

# Flex Fit

September 1, 2019—June 20, 2020

Classes

[redmond.gov/FlexFit](http://redmond.gov/FlexFit)

## 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 anytime

## NO CLASSES/CLOSED

Redmond Community Center at Marymoor Village:

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

## DROP-IN FITNESS STUDIO

Mon.-Fri. - 6:00 am - 9:00 pm

Sat. - 7:30 am - 3:00 pm

Sun. - 8:00 am - 1:00 pm

## PERSONAL TRAINING

Submit inquiry at [Redmond.gov/FlexFit](http://Redmond.gov/FlexFit) for forms and more information.

## LOCATIONS

Redmond Community Center at Marymoor Village  
6505 176th Ave NE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING/DAY CLASSES		9-10 am <a href="#">30/30 Cardio &amp; Strength</a> (Jana - Rm 116)					
	8:15-9:15 am <a href="#">Spin</a> (John - Rm 116)	9:20-10:20 am Senior Strength Plus (John—Rm 124)		9:20-10:20 am Senior Strength Plus (John—Rm 124)		9-10 am <a href="#">Ball Class</a> (Jana - Rm 116)	7:45-8:45 am <a href="#">Spin</a> (TBA - Rm 116)
	9:15-9:45 am <a href="#">Body Blast</a> (John - Rm 116)		9:30-10:30 am <a href="#">Spin</a> (John - Rm 116)	9:30-10:30 am <a href="#">Spin</a> (Michelle - Rm 116)	9:30-10:30 am <a href="#">Spin</a> (John - Rm 116)		8:45-9:45 am <a href="#">Fit Factory</a> (TBA - Rm 116)
		10:15-10:45 am <a href="#">Core Workout</a> (Jana - Rm 116)	10:30-11 am <a href="#">Body Blast</a> (John - Rm 116)	10:30-11:30 am <a href="#">RIPPED</a> (Michelle - Rm 116)	10:30-11 am <a href="#">Body Blast</a> (John - Rm 116)	10:15-10:45 am <a href="#">Core Workout</a> (Jana - Rm 116)	10:00-11:00 am <a href="#">ActiveFlex</a> (Whisper—Rm116)
		11 am-12 pm <a href="#">Total Body Conditioning for Women</a> (Jana - Rm 203)	11 am-12 pm <a href="#">TRX &amp; Flex</a> (John - Rm 116)	11:30 am-12:30 pm <a href="#">Barre/Mat Pilates</a> (Michelle - Rm 116)	11 am-12 pm <a href="#">Fit Factory</a> (John - Rm 116)	11 am-12 pm <a href="#">Step &amp; Strength</a> (Jana - Rm 203)	
EVENING CLASSES		6-7 pm <a href="#">Spin</a> (John - Rm 116)	6-7 pm <a href="#">Vinyasa Yoga</a> (Lynn - Rm 116)	6-7 pm <a href="#">Spin</a> (John - Rm 116)	6:30-7:30pm <a href="#">Pilates Yoga Fusion</a> (Mariana—Drop-In Fitness Studio)		
		7-8 pm <a href="#">Fit Factory</a> (John - Rm 116)	7-7:30 pm <a href="#">BODYSHRED</a> (Lynn - Rm 116)	6:30pm-7:30pm <a href="#">Hatha Yoga</a> (Tapasya—Rm 124)			
			7-8 pm Zumba Fitness (Debra - Rm 203)	7-8 pm <a href="#">Fit Factory</a> (John - Rm 116)	7-8 pm Zumba Fitness (Debra - Rm 203)		

Redmond Senior Center classes have been relocated to other facilities throughout Redmond. Locations for classes will be subject to change. Please visit [www.redmond.gov/50plus](http://www.redmond.gov/50plus) to stay current.

# Flex Fit



Redmond  
Parks and  
Recreation

## 30/30 Cardio & Strength

This high-energy class is a total body workout that incorporates hand weights, resistance bands, body weight and a variety of cardio movements. The class will be taught in levels, whether a beginner or a serious athlete, everyone will get a great workout!

## ActiveFlex

Focused entirely on active flexibility, this two-part class will release tight muscles and increase range of motion with safe, strengthening techniques practiced by dancers and acrobats. The first and third Saturdays of the month will focus on hips and legs, while the second and fourth Saturdays of the month will focus on increasing the range of motion of the whole spine, including the shoulders and neck. *\*We recommend wearing thick socks or to bring a small towel to protect anklebones.*

## Ball Class

Build core strength and body awareness in this one-hour class designed to develop flexibility and stamina in every part of your body.

## Barre/Mat Pilates

This full body workout combines the best elements of ballet, Pilates, sport conditioning, and stretching. Low-impact moves are followed by high-intensity strength intervals and deep stretching. This regimented routine will evenly sculpt and quickly transform the entire body, resulting in a toned, trim physique.

## Body Blast

Strength training isn't just for the weight room. Body 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

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

Using a variety of equipment and techniques, this class focuses on strengthening your abdominals, lower back, and legs. Blast your core, increase stability and practice balance with this 30-minute class.

## Fit Factory

This workout challenges all the major muscle groups by using the best weight room exercises including squats, presses, lifts and curls. Set to great music, this fun full-body workout improves cardiovascular efficiency, works towards longer leaner muscles, burns fat, strengthens bones, and speeds metabolism.

## Hatha Yoga

Hatha yoga concentrates on physical health and mental well-being. This practice begins with breathing exercises, followed by a combination of stretching, strengthening, and balancing postures, and ends with grounding poses and savasana, or meditation pose.

## Pilates/Yoga Fusion

An athletic blend of Yoga and mat Pilates, this class is designed to enhance muscle strength, improve posture, flexibility and physical awareness. This class includes light weight-lifting, plyometrics, and ballet barre technique.

## RIPPED

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.

## Spin

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

Great for first time and advanced steppers alike! Low and high-impact movements are performed on and off an adjustable step and 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.

## Total Body Conditioning for Women

Does your body need toning or shaping? This women-only class could give you a new look without the chisel. We will start with aerobic warm up, then move onto exercises for all major muscle groups, including core muscles. Exercise to music, and end with feel-good stretches.

## TRX & Flex

This is a low impact class designed to be easy on your joints while strengthening your core and toning your arms and legs. A combination of TRX suspension training, resistance bands, toning rings, and free weights are used. As a result, you get a full body strength workout and improve your strength and stamina.

## Vinyasa Yoga

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.

## 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

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.

*\*Ages 13+ may participate in the Flex Fit classes unless otherwise noted*