

Flex Fit

June 23, 2019 — Aug 31, 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

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 anytime

PERSONAL TRAINING

Submit inquiry at Redmond.gov/FlexFit for forms and more information.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING/DAY CLASSES	8:15-9:15 am Spin (John - Rm 116)	8:30-9:30 am Cardio Sculpt (Michelle – Rm 116)		8:30-9:30 am Spin (Michelle - Rm 116)		9-10am am Full Body Fusion (Michelle/Katrina - Rm 116) No class 8/30	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)	10-11 am Hardcore Spin (Michelle /Katrina- Rm 116) No class 8/30	8:45-9:45 am Fit Factory (TBA - Rm 116)
		9:30-10:30 am Core & More (Michelle – Rm 116)		9:30-10:30 am RIPPED (Michelle - Rm 116)		11am-12pm Functional Strength/Stretch & Roll (Michelle - Rm 116) 6/28 & 7/5 only	10-11 am ActiveFlex (Whisper - Rm 116)
		10:30 am-11:30 pm Barre/Mat Pilates (Michelle - Rm 116)	10:30-11:15 am Body Blast (John - Rm 116)	10:30 am-11:30 pm Barre/Mat Pilates (Michelle - Rm 116)	10:30-11:15 am Body Blast (John - 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)	6:30-7:30 pm Pilates Yoga Fusion (Mariana - Rm 116) 6/27-7/25 only		
		7-8 pm Fit Factory (John - Rm 116)	7-7:30 pm BODYSHRED (Lynn - Rm 116)	7-8 pm Fit Factory (John - Rm 116)	6:30-7:30 pm Hatha Yoga (Tapasya- Rm 116) 8/1-8/29 only		
			7-8 pm Zumba Fitness (Debra)		7-8 pm Zumba Fitness (Debra)		

Join us for Summer Fitness at Downtown Park:

Tuesday June 25th and Thursday July 11th: 6-7pm Yoga and 7:30-8pm BODYBLAST

Friday August 9th: 11am-12pm Bootcamp

Flex Fit



Redmond
Parks and
Recreation

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 & More

(Ages 13+) Blast your core, increase stability and balance with this class focused on strengthening your abdominals, lower back, and legs using a variety of equipment and techniques.

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. Join in on "Hardcore Spin" for a pumped up version!

Cardo Sculpt

(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.

Pilates Yoga Fusion

(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.

Full Body Fusion

(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 with this high intensity workout, incorporating a yoga based warm up and cool down.

Active Flex

(Ages 13+) Learn new strategies on stretching out those muscles to elongate at prevent injury. Suitable for all flexibility levels, take it step by step to reach new flexibility goals.

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.