



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Welcome to Group Exercise at the Northshore Y

Experience the incredible energy that only group classes can give you. Beginner-friendly classes are listed at right to get you started. Keep going to find our full schedule plus class descriptions!

CONTACT INFORMATION

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Use our free Mobile App (at right) for current schedule!



NORTHSHORE YMCA
11811 NE 195th ST, Bothell WA 98011
P 425 485 9797 F 425 486 7757 ymcanorthshore.org

THE Y AT THE CAROL EDWARDS CENTER
17401 133rd Ave NE, Woodinville WA 98072
P 425 286 6122

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.

GROUP EXERCISE SCHEDULE

Summer Schedule
June 20–September 11

101 CLASSES

MONDAY

Time	Class	Instructor
7:30–8:00	Express Cycle/Club RM B	Rachel B.
8:00–8:30	Express 101 Strength Training/MG Core Strength Flexibility	Candy
8:30–8:45		
8:45–9:00		
8:00–8:55	MS Aquatics/Pool ♦	Jane
8:15–9:15	Walking Group/Lobby	Members
9:00–9:55	Shallow Water Aerobics Pool ♦	Nancy
12:05–1:00	Arthritis Class/Pool ♦	Sharon
12:10–1:00	AOA Chair Yoga/MPR	Suzanne
1:00–2:00	ZUMBA®/CEC	Emily
3:15–4:15	Pedaling for Parkinson's/Club RM B	Rachel

TUESDAY

9:00–9:55	Shallow Water Aerobics Pool ♦	Ginny
9:00–10:00	AOA Floor Aerobics/MPR	Candy
10:00–11:30	AOA Senior Lounge/Family Kitchen	Members
10:15–11:00	AOA Strength & Stretch/MPR	Heather
11:15–12:00	AOA Strength & Stretch/MPR	Heather
12:05–1:00	Arthritis Class/Pool ♦	Cathi
12:15–1:15	101 Cardio & Strength/MPR	Robyn M.
2:00–3:00	Walking Group/CEC Lobby	Members
7:15–7:45	Life Fitness Circuit/THC	Bobbi
8:30–9:30	Restorative Yin Yoga/MPR	Heather

WEDNESDAY

7:30–8:00	Express Cycle/Club RM B	Rachel B.
8:00–8:55	MS Aquatics/Pool ♦	Jane
8:15–9:15	Walking Group/Lobby	Members
8:00–8:30	Express 101 Strength Training/MG Core Strength Flexibility	Dawni Rae
8:30–8:45		
8:45–9:00		
9:00–9:55	Shallow Water Aerobics Pool ♦	Hoss
9:30–10:00	Life Fitness Circuit/THC	Jen
9:30–10:30	Relax & Meditate/Seattle Times Field TICKET REQUIRED	Cindy C.
12:05–1:00	Arthritis Class/Pool ♦	Sharon
12:15–1:15	Moving For Better Balance Preview	Kathy
1:00–2:00	ZUMBA®/CEC	Glenna
3:15–4:15	Pedaling for Parkinson's/Club RM B	Rachel B.
3:30–4:30	Family Yoga/MPR	Heather

THURSDAY

Time	Class	Instructor
9:00–9:55	Shallow Water Aerobics Pool ♦	Ginny
9:00–10:00	AOA Floor Aerobics/MPR	Candy
10:00–11:30	AOA Senior Lounge/Family Kitchen	Members
10:15–11:00	AOA Cardio & Strength/MPR	Varies
11:15–12:00	AOA Cardio & Strength/MPR	Kathy
12:05–1:00	Arthritis Class/Pool ♦	Cathi
12:15–1:00	AOA Chair Yoga/MPR	Kathy
2:00–3:00	Walking Group/CEC Lobby	Members
7:15–7:45	Life Fitness Circuit/THC	Jairid

FRIDAY

7:30–8:00	Express Cycle/Club RM B	Rachel B.
8:00–8:30	Express 101 Strength Training/MG Core Strength Flexibility	Carrie
8:30–8:45		
8:45–9:00		
8:15–9:15	Walking Group/Lobby	Members
9:00–9:55	Shallow Water Aerobics Pool ♦	Nancy
9:30–10:15	ZUMBA®/MPR	Glenna
9:30–10:00	Life Fitness Circuit/THC	Heather
10:30–11:30	AOA Strength & Stretch/MPR	Heather
12:05–1:00	Arthritis Class/Pool ♦	Nancy
1:00–2:00	ZUMBA®/CEC	Amy L.
1:15–2:00	Gentle Yoga MPR	Suzanne

SATURDAY

8:45–9:30	Ballet Barre/MPR	Suzanne
12:30–1:25	Arthritis Class/Pool ♦	Annette

SUNDAY

10:00–11:15	All Levels Yoga/MPR	Cindy C.
11:30–12:30	101 Yoga/MPR	Cindy C.
1:15–2:15	All Levels Yoga/MPR	Heather
2:30–3:30	ZUMBA®/MPR	Varies

WHAT'S NEW! (from May schedule)

- **Outdoor Boot Camp** Seasonal class! Mondays 6:15–7:15p Seattle Times Field (ticket required)
- **Moving For Better Balance Preview** Wednesdays 12:15–1:15p MPR Begins June 2
- **Relax and Meditate** 9:30– 10:30a moving to gazebo at Seattle Times Field
- **NEW TIME - All Levels Cycling** Saturdays 8:30–9:30a
- **PLEASE SEE BOX INSIDE FOR FURTHER CLASS DETAILS**



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GROUP EXERCISE SCHEDULE

Special Summer Programming Schedule •

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 am	5:30-6:15 Power Pedal Cycling* Club RM B/Steve		5:30-6:15 Power Pedal Cycling* Club RM B/Rich				
	5:45-6:45 Boot Camp/MG/Lisa H.	5:45-6:45 Total Body Strength/MPR/Steve	5:45-6:45 Boot Camp/FG/Lisa H.	5:45-6:45 Total Body Strength/MPR/Steve	5:45-6:45 Boot Camp/FG/Carrie		
6:00 am	5:45-6:45 All Levels Yoga* MPR/Heather		5:45-6:45 All Levels Yoga* MPR/Heather		5:45-6:45 All Levels Yoga* MPR/Heather		
7:00 am	6:30-7:15 Power Pedal Cycling* Club RM B/Rachel	7:00-8:00 Body Shop MG/Carrie/Jairid	6:30-7:15 Power Pedal Cycling* Club RM B/Steve/Rachel	7:00-8:00 Body Shop MG/Traci	6:30-7:15 Power Pedal Cycling* Club RM B/Rachel		
	7:30-8:00 Express Cycle* Club RM B/Rachel		7:30-8:00 Express Cycle* Club RM B/Rachel		7:30-8:00 Express Cycle* Club RM B/Rachel		
8:00 am	8:00-8:30 Express 101 Strength Training 8:30-8:45 Core Strength 8:45-9:00 Flexibility MG/Candy		8:00-8:30 Express 101 Strength Training 8:30-8:45 Core Strength 8:45-9:00 Flexibility MG/Dawni Rae		8:00-8:30 Express 101 Strength Training 8:30-8:45 Core Strength 8:45-9:00 Flexibility MG/Carrie	7:45-8:45 Metabolic Conditioning MG/Brent/Carrie	
	8:00-8:55 MS Aquatics/Pool/Jane		8:00-8:55 MS Aquatics/Pool/Jane		8:15-9:15 Walking Group Lobby/Member-Led	8:00-8:55 Shallow Water Aerobics/Pool/Annette	
	8:15-9:15 Walking Group Lobby/Member-Led		8:15-9:15 Walking Group Lobby/Member-Led		8:30-9:15 Mat Pilates*/MPR/Connie	8:00-9:00 Intermediate Step/FG/Sarah	
	8:30-9:15 Mat Pilates*/MPR/Cindy S.	8:45-9:20 H.I.I.T./MG/Amy O.	8:30-9:15 Mat Pilates*/MPR/Connie	8:45-9:20 H.I.I.T./MG/Jodi	8:30-9:15 All Levels Cycling* Club RM B/Cindy/Jane	8:30-9:30 All Levels Cycling* Club RM B/Diane	
	8:30-9:15 All Levels Cycling* Club RM B/Jane	8:45-9:30 All Levels Cycling* Club RM B/Chris		8:45-9:30 All Levels Cycling* Club RM B/Chris		8:45-9:30 Ballet Barre*/MPR/Suzanne	
9:00 am	9:00-9:55 Shallow Water Aerobics/Pool/ Nancy	9:00-9:55 Shallow Water Aerobics/Pool/ Ginny	9:00-9:55 Shallow Water Aerobics/Pool/ Hoss	9:00-9:55 Shallow Water Aerobics/Pool/ Ginny	9:00-9:55 Shallow Water Aerobics/Pool/ Nancy	9:00-10:00 ZUMBA®/CEC/Amy L.	
	9:30-10:30 Body Shop* MPR/Shelby	9:00-10:00 AOA Floor Aerobics MPR/Candy	9:30-10:30 Body Shop* MPR/Carrie	9:00-10:00 AOA Floor Aerobics MPR/Candy	9:30-10:15 ZUMBA® MPR/Glenna	9:15-10:15 Body Shop FG/Candy	
		9:30-10:45 (75 Min) Boot Camp/MG/Jodi	9:45-10:45 ZUMBA®/MG/Emily	9:30-10:45 (75 Min) Boot Camp/MG/Jodi	9:30-10:45 (75-Min) Body Shop MG/Dawni Rae	9:45-10:30 Yoga Pilates Combo* MPR/Suzanne	9:30-10:30 Boot Camp FG/Varies
	9:45-10:45 ZUMBA®/MG/Amy L.		9:30-10:30 Relax & Meditate*** Seattle Times Field/Cindy C.		9:30-10:00 Life Fitness Circuit THC/Heather		
	9:30-10:30 Endurance Cycling* Club RM B/Amy O.	9:30-11:00 Yoga for Multiple Sclerosis CEC/Robin (\$)	9:30-10:30 Endurance Cycling* Club RM B/Jodi		9:30-10:30 Endurance Cycling* Club RM B/Rich/Amy O.		
			9:30-10:00 Life Fitness Circuit/THC/Jen				
	9:30-10:15 Mat Pilates/CEC/Anelody	9:30-10:30 PiYo™/CEC/Jami	9:30-10:15 Mat Pilates/CEC/Candy	9:30-10:30 PiYo™/CEC/Jami	9:30-10:15 Mat Pilates/CEC/Anelody		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 am	10:30-11:30 Enhance Fitness® CEC/Kathy	10:00-11:30 AOA Senior Lounge Family Kitchen/Member-Led	10:30-11:30 Enhance Fitness® CEC/Candy		10:30-11:30 Enhance Fitness® CEC/Kathy		10:00-11:15 All Levels Yoga* MPR/Cindy C.
	10:45-12:00 All Levels Yoga* MPR/Suzanne	10:15-11:00 AOA Strength & Stretch MPR/Heather S.	10:45-12:00 All Levels Yoga* MPR/Jenny	10:15-11:00 AOA Cardio & Strength MPR/Varies	10:30-11:30 AOA Strength & Stretch MPR/Heather S.	10:15-11:15 Above The Barre CEC/Sara/Kelly	
		10:45-11:30 Cardio Jam CEC/Robyn M.	11:45-12:45 Enhance Fitness® CEC/Candy	10:45-11:45 Zumba Toning CEC/Amy	10:30-11:00 Foam Roller Class CEC/Anelody		
11:00 am	11:45-12:45 Enhance Fitness® CEC/Kathy	11:15-12:00 AOA Strength & Stretch MPR/Heather		11:15-12:00 AOA Cardio & Strength MPR/Kathy	11:45-12:45 Enhance Fitness® CEC/Kathy		11:30 am-12:30 101 Yoga* MPR/Cindy C.
12:00 pm	12:05-1:00 Arthritis Class /Pool/Sharon ♣	12:05-1:00 Arthritis Class /Pool/Cathi ♣	12:05-1:00 Arthritis Class /Pool/Sharon ♣	12:05-1:00 Arthritis Class /Pool/Cathi ♣	12:05-1:00 Arthritis Class /Pool/Nancy ♣	12:30-1:25 Arthritis Class /Pool/Cyndie ♣	
	12:15-1:00 AOA Chair Yoga* MPR/Suzanne	12:15-1:15 101 Cardio & Strength MPR/Robyn M.		NEW! 12:15-1:15 Moving For Better Balance Preview/MPR/Kathy	12:00-1:00 Power Yoga* MPR/Suzanne		
1:00 pm			1:00-2:00 ZUMBA® CEC/Glenna	12:00-12:45 Cardio Jam CEC/Christie	1:00-2:00 ZUMBA® CEC/Amy		1:15-2:15 All Levels Yoga* MPR/Heather W-B.
	1:00-2:00 ZUMBA® CEC/Emily	1:30-2:30 Barre Sculpt/MPR/Kelly			1:15-2:00 Gentle Yoga* /MPR/Suzanne		
2:00 pm			2:15-3:15 Tai Chi Chuan Section II (no drop ins-must register) MPR/Stefanie			2:15-3:15 Tai Chi Chuan Section II (no drop ins-must register) MPR/Stefanie	2:30-3:30 ZUMBA® MPR/Varies
3:00 pm	3:15-4:15 Pedaling for Parkinson's Cycling*/Club RM B/Rachel B.		3:15-4:15 Pedaling for Parkinson's Cycling*/Club RM B/Rachel B.		3:15-4:15 Pedaling for Parkinson's Cycling*/Club RM B/Rachel B.	3:30-4:30 Tai Chi Chuan Section I MPR/Stefanie (no drop ins-must register) <i>Next session begins September 10</i>	3:45-4:45 PiYo™ /MPR Jenny/Taraneh/Brooksie
			3:30-4:30 Family Yoga MPR/Heather W-B				
5:00 pm							
6:00 pm	5:55-6:55 Step & Sculpt MPR/Taraneh	6:00-7:00 Above The Barre CEC/Kelly	5:55-6:55 ZUMBA® Toning MPR/Amy L.	6:00-7:00 Above The Barre CEC/Sara			
	NEW! 6:15-7:15 Outdoor Boot Camp**	6:05-7:05 Body Shop/MG/Lisa C.		6:05-7:05 Body Shop/MG/Jairid			
7:00 pm	7:05-8:00 ZUMBA® /MG/Sara	7:10-8:10 ZUMBA® /CEC/Christie	7:05-8:00 ZUMBA® /MG/Kelly	7:10-8:10 Cardio Jam /CEC/Christie			
		7:00-7:55 Aqua Power/Pool/Suzanne ♣		7:00-7:55 Aqua Power/Pool/Randy ♣			
		7:15-7:45 Life Fitness Circuit /THC/Bobbi		7:15-7:45 Life Fitness Circuit /THC/Jairid			
		7:15-8:15 Power Yoga*/MPR/Heather		7:15-8:15 All Levels Yoga*/MPR/Cindy			
8:00 pm		8:30-9:30 Restorative Yin Yoga* MPR/Heather W-B					

SUMMER SCHEDULE CLASS GUIDELINES:

- ****Outdoor Boot Camp will be held at the Seattle Times Field. TICKET REQUIRED. Must park at the Y.**
- *****Relax and Meditate meets at the Seattle Times Field gazebo, TICKET REQUIRED. Must park at the Y.**
- Youth 8-13 may attend with a supervising adult, as long as they are able to follow class structure and instructions.
- Please wear proper attire and footwear.
- Class schedules and instructors are subject to change. We appreciate your flexibility and apologize for any inconvenience.

MG = Main Gym
FG = Family Gym

THC = Total Health Center
MPR = Multipurpose Room

101 = Lower intensity classes noted in **Bold Type**
CEC = The Y at the Carol Edwards Center, 17401 133rd Ave NE, Woodinville

* = **Ticket Required** from Member Services Desk
♣ = Water Exercise Classes \$ = Fee Based Classes

CLASS DESCRIPTIONS

Above The Barre

Fusing the best of ballet, strength, yoga and Pilates with challenging, low impact resistance moves that build total body strength. Must bring your yoga mat. Designed to be done barefoot, but not required.

AOA Cardio & Strength

Have fun as you become fit through a class that combines cardiovascular exercise and muscular endurance in a standing circuit workout. (A chair is available for support)

AOA Floor Aerobics

This lively low impact workout combines fun movements to improve cardiovascular endurance with muscular strength and flexibility.

AOA Strength & Stretch

Build your muscular endurance, increase your range of motion, and practice balance to make daily activities easier. Exercises can be done standing or seated. Chair is used for abdominal work and stretching.

Ballet Barre

A series of traditional ballet exercises done at the barre or with a chair working on balance, flexibility, and strength.

Barre Sculpt

Using the ballet barre and your body weight, follow a low-impact and energizing sequence of postures designed to shape your whole body. Classis set to music.

Body Shop

This high-energy class includes aerobic exercise and strength training using various equipment. You'll get more muscle definition, build strength and endurance, and sweat too!

🏋️ = High powered

🏋️ = Challenging

🏋️ = Intense

Boot Camp

A high energy class using drills of interval activity. Circuits of jump rope, crunches, push-ups, etc.. The workout will increase your metabolism, build muscles and reduce body fat.

101 Cardio & Strength

This class introduces participants to low impact aerobic exercise and strength training in an interval format. It includes 30 minutes of cardio & strength, 20 minutes of core conditioning, and 10 minutes of a total body stretch and relax.

Cardio Jam

Enjoy easy-to-learn dance choreography that gets your heart pumping to radio top 40 hits including hip hop, pop and more.

Core Strength

Increases stability and balance by targeting the muscles of the abs, back, legs and other major muscle groups using a variety of equipment and techniques.

Enhance Fitness®

Enhance Fitness® focuses on dynamic cardiovascular exercise, strength, balance and flexibility for older adults. Fitness assessments are included. A chair is available for support.

Express Circuit

This strength training using a variety of equipment, including weights and resistance tubing, may include cardio segments. All levels welcome.

Express 101 Strength Training

Use hand weights, resistance bands and strength equipment in a 30-minute strength training class format.

Family Yoga

This class is for families with kids ages 0-8. Have fun with your kiddos while gaining flexibility and strength.

Flexibility

This 15-minute class has safe, gentle stretches for the whole body.

Foam Roller Class

Mat-based movements using a foam roller that help to align your body, strengthen your core and stimulate muscle recovery. Bring your own foam roller.

H.I.I.T.

High-Intensity Interval Training is defined as quick, intense bursts of 85-100% effort followed by short recovery periods. Activities could include running, plyometrics, push-ups, and strength training using a variety of equipment. (35 minutes).

Life Fitness Circuit

This unique format features timed strength training on Life Fitness Circuit equipment and may include cardio segments. All fitness levels.

Mat Pilates

Based on Joseph Pilates' mat technique. Series of core conditioning movements are linked with the breath and performed from a sitting, reclining or standing position and may include additional equipment.

Metabolic Conditioning

Cardio/strength Intervals designed to boost metabolism and melt calories. This is a high intensity workout with very short rest periods.

Moving For Better Balance Preview

Improve your balance, mobility, walking, and mental well-being in this adapted Tai Ji Quan program. You will learn a variety of movements specifically tailored to train balance, self-awareness, and controlling body movements in performing activities of daily life. Participants are encouraged to wear comfortable clothing and shoes. Chairs available.

Outdoor Boot Camp

A high intensity class held outdoors using drills of cardio, body weight exercises, resistance tubes, and genie balls. Class is outdoors rain or shine, with the exception of lightning and thunder.

Pi/Yo™

Pi/Yo™ is a total body strength workout that applies pilates/yoga principles. Bring a yoga mat.

Step / Step & Sculpt

Step class is designed for an intermediate exerciser. Movements are performed on and off a step. Intensity is determined by speed, travel patterns and choreography.. **Step & Sculpt** adds strength training with a variety of resistance equipment.

Relax & Meditate

Explore relaxation techniques and the art of meditation in a welcoming atmosphere. Chairs will be used.

Tai Chi Chuan

Martial art that uses slow movements to promote health, circulation and relaxation in a progressive format. Concentration is on breathing, core muscle strength, and harmony of the mind, body and spirit.

- Section I: 16 week series. Each week, a new move in the long form is introduced. Registration required.
- Section II: 16 week series. For those who have completed Section I, or with the instructor's permission. No drop ins allowed.

Total Body Strength

Use resistance equipment such as body bars, tubing, etc. and your own body weight to increase total body strength. Includes upper body, lower body and core strengthening exercises.

Walking Group

Participants meet in lobby to walk the trails around the business park. Open to the community.

Yoga Pilates Combo

Yoga and Pilates exercises are fused in a flowing routine with focus on strengthening, toning, stretching, body awareness and balance.

ZUMBA®

ZUMBA® fuses Latin rhythms in easy to follow moves to create a dynamic workout. You'll tone and sculpt your body while burning fat.

ZUMBA® Toning

This class adds light free weights to a Latin-inspired dance fitness party. A ticket is required.

CYCLING CLASS DESCRIPTIONS

All Levels Cycling

Beginner to experienced; join us for a great ride! The class includes upbeat, motivating music and group camaraderie.

Endurance Cycling (60 minutes)

Focus is on endurance, strength, proper form, and technique. High intensity.

Power Pedal Cycling (45 minutes)

High intensity interval training for intermediate to advanced cyclists.

Pedaling for Parkinson's

60 minute group session. Medical referral is required for participants.

YOGA CLASS DESCRIPTIONS (Bring own mat)

101 Yoga - Class is designed to introduce members to basic yoga poses at a comfortable pace for beginners.

All Levels Yoga - Includes a variety of balancing, standing, seated and supine/prone postures. Members may choose their own intensity based on their needs.

AOA Chair Yoga - Modified yoga poses that are performed standing near or seated in a chair. This is a great alternative for those who have difficulty with mobility, balance and/or other special considerations.

Gentle Yoga - Traditional yoga poses are modified, with an emphasis on a slower pace accompanied by the breath and stilling the mind. Relaxing and energizing.

Power Yoga - A fitness-based approach to yoga balancing strength and flexibility. This is a great cross-training option for off-season athletes or anyone who is ready to try something new with their strength training program.

Restorative Yin Yoga - A passive style of yoga with longer hold times. Allows for a deeper relaxation and calmer mind.

WATER FITNESS CLASS DESCRIPTIONS

Arthritis Foundation YMCA Aquatic Program ♦ Intensity Level 1
This class is designed for those with limited movement. Mild water exercises with emphasis on range of motion and strength.

Aqua Power

 ♦ Intensity Level 3-4

A higher intensity level, deep and shallow water workout consisting of aqua jogging, triathlon training, intervals and more to pump up your heart and strengthen your body!

MS Aquatics

 ♦ Intensity Level 1

This water exercise class is based on an exercise-rest-exercise pattern. We provide optimal exercise conditions for people with weakened limbs, fatigue, and balance challenges. This class promotes strength, stamina, and flexibility. Focus is on physical, emotional and social wellbeing.

Shallow Water Aerobics

 ♦ Intensity Level 2-3

Walking, running, jumping and a variety of lower impact aerobic movements are performed in the pool to increase heart rate and provide both a cardiovascular and strength training and endurance workout. A variety of water equipment, dumbbells, noodles, etc. are used for conditioning. Flotation belts are available and may be used for comfort and safety, and modifications are offered for all fitness levels.