



# Adult Programs

Please bring a water bottle and towel to all fitness classes!

## Health & Wellness Programs

Si View Health and Wellness programs offer a variety of year-round fitness classes as well as seasonal wellness courses. Our experienced instructors look forward to helping you reach your personal goals.

Drop-in classes do not require pre-registration. You can pay a drop-in fee for a single visit or purchase a punch pass for multiple visits. Passes are sold for 5 or 10 visits. Passes are sold per instructor and only valid for the classes the specific instructor offers. Punch passes can be purchased online or onsite.

### Drop-in Fitness Classes

#### Fitmates Cross Training

Are you game for a challenge? Come workout with the Fitmates group! We'll be torching calories, toning muscles and building endurance – all in an energetic group setting with a challenge by choice approach. Come play games, and keep your body guessing with ever-changing circuits and drills. Fitmates will keep you motivated and coming back for more! \*No class Nov 26

Min: 4 Max: 20 Age: 16+  
 Instructor: Michael Gaudio T/TH Sept 01-Dec 17\*  
 Location: Si View Gym 6:00PM-7:15PM  
 R \$55/ NR \$63.25 for 10 classes  
 R \$37.50/ NR \$43.13 for 5 classes  
 Drop-in: \$12

#### Belly Dancing

Women of all ages, sizes, and inclinations are re-discovering and empowering themselves through ancient feminine dance practice playfully called Belly Dance. The fluid and graceful movements help to tone and strengthen the back and abdominal muscles while improving posture and self-confidence. This class covers fundamentals as well as choreographing a dance. Dress for comfort, teens/adults/seniors are all welcome. This is exercise for everyone!! \*No class Nov 26

Min: 4 Max: 20 Age: 16+  
 Instructor: Kathy Stuart TH Sept 03-Dec 17\*  
 Location: Si View Social Room 6:45PM-7:45PM  
 R \$90 | NR \$103.50 10 classes  
 R \$50 | NR \$57.50 5 classes  
 Drop-in: \$12

#### Yoga

This class is meant to help students who are new to Yoga, learn the basics for a solid yoga foundation and experienced yogis, an opportunity to practice the Ashtanga fundamentals. Yoga poses are broken down to give you the confidence and skills for alignment, breath work, strength, and flexibility. Please bring a yoga mat (yoga block and strap encouraged). \*No class Sept 7 or Nov 11

Min: 4 Max: 20 Age: 16+  
 Instructor: Judy Baldwin M Sept 14-Dec 14\*  
 Location: Meadowbrook 6:00PM-7:00PM  
 R \$75 | NR \$86.25 50 10 classes  
 R \$45 | NR \$51.75 5 classes  
 Drop-in: \$10

Min: 4 Max: 20 Age: 16+  
 Instructor: Stephanie Merrow W Sept 02-Dec 16\*  
 Location: Meadowbrook 6:00PM-7:00PM  
 R \$75 | NR \$86.25 50 10 classes  
 R \$45 | NR \$51.75 5 classes  
 Drop-in: \$10

#### Intro to Zumba

This is a slower-paced class for those who are new to Zumba or want a low-intensity workout. There will be an opportunity to learn some basic dance moves commonly used in Zumba classes,

including Merengue, Salsa and Cumbia. Lots of repetition will be used along with suggested modifications so everyone can get a workout perfect for them. Come join the party! \*No Classes Nov 26

Min: 4 Max: 20 Age: 18+  
 Instructor: Corena Casemy Th Sept 3-Dec 17\*  
 Location: Meadowbrook 6:30PM-7:15PM  
 Drop-in: \$10

#### Zumba Fitness

We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. \*No Classes Nov 26

Min: 4 Max: 20 Age: 18+  
 Instructor: Corena Casemy Th Sept 3-Dec 17\*  
 Location: Meadowbrook 7:30PM-8:30PM  
 Drop-in: \$10

#### Mixed Fitness

Dance and Strength Fit is a combo class where one or both classes can be a part of your exercise routine. The first 30 minutes is Dance fit where pop, salsa, reggaeton, and other Zumba style music will be the platform for cardio, sweat and fun. The second 30 minutes is strength training using the body and weights. It is a great class to get all you need for fitness wellness in one hour. Sharon emphasizes making it fun, efficient and doable, offering modifications for all fitness levels. As a bonus to taking this class, you will be given access to dozens of other live online classes through the collaborative platform called "Engage Fitness" including Yoga, meditation, Boxing fit and so much more.

Sharon has been passionate about fitness for decades and believes that the key to aging with grace and strength is fun exercise, maximizing your time for ultimate results. She is a Certified in Zumba, Zumba Gold, TRX and Group Fitness.

17568 Mixed Fitness Age: 18+  
 Min: 4 Max: 20 M/W/F Sep 02-30  
 Instructor: Sharon Hockenbury 9:00AM-10:00AM  
 Location: Online R: \$50 | NR \$57.50

17569 Mixed Fitness Age: 18+  
 Min: 4 Max: 20 M/W/F Oct 02-30  
 Instructor: Sharon Hockenbury 9:00AM-10:00AM  
 Location: Online R: \$50 | NR \$57.50

17570 Mixed Fitness Age: 18+  
 Min: 4 Max: 20 M/W/F Nov 02-30\*  
 Instructor: Sharon Hockenbury 9:00AM-10:00AM  
 Location: Online R: \$50 | NR \$57.50  
 \*No class Nov 11, Nov 27

17571 Mixed Fitness Age: 18+  
 Min: 4 Max: 20 M/W/F Dec 02-11  
 Instructor: Sharon Hockenbury 9:00AM-10:00AM  
 Location: Online R: \$50 | NR \$57.50

### FITNESS CLASSES SCHEDULE

All classes at Si View Community Center unless otherwise noted.

	Time	Sign up
<b>Mondays</b>		
Mixed Fitness	9AM	enroll
Karate	6PM	enroll
Yoga	6PM	drop-in
Karate	7:15PM	enroll
<b>Tuesdays</b>		
Fitmates	6PM	drop-in
Karate	7PM	enroll
<b>Wednesdays</b>		
Mixed Fitness	9AM	enroll
Karate	6PM	enroll
Yoga	6PM	drop-in
Karate	7:15PM	enroll
<b>Thursdays</b>		
Fitmates	6PM	drop-in
Zumba Intro	6:30PM	drop-in
Belly Dance	6:45PM	drop-in
Karate	7PM	enroll
Zumba Fit	7:30PM	drop-in
Line Dance	7:50PM	enroll
<b>Fridays</b>		
Mixed Fitness	9AM	enroll
<b>Saturdays</b>		
Karate	9:00AM	enroll
<b>Sundays</b>		
PB Yoga	4:15PM	enroll

### 10 REASONS TO EXERCISE

**QUALITY OF LIFE.** Adopting fitness in your lifestyle leads to healthier, happier life.

**FUN.** It's play, not work!

**CONFIDENCE.** Working towards a goal, gives you self-assurance.

**FORGET DIETING.** Exercising raises your metabolism, which helps you control your weight.

**STRESS RELIEF.** Regular exercise is refreshing and relaxing.

**FAT-BE-GONE.** Trade fat for muscle with a regular exercise routine!

**INSTANT FRIENDS.** Group exercise classes help you find other like minded people.

**A SPRING IN YOUR STEP.** Exercise gives you more energy for everyday tasks by raising the amount of oxygen your muscles can use.

**COLD-KILLER.** Aerobic exercise bolsters your immune system.

**A TOUGHER TICKER.** Endurance training strengthens your heart and makes is less susceptible to disease.