Adult Fitness

Pilates Plus

**All Ages** 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 May 27, July 5*

- **6322** Mon, Fri  Apr 12-May 6  8am-8:45am
- **6323** Mon, Fri  May 10-June 7  8am-8:45am
- **6324** Mon, Fri  June 10-July 8  8am-8:45am
- **6360** $60 R / $72 NR PKCC  Instr: Gina Casanova
  - **6325** Mon, Fri  July 12-Aug 5  8am-8:45am
- **6326** Mon, Fri  Aug 9-Aug 23  8am-8:45am
- **6383** $38 R / $46 NR PKCC  Instr: Gina Casanova

Zumba Gold

**Age 18 & up** 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 July 4.*

- **6117** Thu  Mar 28-Apr 18  10:30am-11:30am
- **6118** Thu  Apr 25-May 16  10:30am-11:30am
- **6119** Thu  May 23-June 13  10:30am-11:30am
- **6120** Thu  June 20-July 18  10:30am-11:30am
- **6121** Thu  July 25-Aug 15  10:30am-11:30am
- **6383** $35 R / $42 NR PKCC  Instr: Joan Wilde

Stretch & Tone

**Age 18 & up** 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 May 27.*

- **6337** Mon  Apr 1-May 6  5:20pm-6:05pm
- **6340** Mon  May 13-June 24  5:20pm-6:05pm
- **6341** Mon  July 1-Aug 5  5:20pm-6:05pm
- **6342** Mon  Aug 12-Aug 19  5:20pm-6:05pm
- **617** $17 R / $20 NR PKCC  Instr: Marco Carrabba

Tighten & Tone Aerobics

**Age 18 & up** 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 Apr 16, June 11.*

- **6122** Tue, Thur  Apr 4-May 2  8:30am-9:30am
- **6123** Tue, Thur  May 7-May 30  8:30am-9:30am
- **6124** Tue, Thur  June 4-July 18  8:30am-9:30am
- **6125** Tue, Thur  July 9-Aug 1  8:30am-9:30am
- **6126** Tue, Thur  Aug 6-Aug 22  8:30am-9:30am
- **617** $50 R / $60 NR PKCC  Instr: Marco Carrabba

Sunset Stand Up Paddleboard Tours With Lesson

**Age 8 & up** Learn the basics of Stand Up Paddleboarding (SUP) and enjoy an evening tour of Juanita Bay. On-shore and on-water instruction provided by experienced guides who lead the paddlers on a tour of the warm waters of Juanita Bay. Wildlife sighting is common with waterfowl, turtles, eagles and herons all residents of the bay. All equipment is included and properly fitted to each paddler. Class meets at the bath house in Juanita Beach Park. This activity is a great family activity as it’s open for ages 8 and up, with ages 8 to 11 requiring adult accompaniment.

- **7918** Sat  June 29  6:45pm-8:45pm
- **7919** Sat  July 27  6:30pm-8:30pm
- **7920** Sat  Aug 17  6pm-8pm
- **7921** Sat  Sep 14  5pm-7pm
- **6388** $50 R / $60 NR Location: Juanita Beach Park
- **6389** Instr: Northwest Paddle Surfers

Tai Chi

**Tai Chi & Meridian Stretching (Bilingual)**

**Age 8 & up** 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.*

- **7918** Thu  May 30-July 11  3pm-4pm
- **7919** Thu  July 18-Aug 22  3pm-4pm
- **6388** $40 R / $48 NR PKCC  Instr: Helen Huang

See page 64
Yoga

Yoga classes offered around the city including yoga at Peter Kirk Community Center, at area beaches in addition to Stand Up Paddleboard Yoga.

Summer Yoga at Houghton Beach

**Age 16 & up** Come practice yoga in the beautiful open space at Houghton Beach on Lake Washington. We will have sun salutations, yoga flow, and relaxing yoga stretches, including a warm-up and wind down while watching the sunset from the docks. Class is taught by Marco Wanless, Yoga Instructor with a Master’s degree in Vinyasa Krama Yoga. **No class on Sep 2.**

6391 Mon, Wed July 22-Sep 4 7pm-8:15pm $120 R / $140 NR Location: Houghton Beach Park Instr: Marco Wanless

Yoga Fun for Everyone

**Age 18 & up** 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! **No class on Apr 8, May 27, July 1, July 3.**

6127 Mon Apr 1-May 6 5:30pm-6:30pm $60 R / $72 NR PKCC Instr: Sally Rodich
6128 Mon May 20-July 8 5:30pm-6:30pm $75 R / $90 NR PKCC Instr: Sally Rodich
6129 Mon July 15-Aug 19 5:30pm-6:30pm $63 R / $76 NR PKCC Instr: Sally Rodich

Yoga For Beginners—Mondays

**Age 18 & up** 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! **No class on Apr 8, May 27, July 4.**

7760 Mon Apr 1-Apr 29 10am-11am $120 R / $140 NR Location: Houghton Beach Park Instr: Sally Rodich
7761 Mon May 6-June 3 10am-11am $120 R / $140 NR Location: Houghton Beach Park Instr: Sally Rodich
7762 Mon June 24-July 22 2pm-3pm $120 R / $140 NR Location: Houghton Beach Park Instr: Sally Rodich
7763 Mon July 29-Aug 19 2pm-3pm $120 R / $140 NR Location: Houghton Beach Park Instr: Sally Rodich

Stand Up Paddleboard Yoga

**Age 16 & up** Classes offer your favorite yoga routines and put them on the water! Both yoga and stand up paddle boarding are great for building better balance, coordination, endurance, and body strength. We begin class on shore to go over the basic fundamentals of SUP, water safety, proper paddle positioning, stroke technique, and more. All levels welcome. All equipment provided. Instructor: Lindsay Lambert, Northwest Paddle Surfers

7905 Wed July 10-July 31 12pm-1:15pm $110 R / $132 NR Location: Juanita Beach Park Instr: Northwest Paddle Surfers
7906 Wed Aug 7-Aug 28 12pm-1:15pm $110 R / $132 NR Location: Juanita Beach Park Instr: Northwest Paddle Surfers
7907 Mon July 1-July 22 6pm-7:15pm $110 R / $132 NR Location: Juanita Beach Park Instr: Northwest Paddle Surfers
7908 Mon July 29-Aug 19 6pm-7:15pm $110 R / $132 NR Location: Juanita Beach Park Instr: Northwest Paddle Surfers
7909 Sat June 22-July 13 10:30am-11:45am $110 R / $132 NR Location: Juanita Beach Park Instr: Northwest Paddle Surfers

See page 18 for Registration Information or Register Online at KirklandParks.net
Breathe First Yoga
Come get your bliss on with certified Yoga Instructor, Dorothy Corrigan. Breathe First Yoga features a gentle yoga flow followed by a bit of alignment-based yoga, and concludes with soothing floor postures and guided relaxation. We’ll breathe, stretch, balance, lengthen, and strengthen in a joyful, supportive environment. Great for beginners and seasoned yogis alike!

Hustle & Sculpt
Increase endurance and strength with the Hustle & Sculpt fitness class! Upbeat music, high energy, and fun is where you want to be to get a great workout. Class is taught by certified personal trainer John Crain.

Total Body Conditioning
The name says it all! Challenge yourself in new and different ways with this fun-packed workout! Improve endurance and strength using High Intensity Interval Training (HIIT), cardio, strength training and core conditioning. Balance and stretches improve injury prevention and provide optimal feel-good results. Modifications will be shown for all fitness levels. Class is taught by certified group fitness instructor Joleen Lester.

Cardio Jam N Sculpt
A fun packed cardio dance (Zumba inspired) combined with basic cardio interval training. Class concludes with 15 minutes of toning and core. Class is taught by fitness expert Rhianna Ryer who has over 24 years experience.

1-ON-1 OR SMALL GROUP PERSONAL TRAINING
North Kirkland Community Center
Take your fitness to the next level, alone or with friends! Receive individualized programming tailored to your specific needs.

Get ready for a big event with friends, attending a “Bridal Bootcamp”, “Spring Fitness Tune-Up”, or “Class Reunion ‘Prep’ School”—or focus 1-on-1 on reaching your own personal goals! Training provided by Joleen Lester, whose certifications include Personal Fitness, Group Fitness and Mat Pilates, and who is a licensed Physical Therapist Assistant.

1-on-1 Training:
#5574 • $50 R / $60 NR per session