

ADULT FITNESS



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!

No class 4/23, 4/27, 4/28, 5/25, 7/6, 7/7, 7/9, 8/13

AGE 16 & UP

PARTIAL SESSIONS

10330	Mon	4/6-5-18	8:00am-9:00am
10331	Mon	6/1-7/13	8:00am-9:00am
10332	Mon	7/20-8/24	8:00am-9:00am
10334	Tue	4/7-5/19	6:00pm-7:00pm
10347	Tue	5/26-6/30	6:00pm-7:00pm
			\$45 R / \$54 NR
10348	Tue	7/14-8/25	6:00pm-7:00pm
			\$53 R / \$64 NR
10359	Thur	4/9-5/21	8:00am-9:00am
10360	Thur	5/28-7/2	8:00am-9:00am
10361	Thur	7/16-8/27	8:00am-9:00am
			\$45 R / \$54 NR

FULL SESSIONS

10333	Mon	4/6-8/24	8:00am-9:00am
			\$135 R / \$162 NR
10353	Tue	4/7-8/25	6:00pm-7:00pm
			\$143 R / \$172 NR
10362	Thur	4/9-8/27	8:00am-9:00am
			\$135 R / \$162 NR

LOCATION: NKCC

INSTRUCTOR: DOROTHY CORRIGAN

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.

No class 4/20, 4/22, 4/25, 4/27, 4/29, 5/25, 7/4

AGE 16 & UP

MONDAYS

9682	Mon	4/6-6/15	6:30pm-7:30pm
9685	Mon	7/6-8/24	6:30pm-7:30pm
			\$60 R / \$72 NR

SATURDAYS

9681	Sat	4/4-6/13	9:00am-10:00am
9684	Sat	7/11-8/29	9:00am-10:00am
			\$60 R / \$72 NR

WEDNESDAYS

9683	Wed	4/8-6/17	6:30pm-7:30pm
			\$68 R / \$92 NR
9686	Wed	7/8-8/26	6:30pm-7:30pm
			\$60 R / \$72 NR

LOCATION: NKCC

INSTRUCTOR: JOLEEN LESTER

ZUMBA GOLD & TIGHTEN & TONE AEROBICS

SEE PAGE 59



Zumba

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. 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.

AGE 16 & UP

No class 7/4

SATURDAYS

9696	Sat	3/14-4/18	10:10am-11:10am
9697	Sat	4/25-5/30	10:10am-11:10am
9698	Sat	6/6-7/18	10:10am-11:10am
9699	Sat	7/25-8/29	10:10am-11:10am
			\$45 R / \$54 NR

THURSDAYS

9687	Thur	3/26-4/30	6:20pm-7:20pm
9689	Thur	5/7-6/11	6:20pm-7:20pm
9691	Thur	6/18-7/23	6:20pm-7:20pm
			\$45 R / \$54 NR
9694	Thur	7/30-8/27	6:20pm-7:20pm
			\$38 R / \$46 NR

LOCATION: NKCC

INSTRUCTOR: APRIL QUEDADO

Personal Training

Take your fitness to the next level by receiving individualized programming tailored to your specific needs! Training provided by Joleen Lester, who certifications include Personal Fitness, Group Fitness and Mat Pilates, and who is a licensed Physical Therapist Assistant. Please call 425-587-3331 or email sconway@kirklandwa.gov to schedule your first session.

9634 Age 18 & Up \$50 R / \$60 NR

**ALL CLASSES ON THIS
PAGE ARE HELD AT NKCC:
12421 103RD AVE NE**

Yoga Fun for Everyone-Monday

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 6/29

AGE 18 & UP

9628	Mon	4/13-5/18	5:30pm-6:45pm
9629	Mon	6/1-7/13	5:30pm-6:45pm
\$75 R / \$90 NR			

9630	Mon	7/20-8/17	5:30pm-6:45pm
\$63 R / \$76 NR			

LOCATION: PKCC

INSTRUCTOR: SALLY RODICH

Tai Chi & Meridian Stretching (Bilingual)

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 well-being. This class will be taught in English and Chinese. Bring grabbing socks and mat or rug. Please note the date changes for this session.

No class 7/23

9644	Thur	4/23-5/21	3:00pm-4:15pm
9645	Thur	6/4-7/2	3:00pm-4:15pm
9646	Thur	7/16-8/20	3:00pm-4:15pm
\$50 R / \$60 NR			

LOCATION: PKCC

INSTRUCTOR: HELEN HUANG

Stretch & Tone **NEW TIME!**

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.

9631	Mon	4/13-5/18	6:00pm-6:45pm
9632	Mon	6/1-7/6	6:00pm-6:45pm
9633	Mon	7/13-8/17	6:00pm-6:45pm
\$50 R / \$60 NR			

LOCATION: PKCC

INSTRUCTOR: MARCO CARRABBA



Sunset Stand Up Paddleboard Tour With Lesson

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, otters, eagles and herons all residents of the bay. All equipment is included and properly fitted to each paddler. Class meets on the shoreline 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.

AGE 8 & UP

10268	Sat	7/11	6pm-8pm
10269	Sat	7/18	6pm-8pm
10270	Sat	7/25	6pm-8pm
10271	Sat	8/1	6pm-8pm
10272	Sat	8/8	6pm-8pm
10277	Sat	8/15	6pm-8pm
\$60R / \$72 NR			

LOCATION: JUANITA BEACH PARK

INSTRUCTOR: NORTHWEST PADDLE SURFERS



Summer Yoga at Houghton Beach

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 Marcos Wanless, Yoga Instructor with a Master's degree in Vinyasa Krama Yoga.

AGE 16 & UP

9680	Mon, Wed	7/20-9/2	7:00pm-8:15pm
\$120 R / \$140 NR			

LOCATION: HOUGHTON BEACH PARK

INSTRUCTOR: MARCOS WANLESS