

Move It! Class Schedule

Winter Session Jan.2 -March 23



NKCC | 12421 103rd Ave NE | 425.587.3350

MORNING CLASSES			No classes on 1/21, 2/18
DAY	CLASS	TIME	INSTRUCTOR
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
Sat.	Total Body Conditioning	9:00-9:50am	Joleen
Sat.	Zumba®	10:00-11:00am	April

EVENING CLASSES			No classes on 1/21, 2/18
DAY	CLASS	TIME	INSTRUCTOR
Mon.	STP- Strength, TRX, Pilates	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.	STP-Strength, TRX, Pilates	5:30-6:15pm	Joleen
Wed.	Circuit Training	6:30-7:20pm	Joleen
Thurs.	Mat Pilates & Body Sculpting	5:15-6:15pm	Bengie
Thurs.	Zumba®	6:20-7:20pm	April

FIRST CLASS FREE FOR FIRST-TIMERS • Schedule subject to change

MISSION: To enhance the quality of life in the community by providing affordable and inclusive classes that offer positive opportunities for building healthy and productive lives.

VISION: Empowering a healthier community through incorporating fitness and positive wellbeing as a part of your everyday life.

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.

STP-Strength, TRX, Pilates Starting with a lively dance-inspired warm up, this class incorporates TRX Suspension Training and Mat Pilates for functional training benefits of core strength, balance and muscle endurance. Resistance training that includes weights, rubber tubing and more helps build long lean muscle and completes a great workout! Please bring a mat to class.

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.

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? 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.

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. Sizzling, toe tapping, hip swiveling music makes you want to get up and move.



North Kirkland Community Center
12421 103rd Ave NE • 425.587.3350

3 WAYS TO PARTICIPATE:

- Move It! Pass—R \$125 / NR \$150 All classes included**
- 10 Punch card—R \$60/ NR \$70**
- One-time drop-in—\$8**



**Kirkland
Parks**
experience it!

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.