



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## FITNESS SCHEDULE - Bellingham Activity Center

### January 2012

<b>AEROBICS ROOM</b>							
<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	
6:00 a.m. - 7:00 a.m.	Cardio Strength <b>Becky S.</b>	Zumba® <b>Jenny</b>	Step <b>Becky S.</b>	Basic Yoga** <b>Bryan</b>	Zumba® <b>Jenny</b>		
8:00 a.m. - 9:00 a.m.				Pilates w/ Props <b>Ella</b>		Vinyasa Yoga <b>Lo</b>	
9:00 a.m. - 10:00 a.m.	High Lo Aerobics <b>JoAnn</b>		High Lo Aerobics <b>JoAnn</b>		High Lo Aerobics <b>JoAnn</b>		
9:15 a.m. - 10:00 a.m.						Boot Camp <b>Becky B.</b>	
9:15 a.m. - 10:45 a.m.			Basic Yoga** <b>Ivy</b> (begins Jan 10 <sup>th</sup> )		Basic Yoga** <b>Elizabeth</b>		
11:00 a.m. - 11:45 a.m.						Family Yoga <b>Barb</b>	
12:10 p.m. - 1:00 p.m.	Ball & Tone <b>Mary</b>		Boot Camp <b>Lesley</b>		Cardio Strength <b>Barb</b>		
1:15 p.m. - 2:15 p.m.	Zumba Gold® <b>Jenny</b>						
5:30 p.m. - 6:30 p.m.	Boot Camp <b>Lesley</b>	Strength & Tone <b>JoAnn</b>	Boot Camp <b>Janet</b>	Strength & Tone <b>JoAnn</b>	Boot Camp <b>Toby</b>		
6:35 p.m. - 8:05 p.m.		Zumba® & Zumba Toning® <b>Jenny</b>					

\*\* All Yoga classes will be limited to 25 participants to maintain a safe environment for all. First come, first serve.

<b>MULTIPURPOSE ROOM</b>						
<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
8:00 a.m. - 8:45 a.m.	Morning Stretch <b>Beth</b>		Morning Stretch <b>Beth</b>		Morning Stretch <b>Beth</b>	
8:00 a.m. - 8:50 a.m.		Step <b>Robin</b>		Step <b>Robin</b>		
9:00 a.m. - 9:55 a.m.		Strength & Tone <b>Robin</b>		Strength & Tone <b>Robin</b>		
10:00 a.m. - 11:00 a.m.		Totin' Tykes <b>Mary</b>		Totin' Tykes <b>Mary</b>		
4:15 p.m. - 5:15 p.m.				Tai Chi: Deepening Practice <b>Lee</b> Jan. 12 - Mar. 8		
5:30 p.m. - 6:30 p.m.	Flowing Yoga** <b>Lo</b>		Flowing Yoga** <b>Bryan</b>			
5:30 p.m. - 7:00 p.m.		Yoga Two** <b>Kate</b>				

\*\* All Yoga classes will be limited to 25 participants to maintain a safe environment for all. First come, first serve.

**For your safety please arrive to class on time and if new to class please inform the instructor.  
All classes listed above are included in YMCA Membership.  
Classes are open to non-members with the purchase of a day pass, available at the service desk.**

# Fitness Class Descriptions

## Cardiovascular Classes

### **Boot Camp - Aerobics Room**

A challenging circuit class to promote or maintain strength, agility, flexibility and cardiovascular fitness.

### **Cardio Strength - Aerobics Room**

Designed to increase cardiovascular conditioning while improving muscular strength and endurance.

### **High Lo Aerobics (High Intensity, Low Impact) - Aerobics Room**

A great cardiovascular floor aerobics class that uses high-intensity moves, but is low impact on the body.

### **Step - Aerobics Room**

A cardiovascular conditioning class with beginning to advanced choreography, depending on class participants' step experience.

### **Totin' Tykes - Multipurpose Room**

An varied aerobic class for parents while their children play with other children or sit in a stroller or car seat.

### **Zumba®- Aerobics Room**

Invigorating Latin-inspired, dance fitness program guaranteed to provide a safe, effective, total body workout.

### **Zumba Gold®- Aerobics Room**

An exhilarating, easy and effective cardio workout. Great for the active older adult or beginning Zumba participants, modification will be demonstrated.

## Muscular Conditioning Classes

### **Ball & Toning - Aerobics Room**

Use the stability ball to build muscular strength and flexibility.

### **Pilates With Props - Aerobics Room**

This Pilates class will help you with strength and flexibility using blocks, blankets, bands and balls.

### **Strength & Tone - Aerobics Room**

A fitness class that uses weights, bands, stability balls and one's own body weight to strengthen and tone muscles.

## Flexibility Classes

### **Basic Yoga - Aerobics Room**

Designed to focus on stretching, strengthening, breathing and relaxing.

### **Family Yoga - Multipurpose Room**

Try some yoga poses with your children (ages 3-7). The class will incorporate yoga poses and games that are appropriate for the children.

### **Flowing Yoga - Multipurpose Room**

Designed to improve dynamic mobility & allow you to learn simple flowing yoga. This class can increase your flexibility and strength.

### **Morning Stretch - Multipurpose Room**

A relaxing fitness class that focuses on improving flexibility and joint mobility.

### **Vinyasa Yoga - Aerobics Room**

A more intense, faster paced, flow style Vinyasa Yoga class.

### **Yoga Two - Multipurpose Room**

This advanced yoga class will challenge your yoga workout. An ideal class for experienced yoga participants.

## Whatcom Family YMCA

1256 N. State Street, Bellingham, WA 98225  
360 733 8630 [www.whatcomymca.org](http://www.whatcomymca.org)



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## **CYCLING SCHEDULE - Bellingham Activity Center**

January 2012

### **Indoor Cycling - 3<sup>rd</sup> Floor Training Room**

This stationary bike class uses great music and drills to deliver a cardio workout for all levels. Space is limited to 10 participants.

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>6:00 a.m. - 6:45 a.m.</b>	<b>Indoor Cycling**</b> Staci		<b>Indoor Cycling**</b> Staci		<b>Indoor Cycling**</b> Staci
<b>9:15 a.m. - 10:00 a.m.</b>		<b>Indoor Cycling**</b> Tammy		<b>Indoor Cycling**</b> Lesley	
<b>12:15 p.m. - 1:00 p.m.</b>		<b>Indoor Cycling**</b> Mary		<b>Indoor Cycling**</b> Mary	
<b>5:30 p.m. - 6:15 p.m.</b>	<b>Indoor Cycling**</b> Michele	<b>Indoor Cycling**</b> Janet		<b>Indoor Cycling**</b> Janet	

**\*\* All Indoor Cycling Classes are limited to 10 participants. First come, first serve. Class participants can reserve their bike by signing up at the Service Desk anytime the day of the class.**

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