

Flex Fit

September 1, 2018—June 22, 2019

Classes

redmond.gov/FlexFit

LOCATIONS

Redmond Community Center at Marymoor Village
6505 176th Ave NE

Redmond Senior Center
8703 160th Ave NE

NO CLASSES/CLOSED

Redmond Community Center at Marymoor Village/Redmond Senior Center:

All Major Holidays—Any other closure dates will be communicated via email and posted at each site.

DROP-IN FITNESS FACILITY

Mon.-Fri. - 6 am-9 pm
Sat. - 7:30 am - 3 pm
Sun. - 8 am - 1 pm

FLEX FIT PASS

1 Month Unlimited* - \$45R/\$54N

Receive access to the Drop-In Fitness Center and all Flex Fit classes.

10 Day Pass - \$60R/\$72N

Receive access to the Drop-In Fitness Center and all Flex Fit classes for 10 visits on any day of your choosing.

Drop-In Pass - \$7R/\$8N

Receive access to the Drop-In Fitness Center and all Flex Fit classes for one day.

* Automatic monthly renewal with ability to cancel any-time

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING/DAY CLASSES	8:15-9:15 am Spin (John - Rm 116)	9-10 am 30/30 Cardio & Strength (Jana - Rm 116)		9:30-10:30 am Spin (Michelle - Rm 116)		9-10 am Ball Class (Jana - Rm 116)	7:45-8:45 am Spin (TBA - Rm 116)
	9:15-9:45 am Body Blast (John - Rm 116)	9:20-10:20 am Senior Strength Plus (John)	9:30-10:30 am Spin (John - Rm 116)	9:20-10:20 am Senior Strength Plus (John)	9:30-10:30 am Spin (John - Rm 116)		8:45-9:45 am Fit Factory (TBA - Rm 116)
		10:15-10:45 am Core Workout (Jana - Rm 116)		10:30-11:30 am RIPPED (Michelle - Rm 116)			10-11 am ActiveFlex (Whisper - Rm 116)
		10:30-11:15 am Fit Factory Lite (John)	10:30-11 am Body Blast (John - Rm 116)	10:30-11:15 am Fit Factory Lite (John)	10:30-11 am Body Blast (John - Rm 116)	10:15-10:45 am Core Workout (Jana - Rm 116)	
		11 am-12 pm Total Body Conditioning for Women (Jana - Rm 203)	11 am-12 pm TRX & Flex (John - Rm 116)		11 am-12 pm Fit Factory (John - Rm 116)	11 am-12 pm Step & Strength (Jana - Rm 116)	
				11:30 am-12:30 pm Barre/Mat Pilates (Michelle - Rm 116)			
EVENING CLASSES		6-7 pm Spin (John - Rm 116)	6-7 pm Vinyasa Yoga (Lynn - Rm 116)	6-7 pm Spin (John - Rm 116)	6-7 pm Bollywood Aerobics (Mariana - Rm 116)		
		7-8 pm Fit Factory (John - Rm 116)	7-7:30 pm BODYSHRED (Lynn - Rm 116)	7-8 pm Fit Factory (John - Rm 116)	7-8 pm PiYo (Mariana - Rm 116)		
		7-8 pm Fit Factory for Teen Girls (Tracy - Rm 203)	7-8 pm Zumba Fitness (Debra)		7-8 pm Zumba Fitness (Debra)		

Flex Fit



Redmond
Parks and
Recreation

30/30 Cardio and Strength

(Ages 13+) This high-energy class is a total body workout that incorporates hand held weights, resistance bands, body weight, different types of cardio, and more! The class will be taught in levels, whether you are a beginner or a serious athlete you will get a good workout.

Ball Class

(Ages 13+) Build core strength and body awareness in this hour long class designed to develop flexibility and stamina in every part of your body.

Body Blast

(Ages 13+) Strength training isn't just for the weight room. Muscle Blast is the ultimate class designed to strengthen and tone every muscle from head to toe using a variety of equipment including dumbbells, resistance bands, TRX, stability balls, and more.

BODYSHRED

(Ages 13+) Jillian Michael's Bodyshred® is a high intensity and endurance based 30 minute workout. Utilizing Jillian's 3-2-1- interval approach: 3 minutes of strength, 2 minutes of cardio, and 1 minute of abs.

Core Workout

(Ages 13+) Blast your core, increase stability and balance with this 30 minute class focused on strengthening your abdominals, lower back, and legs using a variety of equipment and techniques. Sign up for 30/30 Cardio Strength, Total Body Conditioning, Step and Strength, or Ball Class and take Core for free!

Fit Factory for Teen Girls

(Ages 11-18) Building a community of support by teaching young girls to be healthy, confident, and a sense of teamwork through exercise. This 60 min class will incorporate a circuit style training with different exercise that will incorporate moves to improve all functional abilities such as muscle strength, cardio-respiratory endurance, balance, core stability and flexibility. Classes will feature different exercises from week to week to keep the classes fresh and unique.

Fit Factory

(Ages 13+) Build yourself a better body! This 60-minute hand weight class will strengthen your entire body. The

workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, fun instruction and your choice of weight inspire you to get the results you came for - and fast! The benefits you can expect from regular participation include; improved cardiovascular efficiency, longer leaner muscles, less body fat, stronger bones and a faster metabolism.

Barre/Mat Pilates

(Ages 13+) Barre is a one hour full body workout that fuses the best elements of ballet, pilates, sports conditioning and stretching for a truly unique and fun experience. The moves are low impact but high intensity intervals of strength training followed immediately by deep recovery stretching. This regimented routine will evenly sculpt and quickly transform the entire body, resulting in a toned, trim physique.

Spin

(Ages 13+) Come take a ride on our LeMond RevMaster Pro Spin Bikes! You will be led through a simulated outdoor biking experience where the instructor sets the terrain utilizing resistance and cadence for a challenging and motivational group fitness experience.

Step and Strength

(Ages 13+) Great for first time steppers and more advanced too. Low and high-impact movements performed on and off an adjustable step. Intensity is determined by speed, travel patterns and choreography. Different levels will be shown so you can work on your own level. Step is followed by a total body workout, core included, followed by relaxing stretches.

TRX & Flex

(Ages 13+) In this class, we use a combination of TRX suspension training, resistance bands, toning rings, and free weights. This is a low impact class designed to be easy on your joints while strengthening your core and toning your arms and legs. As a result, you get a full body strength workout and improve your strength and stamina.

Total Body Conditioning for Women

(Ages 13+) Does your body need toning or shaping? This hour long women only class could give you a new look

without the chisel. We will start with aerobic warm up, then move on to exercises for all major muscle groups, including core muscles. Exercise to music, and end with feel-good stretches.

Vinyasa Yoga

(Ages 13+) Vinyasa Yoga gives you both physical and mental benefits. It will re-energize your body by being physically active in flowing through movement and will relax the mind by letting go of negative energy in our bodies. It will take a student from one pose and safely land them at the next pose.

Functional Training/Stretch & Roll

(Ages 13+) We will be training using movements meant to allow you to live your life better! You'll stretch and strengthen your body in order to do every day tasks like bending down to pick something up, walking and reaching for something on a high shelf. The last half hour we will be stretching the same muscles you worked and doing myofascial release using balls. This is low impact and modified to suit your level.

RIPPED

(Ages 13+) A plateau proof fitness formula, this workout incorporates resistance, interval, power, plyometric and endurance, Increase your metabolism, sculpt muscles, improve your cardiovascular performance, feel your energy and strength rise and have fun doing it in this 55 min athletic based cardio and weights class.

Bollywood Aerobics

(Ages 13+) A non-stop combination of Bollywood dance moves working every part of the body. They focus on strength training, cardiovascular exercise, toning and tightening of muscles, agility and flexibility training, and mental well-being. Classes are fun and energetic!

PiYo

(Ages 13+) PiYo is an athletic blend of Yoga and mat pilates designed to enhance muscle strength and improve posture,

flexibility and physical awareness. This class includes light weight lifting and ballet barre technique as well as plyometrics.

Fit Factory Lite

(Ages 18+) This 45-minute hand weight class will strengthen your entire body. The workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. The benefits you can expect from regular participation include; improved cardiovascular efficiency, longer leaner muscles, less body fat, stronger bones and a faster metabolism.

Senior Strength Plus

(Ages 50+) At a slightly higher intensity level this class will focus on building strength and fitness. With the use of weights, and resistance bands/tubing, you will work all the major muscle groups in your body.

Zumba Fitness

(Ages 13+) ZUMBA® fitness is a Latin-inspired dance aerobics class using intervals and body weight resistance to burn fat and sculpt your body. It's the ultimate dance party spiced up with fast and slow rhythms from Latin and international music. Previous Zumba experience is encouraged but not required.

Saturday Spin and Fit Factory classes will be taught by our fitness instructors.