

Adult Fitness

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Total Body Conditioning

Age 16 & up 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. *No class Oct 2–14, Nov 11, 25, 27, 30, Jan 20, Feb 17, Mar 9–21.*

8807	Mon	Sept 9–Dec 16	6:30pm–7:30pm
\$82 R / \$96 NR	NKCC	Instr: Joleen Lester	
8808	Wed	Sept 11–Dec 18	6:30pm–7:30pm
\$90 R / \$108 NR	NKCC	Instr: Joleen Lester	
8809	Sat	Sept 21–Dec 21	9:00am–10:00am
\$82 R / \$96 NR	NKCC	Instr: Joleen Lester	
8810	Mon	Jan 6–Mar 30	6:30pm–7:30pm
\$68 R / \$81 NR	NKCC	Instr: Joleen Lester	
8811	Wed	Jan 8–Mar 25	6:30pm–7:30pm
\$75 R / \$90 NR	NKCC	Instr: Joleen Lester	
8812	Sat	Jan 11–Mar 28	9:00am–10:00am
\$75 R / \$90 NR	NKCC	Instr: Joleen Lester	

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 Oct 25, Nov 11, Nov 22, Nov 29, Jan 20.*

8688	Mon, Fri	Sept 6–Sept 30	8:00am–8:45am
8689	Mon, Fri	Oct 4–Nov 1	8:00am–8:45am
8690	Mon, Fri	Nov 4–Dec 9	8:00am–8:45am
8691	Mon, Fri	Dec 16–Jan 10	8:00am–8:45am
8692	Mon, Fri	Jan 13–Feb 10	8:00am–8:45am
8693	Mon, Fri	Feb 21–Mar 16	8:00am–8:45am
8694	Mon, Fri	Mar 20–Mar 30	8:00am–8:45am
\$30 R / \$36 NR	PKCC	Instr: Gina Casanova	

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 Nov 11, Dec 23, Dec 30, Jan 20, Feb 17.*

8530	Mon	Sept 9–Oct 14	5:20pm–6:05pm
8531	Mon	Oct 21–Dec 2	5:20pm–6:05pm
8532	Mon	Dec 9–Feb 3	5:20pm–6:05pm
8533	Mon	Feb 10–Mar 23	5:20pm–6:05pm
\$50 R / \$60 NR	PKCC	Instr: Marco Carrabba	

Tighten & Tone Aerobics

Age 18 & up Join Jane Miller 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 Nov 28, Dec 24, Dec 26, Dec 31.*

8119	Tue, Thur	Sept 3–Sept 26	8:30am–9:30am
8120	Tue, Thur	Oct 1–Oct 24	8:30am–9:30am
8121	Tue, Thur	Oct 29–Nov 21	8:30am–9:30am
8122	Tue, Thur	Nov 26–Jan 2	8:30am–9:30am
8123	Tue, Thur	Jan 7–Jan 30	8:30am–9:30am
8124	Tue, Thur	Feb 4–Feb 27	8:30am–9:30am
8125	Tue, Thur	Mar 3–Mar 26	8:30am–9:30am
\$50 R / \$60 NR	PKCC	Instr: Jane Miller	

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.

8527	Thur	Oct 17–Nov 14	3:00pm–4:00pm
8528	Thur	Jan 9–Feb 6	3:00pm–4:00pm
8529	Thur	Feb 27–Mar 26	3:00pm–4:00pm
\$40 R / \$48 NR	PKCC	Instr: Helen Huang	

Zumba

Age 16 & up 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. *No class Oct 19.*

8832	Thur	Sept 12–Oct 17	6:20pm–7:20pm
8837	Sat	Sept 14–Oct 26	10:10am–11:10am
8833	Thur	Oct 24–Dec 5	6:20pm–7:20pm
8838	Sat	Nov 2–Dec 7	10:10am–11:10am
8834	Thur	Dec 12–Jan 30	6:20pm–7:20pm
8839	Sat	Dec 14–Jan 25	10:10am–11:10am
8835	Thur	Feb 6–Mar 19	6:20pm–7:20pm
8840	Sat	Feb 1–Mar 7	10:10am–11:10am
\$45 R / \$57 NR	NKCC	Instr: April Norkool	

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 Nov 22.*

8112	Thur	Sept 5–Sept 26	10:30am–11:30am
8113	Thur	Oct 3–Oct 24	10:30am–11:30am
8114	Thur	Oct 31–Nov 21	10:30am–11:30am
8115	Thur	Dec 5–Dec 26	10:30am–11:30am
8116	Thur	Jan 2–Jan 23	10:30am–11:30am
8117	Thur	Jan 30–Feb 20	10:30am–11:30am
8118	Thur	Feb 27–Mar 19	10:30am–11:30am
\$35 R / \$42 NR	PKCC	Instr: Joan Wilde	

One-on-One or Small Group Personal Training

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

5574	By Appointment Only—call 425.587.3331	
\$50R/\$60NR	NKCC	Instr: Joleen Lester



Yoga

Yoga For Beginners

Age 18 & up With over 20 years' experience teaching Yoga, Sally Rodich 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!

8196	Mon	Sept 9-Sept 30	10:00am-11:00am
8197	Mon	Oct 7-Nov 4	10:00am-11:00am
8198	Mon	Nov 18-Dec 16	10:00am-11:00am
8199	Mon	Jan 6-Feb 3	10:00am-11:00am
8200	Mon	Feb 10-Mar 9	10:00am-11:00am
\$40 R / \$48 NR		PKCC	Instr: Sally Rodich
8201	Mon	Mar 16-Mar 30	10:00am-11:00am
\$30 R / \$36 NR		PKCC	Instr: Sally Rodich
8202	Wed	Sept 4-Sept 25	10:00am-11:00am
8203	Wed	Oct 2-Oct 23	10:00am-11:00am
8204	Wed	Nov 6-Dec 4	10:00am-11:00am
8205	Wed	Jan 8-Jan 29	10:00am-11:00am
8206	Wed	Feb 5-Feb 26	10:00am-11:00am
8207	Wed	Mar 4-Mar 25	10:00am-11:00am
\$40 R / \$48 NR		PKCC	Instr: Sally Rodich
8208	Thur	Sept 5-Sept 26	9:15am-10:15am
8209	Thur	Oct 3-Oct 24	9:15am-10:15am
8210	Thur	Nov 7-Dec 5	9:15am-10:15am
8211	Thur	Jan 9-Jan 30	9:15am-10:15am
8212	Thur	Feb 6-Feb 27	9:15am-10:15am
8213	Thur	Mar 5-Mar 26	9:15am-10:15am
\$40 R / \$46 NR		PKCC	Instr: Sally Rodich

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 Oct 28, Oct 30, Nov 11, Nov 25, Nov 27, Jan 20, Feb 17.*

8149	Mon	Sept 9-Oct 14	5:30pm-6:30pm
8150	Mon	Oct 21-Dec 16	5:30pm-6:30pm
8151	Mon	Jan 6-Feb 24	5:30pm-6:30pm
\$60 R / \$72 NR		PKCC	Instr: Sally Rodich
8152	Mon	Mar 2-Mar 30	5:30pm-6:30pm
\$50 R / \$60 NR		PKCC	Instr: Sally Rodich
8153	Wed	Sept 4-Oct 9	5:30pm-6:45pm
8154	Wed	Oct 16-Dec 4	5:30pm-6:45pm
8155	Wed	Jan 8-Feb 12	5:30pm-6:45pm
8156	Wed	Feb 19-Mar 25	5:30pm-6:45pm
\$75 R / \$90 NR		PKCC	Instr: Sally Rodich

Breathe First Yoga

Age 16 & up 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! *No class Nov 11, 28, Dec 23, 30, Feb 17-18, Jan 20.*

8795	Mon	Sept 16-Oct 21	8am-9am
8796	Tues	Sept 17-Oct 22	6pm-7pm
8797	Thur	Sept 19-Oct 24	8am-9am
8917	Mon	Nov 4-Dec 16	8am-9am
8799	Tues	Nov 5-Dec 17	6pm-7pm
8800	Thur	Nov 7-Dec 19	8am-9am
8798	Mon	Jan 6-Feb 10	8am-9am
8802	Tues	Jan 7-Feb 11	6pm-7pm
8803	Thur	Jan 9-Feb 13	8am-9am
8801	Mon	Feb 24-Mar 30	8am-9am
8818	Tues	Feb 25-March 31	6pm-7pm
8819	Thur	Feb 27-April 2	8am-9am
\$45 R / \$55 NR		NKCC	Instr: Dorothy Corrigan