-I, 25% Discount***

Boxing Fundamentals (7-Adult) and (9-17): Gain a strong foundation of technical skills to increase confidence and competence in this martial art. Learn footwork, stance, base, and mechanics of offense and defense with movement that works best for your body. USA Boxing certified coaches create an emotionally, mentally and physically safe environment to explore the benefits of boxing.

[Mon/Wed: 5pm \(ages 9-17\)](#) **Apr 2 - 30** **CR-B/**
[Tues/Thur: 7pm \(ages 7-Adult\)](#) **Apr 1 - 29** **Room: Studio** **1st Free**

Cycle/Stretch (13+): Join us for this fusion class of beginner indoor cycling and flexibility exercises. Class is designed for those new to indoor cycling, including: older adults, participants new to exercise and overweight or de-conditioned participants.

[Tues/Thur: 10:30am](#) **Apr 1 - 17** **Room: Studio** **1st Free, Flex, D-I, 25% Discount***

Cycling (13+): Increase your aerobic fitness level and burn a lot of calories in the fresh air of our outdoor natural setting. Classes held under cover. Dress for the temperature. This is an all-levels class as you control your pace in our friendly, welcoming community. Arrive 10 minutes before class start time for set-up. Park in the lower tennis court lot.

[Mon/Wed: 6am](#) **Mar 3 - Apr 30** **Held Outdoors** **1st Free, Flex, D-I, 25% Discount***

Fit 360 (13+): Join a certified group fitness instructor for this action-packed cardio & strength class. Each workout includes a warm-up followed by strength, cardio and cool-down/stretching exercises using dumbbells and bands. All levels welcome as Instructor will provide modifications.

[Mon/Wed: 9:15am](#) **Apr 2 - 30**
[Tues: 7:00pm](#) **Mar 4 - Apr 29** **Room: Studio** **1st Free, Flex, D-I, 25% Discount***

Foam Rolling (13+): This is a one-day class with an introduction to self-massage using a foam roller called self-myofascial release. Foam rolling has shown to help increase flexibility, circulation, reduce muscle tension and stress, and improve range of motion. If you experience pain in the knees, lower back, or participate in high impact activities like running, learn how foam rolling can help. Other recovery methods, processes, resources will also be discussed. Please bring a towel and your own foam roller.

[Thu, Apr 3: 9:15am](#) [Thu, Apr 17th: 9:15am](#) **Apr 3 & Apr 17** **Room: Studio**

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Functional Fitness (18+): Explore a pain-free range of motion with a variety of mobility, flexibility and movement patterns. Each session will progress from isolated joint mobility exercises to using multiple muscle groups that mimic daily activities and sports movements. You will be rewarded with a stronger and more supple body, negating the effects of modern sedentary lifestyles.	Mar 4 - Apr 29	Room: Studio	1st Free, Flex, D-I
Tues: 9:15am			
Gentle Movement (18+): This low-impact, low-intensity class is designed for adults seeking to enhance joint mobility and overall wellness. Focus is on movements that promote flexibility, strength, and balance without the strain of traditional workouts. Classes include stretching, training with light weights and balance exercises. Instructor will adapt exercises for your individual needs and guide you through each movement.	Mar 6 - Apr 24	Room: Studio	1st Free, Flex, D-I
Thu: 11:45am			
Gentle Yoga (13+): Each class offers poses for stretching, active strengthening and deep relaxing. We focus on alignment for joint safety and use props to make poses accessible for many levels of experience. Benefits include: improved strength, flexibility and balance; reduced tension; better joint health; better mental clarity and an overall feeling of well-being.	Mar 4 - Apr 15	Room: CR-AB	1st Free, Flex, D-I, 25% Discount*
Tues: 11:45am			
Jazzercise (13+): Jazzercise is a combination of aerobic exercise, HIIT cardio, and dance fitness safe and effective for all fitness levels. Email: SBjazzercise@gmail.com for more information.			
Pilates (13+): Pilates is a low-impact exercise designed to strengthen core muscles, increase body awareness, and improve balance and flexibility. This class combines Pilates basics with yoga and barre exercises. Students often feel a sense of overall wellness with a stronger mind-body connection. All fitness levels welcome. For more info, visit www.community-pilates.com	Mar 3 - Apr 28	Room: CR-AB	1st Free, Flex, D-I, 25% Discount*
Mon: 9:15am Fri: 9:15am			
Shotokan Karate (6-12) and (9-Adult): Learn traditional Karate with a non-violent philosophy emphasizing Respect, Excellence, Strength and Character with fun and experienced Black Belt instructors from Washington Shotokan Association.	Apr 2 - 30	Room: CR-B/Studio	
Mon/Wed: 6pm (ages 6-12) Mon/Wed: 7pm (ages 9-Adult) or w/ Instructor Permission			
Small Group Training (16+): Join a Certified Personal Trainer in a small group class focused on helping you achieve your fitness goals. Workouts are designed to meet your needs and fitness level. Trainer will provide accountability and encouragement to reach new heights in health!	Next session starts June 2	Room: Studio	
Mon: 7pm			
Sound Bath (13+): A sound bath is a meditative practice with waves of soothing, echoing sound from traditional wind and crystal bowl instruments. Learning to focus on the sound waves may help participants feel a decrease in stress, fatigue, anxiety, depression, sadness, and pain. Relaxation is the main takeaway from the session. See dates available below.	10:30-11:30 am	Room: Studio	Sat: Apr 26th
Sat: Apr 5th Sat: Apr 12th Sat: Apr 19th			
Taekwondo (6-Adult) and (9-Adult): An ancient Korean Martial Art, Taekwondo is a system of practical techniques for self-defense. Instruction is designed to emphasize kicks and punches that strengthen and condition the whole body and promote confidence, patience and respect. 6pm class is for ages 9-Adult or by instructor permission.	Apr 1 - 29	Room: Studio	
Tues/Thur: 4pm (ages 6-Adult) Tues/Thur: 6pm (ages 9-Adult) or w/ Instructor Permission Tues/Thur: 5pm (ages 6-Adult)			
Tai Chi & Mindful Movement (18+): This class incorporates the practices of Chi Kung, Yang family style Tai Chi, stretching, breathwork and meditation. Expect to feel an immediate sense of refreshed focus, relaxation and overall well-being. Longer term benefits include increased flexibility and balance, calmness, strength and a deeper mind-body connection.	Mar 7 - Apr 25	Room: Studio	1st Free, Flex, D-I
Fri: 10:30am			
Total Body Fitness, In-Person or Virtual (16+): Join a certified group fitness instructor, either virtually from home or in-person for this fun and effective way to burn stubborn body fat and improve your level of fitness! Your instructor will work with you on any modifications. The class will utilize bodyweight exercises, agility movements, dumbbells and bands. All fitness levels welcome.	Apr 1 - 15		
Tues: 6am - Virtual			
Tues/Thur: 6am - In-Person	Apr 1 - 17	Room: Studio	1st Free, Flex, D-I, 25% Discount*
Yoga - All Levels (13+): Beginner and intermediate students who desire a safe foundation in yoga will develop body awareness, flexibility, balance, and strength. Students with injuries or health conditions will learn modifications for safety. This class integrates other aspects of a well-rounded practice such as breathing, meditation and health and nutrition tips.	Mar 5 - Apr 30	Room: CR-B	1st Free, Flex, D-I, 25% Discount*
Wed: 6pm			
NEW! Yoga for Stress Management (18+): This class is designed to help you reconnect with your mind and body and help manage stress. You will learn foundational yoga techniques to calm down your nervous system, build self-awareness and release tension in areas impacted by stress.	Mar 23 - Apr 27	Room: Studio	
Sun: 10:30am			
NEW! Yoga for Women's Health (18+): Come join a therapeutic, specialized class designed to support women at all stages of life. Techniques will address balancing hormones, reducing stress, supporting the endocrine system and reproductive health along with improving flexibility, strength and self-care. Participants will learn the science behind the techniques to educate and empower themselves to improve their well-being.	Mar 23 - Apr 27	Room: Studio	
Sun: 9:15am			
ZUMBA (13+): ZUMBA is a fitness class with easy to follow rhythms for all fitness levels. The Friday Toning class uses light weights to build muscles in arms, legs and glutes. This hour of calorie burning, energizing, and expressive movement will spice up your fitness program.	Mar 3 - Apr 28	Room: CR-AB/Studio	
Mon: 10:30am Mon: 6:00pm			
Fri: 10:30am (Toning)	Mar 7 - Apr 25	Room: Studio	1st Free, Flex, D-I, 25% Discount*
Class held outdoors. Dress for the temperature	Class offered In-person and Virtual	Single class offering	