



**Six days a week—
mornings & evenings**



MOVE IT!

FITNESS CLASSES

North Kirkland Community Center
12421 103rd Ave NE, Kirkland • 425.587.3350

3 WAYS TO PARTICIPATE!

1 QUARTERLY FITNESS PASS

THE BEST VALUE!

No individual class registrations and associated fees! With the purchase of the MOVE IT quarterly pass, take an unlimited number and combination of group fitness classes that your schedule allows. One registration, ultimate flexibility. Simply present your pass at class.

FALL QUARTERLY PASS

Sept 18 – Dec 22, 2018

R \$140 / NR \$160 • #5726

WINTER QUARTERLY PASS

Jan 2 – March 23, 2019

R \$125 / NR \$150 • #5727

Most current schedules can be found at www.kirklandparks.net or at the North Kirkland Community Center front desk. Passes and punch cards are good for Move It classes only.

2 FITNESS PUNCH CARD

Not ready to commit to the Move It Pass? Try our punch card option.

10-PUNCH CARD

R \$60 / NR \$70 • #2950

3 DROP-IN PASS

Dip your toe in the waters and see what you like. Purchase a Drop-in pass at the North Kirkland Community Center front desk before class.

DROP-IN \$8 each class

**FREE
FITNESS CLASSES
ALL WEEK LONG!
SEPT 10-15**

Move It! Class Schedule

Fall 2018–Winter 2019

FALL September 17–December 22 (14 weeks) • \$140 R/\$160 NR

WINTER January 2–March 23 (12 weeks) • \$125 R/\$150 NR

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MORNING CLASSES			
Mon	Strength & Stretch	8:00–8:50am	Rhianna
Mon.	Cardio Jam N Sculpt	9:00–9:50am	Rhianna
Tues.	Yoga Blend	8:00–8:50am	Joleen
Wed.	Cardio Jam N Sculpt	9:00–9:50am	Rhianna
Thurs.	Align & Breathe Yoga	7:00–7:50am	Dorothy
Thurs.	Strength & Stretch	8:00–8:50am	Rhianna
Fri.	Align & Breathe Yoga	8:15–9:15am	Dorothy
Fri.	Hustle & Sculpt	9:30–10:30am	John
Fri.	Boot Camp	10:30–11:15am	John
Sat.	Total Body Conditioning	9:00–9:50am	Joleen
Sat.	Zumba	10:00–11:00am	April
EVENING CLASSES			
Mon.	Cardio Jam N Sculpt	5:30–6:15pm	Joleen
Mon.	Circuit Training	6:30–7:20pm	Joleen
Tues.	Mat Pilates & Body Sculpting	5:15–6:15pm	Bengie
Tues.	Zumba	6:20–7:10pm	Angel
Wed.	Cardio Jam N Sculpt	5:30–6:15pm	Joleen
Wed.	Circuit Training	6:30–7:20pm	Joleen
Thurs.	Mat Pilates & Body Sculpting	5:15–6:15pm	Bengie
Thurs.	Dance Fusion	6:20–7:10pm	Bengie
Thurs.	Zumba	7:15–8:15pm	April



FIRST CLASS FREE FOR FIRST-TIMERS

Schedule subject to change

FREE FITNESS WEEK!

SEPTEMBER 10–15

Start the school year with a healthy splurge!
FREE fitness classes all week long!
Try one or try them all!

NO PRE-REGISTRATION REQUIRED

MOVE IT! GROUP FITNESS CLASS DESCRIPTIONS

Align & Breathe Yoga Start your morning right with this joyful, all-levels yoga class! Breathe, stretch, strengthen, balance, and set your intention for the day! We'll practice a little flow and a little alignment in a safe and welcoming environment. Wear comfortable clothes and bring a mat. Please bring a mat; mats available to borrow if needed.

Boot Camp Get results at John's Boot Camp class. You'll burn fat and calories and be completely exhausted after this 45 minute high intensity interval training circuit using body weight, free weight, elastic band, and step exercises. Increase your stamina, endurance, and your physical strength.

Cardio Jam N Sculpt is a fun packed cardio dance (zumba inspired) combined with basic cardio and strength interval training. Finish with core conditioning and soothing cool down for great results! Please bring a mat to class.

Circuit Training This fun format uses boot-camp style stations for High Intensity Interval Training (HIIT)—the most effective way to build strength and endurance. Whoop, holler, run around or modify to low impact! Our participants report it's their favorite class-make it yours! Bring a mat.

Schedule subject to change; find the most up to date schedule at www.kirklandparks.net and search 'Move It!'

Dance Fusion Enjoy dance routines from Latin to Jitterbug to Rock, from Country to Pop culture and a bit of ballroom line dancing. It's fun and very upbeat!

Hustle N' Sculpt Increase endurance and strengthen with our new dance fitness class! Upbeat music, high energy, and fun is where you want to be to get a great workout.

Mat Pilates & Body Sculpting Does your body need toning or shaping? Want to add some curves and definition in all the right spots? This class could give you a new look without the chisel. We start with a 15-minute aerobic Pilates warm up, then move on to exercise for the upper body, abdominal, glutes, and legs. Exercise to music, and end with feel-good stretches.

Strength and Stretch Strengthen and tone muscles, improve your bone density to help fight osteoporosis and add flexibility to your entire body. Please bring mats and a large towel. Expect to see improvement within a few weeks.

Total Body Conditioning (TBC) A cardio and strength conditioning total body workout that incorporates hand held weights, resistance bands, body weight and more! You'll work up a sweat in this class and finish with a relaxing cool down and stretch.

Yoga Blend Set down your weights. Take off your shoes. Strengthen and lengthen in new ways. This class brings together the best of Yoga, Pilates and other movement systems. Finish with stress reducing relaxation techniques and leave with renewed energy. Bring a mat to class.

Zumba® Is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe tapping, hip swiveling music makes you want to get up and move.



Ages 16 through adult. PASSES ARE NON-REFUNDABLE AND NONTRANSFERABLE.

It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs overweight, or are over 50 years old and have not been exercising. Please call 425-587-3300 if class cancellation is in question.



PERSONAL TRAINING 1-ON-1

North Kirkland Community Center

Individual instruction on proper work outs, a variety of exercises, and how to develop a personal training program. A complimentary drop in to any Move It! Fitness class (\$8 value) is included in the class fee. One hour session by appointment only. Class will take place at the North Kirkland Community Center.

Personal training will be taught by Joleen Lester who holds certifications in: group fitness, personal fitness, Mat Pilates, and is also a licensed physical therapist assistant.

BY APPOINTMENT ONLY.

After you register, call 425.587.3331 to schedule a 1-on-1 personal training session.

#5574 • \$50 R / \$60 NR
Instructor: Joleen Lester

NEW PROGRAM

Yoga

Yoga For Beginners

Age 18-Adult

With over 20 years' experience teaching Yoga, Sally teaches the basics of Yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness and the ability to relax and release stress. Learn tricks and exercises you can do at home to improve your balance. Chairs are used in class to help with stability. You will leave class with a great stretch and a smile on your face, this class loves to laugh!

Mondays – Yoga for Beginners

No class on 11/12, 12/24, 12/31, 2/18.

5353	Mon	Sep 10–Oct 1	10am–11am
5354	Mon	Oct 8–Oct 29	10am–11am
5355	Mon	Nov 5–Dec 3	10am–11am
5356	Mon	Dec 10–Jan 14	10am–11am
5357	Mon	Jan 28–Feb 25	10am–11am
5358	Mon	Mar 4–Mar 25	10am–11am
		\$40 R / \$48 NR	PKCC Instr: Sally Rodich

Wednesdays – Yoga for Beginners

5359	Wed	Sep 5–26	10am–11am
5360	Wed	Oct 3–24	10am–11am
5361	Wed	Oct 31–Nov 21	10am–11am
5362	Wed	Nov 28–Dec 19	10am–11am
5363	Wed	Jan 2–23	10am–11am
5364	Wed	Jan 30–Feb 20	10am–11am
5365	Wed	Feb 27–Mar 20	10am–11am
5366	Wed	Mar 27–Apr 17	10am–11am
		\$40 R / \$48 NR	PKCC Instr: Sally Rodich

Thursdays – Yoga for Beginners

No class on 10/25, 11/22, 12/27, 2/28.

5367	Thur	Sep 6–27	9:15am–10:15am
5368	Thur	Oct 4–Nov 1	9:15am–10:15am
5369	Thur	Nov 8–Dec 6	9:15am–10:15am
5370	Thur	Dec 13–Jan 10	9:15am–10:15am
5371	Thur	Jan 17–Feb 7	9:15am–10:15am
5372	Thur	Feb 14–Mar 14	9:15am–10:15am
5373	Thur	Mar 21–Apr 11	9:15am–10:15am
		\$40 R / \$48 NR	PKCC Instr:

Yoga Fun for Everyone

Age 18-Adult

You have heard about the benefits of yoga... here's your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun!

Mondays – Yoga Fun for Everyone

No class on 11/12, 12/24, 12/31, 1/21, 2/18.

5344	Mon	Sep 10–Oct 15	5:30pm–6:30pm
5345	Mon	Oct 22–Dec 3	5:30pm–6:30pm
5346	Mon	Dec 10–Feb 4	5:30pm–6:30pm
5347	Mon	Feb 11–Mar 25	5:30pm–6:30pm
		\$60 R / \$72 NR	PKCC Instr: Sally Rodich

Wednesdays – Yoga Fun for Everyone

No class on 11/21, 12/26.

5348	Wed	Sep 5–Oct 10	5:30pm–6:30pm
5349	Wed	Oct 17–Nov 28	5:30pm–6:30pm
5350	Wed	Dec 5–Jan 16	5:30pm–6:30pm
5351	Wed	Jan 23–Feb 27	5:30pm–6:30pm
5352	Wed	Mar 5–Apr 17	5:30pm–6:30pm
		\$75 R / \$90 NR	PKCC Instr: Sally Rodich

Tai Chi

Tai Chi & Meridian Stretching (Bilingual)

All Ages

This energy-based class applies meridian stretching techniques and Tai Chi/Ki Gong forms to open blockages and release stagnant energy in the body. This holistic training allows you to detox at a deeper physical, emotional and mental level to help rejuvenate your wellbeing. *This class will be taught in English and Chinese. Bring grabbing socks and mat or rug. No class on 11/22.*

5585	Thur	Nov 1–Dec 13	3pm–4pm
5586	Thur	Jan 10–Feb 14	3pm–4pm
5587	Thur	Mar 7–Apr 11	3pm–4pm
		\$40 R / \$48 NR	PKCC Instr: Helen Huang

Yi Ren Qigong – Level 1 at Heritage Hall

NEW!

Age 16–Adult Experience your body’s authentic life force or Qi-energy, with simple exercises to activate, develop, ground, clear and circulate the energy throughout your body.

Yi Ren® Qigong practice, activates the authentic qi-energy, allowing for the expression of the body’s internal intelligence and information. With the body’s intelligence awake, communication within the system becomes efficient and effective. It is possible to experience significant improvement in chronic health conditions of all kinds as well as discover inherent talents, abilities and gifts. Yi Ren® Qigong is great for those interested in peak athletic or artistic performance, self-awareness, self-healing, empowerment, and reaching their potential on all levels. Exercises can be done standing or sitting.



Instructor: Lauri Amidon has studied Yi Ren® Qigong (YRQ) with Guan-Cheng Sun, PhD at the Institute of Qigong and Integrative Medicine for twelve years and is a certified YRQ instructor. She has been involved in research with YRQ and chronic back pain, senior wellness, and diabetes. Lauri is the President of the Institute of Qigong and Integrative Medicine in Bothell. No class on 11/20.

Level 1 Class

5722	Tue	Sep 25–Nov 27	7pm–8:30pm
5724	Tue	Mar 26–Apr 16	7pm–8:30pm
\$160 R / \$190 NR	Heritage Hall	Lauri Amidon	

The review classes are only recommended if you registered for a Level 1 class.

Review Classes Level 1

Two review classes with Lauri to go over what was learned in the fall and winter Yi Ren Qigong Level 1 Class.

5723	Tue	Dec 4–Dec 11	7pm–8:30pm
5725	Tue	Apr 23–Apr 30	7pm–8:30pm
\$20 R / \$24 NR	Heritage Hall	Lauri Amidon	

Pilates Plus

Age 18–Adult

Begin with 15 minutes of easy to follow, low impact aerobics followed by a combination of standing and mat Pilates for strength and balance to ensure a full body workout. Class will end with slow stretching to improve flexibility, lengthen muscles and reduce risk of injury. Please bring a mat and towel with you to class. All levels welcome. *No class on 10/26, 11/12, 11/16, 11/23, 1/21, 2/18, 2/22, 3/15.*

5391	Mon, Fri	Sep 7–Oct 1	8am–8:45am
5392	Mon, Fri	Oct 5–Nov 2	8am–8:45am
5393	Mon, Fri	Nov 5–Dec 10	8am–8:45am
5394	Mon, Fri	Jan 4–Feb 1	8am–8:45am
5395	Mon, Fri	Feb 4–Mar 8	8am–8:45am
5396	Mon, Fri	Mar 11–Apr 8	8am–8:45am
\$60 R / \$72 NR	PKCC	Instr: Gina Casanova	

Stretch & Tone

Age 18–Adult

This class is designed to transform the body into one of equal balance, strength and flexibility. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk. Restore movement, renew muscles through gentle guidance to get you “active” again. *No class on 11/12, 12/24, 12/31, 1/21, 2/18.*

5426	Mon	Sep 10–Oct 15	5:20pm–6:05pm
5427	Mon	Oct 22–Dec 3	5:20pm–6:05pm
5428	Mon	Dec 10–Feb 4	5:20pm–6:05pm
5429	Mon	Feb 11–Mar 25	5:20pm–6:05pm
\$50 R / \$60 NR	PKCC	Instr: Marco Carrabba	

Tighten & Tone Aerobics

Age 18–Adult

Join Jane for this fun and friendly class that incorporates non-jumping aerobics with weights and strength training. All fitness levels are welcome, work at your own pace to move and feel better. Bring exercise mat, weights and bands to class. *No class on 9/25, 11/22, 12/25, 12/27, 1/1.*

4993	Tue, Thur	Sep 4–Oct 2	8:30am–9:30am
4994	Tue, Thur	Oct 4–30	8:30am–9:30am
4995	Tue, Thur	Nov 1–29	8:30am–9:30am
4996	Tue, Thur	Dec 4–Jan 8	8:30am–9:30am
4997	Tue, Thur	Jan 10–Feb 5	8:30am–9:30am
4998	Tue, Thur	Feb 7–Mar 5	8:30am–9:30am
4999	Tue, Thur	Mar 7–Apr 2	8:30am–9:30am
\$50 R / \$60 NR	PKCC	Instr: Jane Miller	

Zumba Gold

Age 18–Adult

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don’t have to know how to dance, just know how to have fun! All abilities welcome. *Wear athletic shoes No class on 11/22.*

5412	Thur	Sep 6–27	10:30am–11:30am
5413	Thur	Oct 4–25	10:30am–11:30am
5414	Thur	Nov 1–29	10:30am–11:30am
5415	Thur	Dec 6–27	10:30am–11:30am
5416	Thur	Jan 3–24	10:30am–11:30am
5417	Thur	Jan 31–Feb 21	10:30am–11:30am
\$35 R / \$42 NR	PKCC	Instr: Joan Wilde	

