

Bellevue Main Club · Fall 2018

Programs for Adults



Bellevue Main Club, 209 100th Ave NE | 425-452-4106 | Next to Bellevue Downtown Park

Fitness Classes start Sept 17

- **Jazzercise**
M-F, 8-8:55am
- **Hatha Yoga**
T & Th, 9-9:55am
- **Strength Training**
All Levels | T & Th, 10-10:55am
Gentle | T & Th, 11:30am-12:30pm
- **Mindful Movement - Tai Chi Excercise**
W, 10-11am

Art & Education Classes start Sept 24



- **Intellectual Property**
M, 1-2:30pm
- **Creative Writing**
Th, 12:30-2pm
- **Versatile Acrylics Painting Studio**
Th, 10-12pm

Class description, cost, dates on back side



Bellevue Parks &
Community Services

OPEN HOUSE

Free Fitness Classes
Sept 11th

Jazzercise - 8:15am
Strength Training - 9:30am
Mindful Movement - 10:45am
pre-registration not required

Pre-Register at:
Register.BellevueWA.gov

All Fitness Classes start Sept. 17

Hatha Yoga

Increase your strength and flexibility. This class for all levels of yoga experience. Learn balancing poses, deep stretching, and a calm mind and body. Wear comfortable clothing, bring water, yoga mat, yoga strap, and/or block.

\$87 (R) \$98 (N) 7 classes
 Sept 18-Oct 30 Tue 9-9:55am
 Sept 20-Nov 1 Thu 9-9:55am

\$175 (R) \$196 (N) 14 classes
 Sept 18-Nov 1 Tue & Thu 9am-9:55am

\$75 (R) \$85 (N) 6 classes
 Nov 6-Dec 18 Tue 9-9:55am
(no class 11/20)
 Nov 8-Dec 20 Thurs 9-9:55am
(no class 11/22)

\$140 (R) \$160 (N) 12 classes
 Nov 6-Dec 20 Tue & Thu 9am-9:55am
(no class 11/20, 11/22)

Strength Training - All Levels

Work on toning, balance, stretch, and strengthen with the use of light weights, tubing and more to work upper and lower body. Technique is emphasized to create a workout that is fun, safe, effective, and up lifting.

\$56 (R) \$66 (N) 7 classes
 Sep 18-Oct 30 Tue 10-10:55am
 Sep 20-Nov 1 Thu 10-10:55am
 Nov 6-Dec 18 Tue 10-10:55am

40 (R) \$47 (N) 5 classes
 Nov 8-Dec 20 Thu 10-10:55am
(no class 11/15 & 11/22)

Strength Training with Seated Options

\$56 (R) \$66 (N) 7 classes
 Sep 18-Oct 30 Tue 11:30am-12:30pm
 Sep 20-Nov 1 Thu 11:30am-12:30pm
 Nov 6-Dec 11 Tue 11:30am-12:30pm

\$40 (R) \$47 (N) 5 classes
 Nov 8-Dec 20 Thu 11:30am-12:30pm
(no class 11/15 & 11/22)

Jazzercise

Jazzercise is the original dance party workout. Blending dance with Pilates, yoga, kickboxing, and strength training; one 55-minute session can burn up to 800 calories. The results...long, lean muscles and an undeniable mood boost. Show up to your first session about 10 minutes before any class to register. For further questions call 206-409-4014.

Starts Aug 27th M-F 8:15-9:15am
 Starts Sept 17th M,W,F 8:15-9:15am
 T, Thu 8am-8:55am

Class moves to Northwest Arts Center:
 Oct 22nd M-F 8:15am-9:15am



Mindful Movement - Tai Chi Exercise

Guided movement based on Chi Kung and soft style martial arts. Encourages proper posture for effective stretching combined with easy strengthening exercise. Feel an immediate sense of refreshed focus and relaxation. www.mindfularts.us

\$63 (R) \$77 (N) 7 classes
 Sep 19-Oct 31 Wed 10am-11am
 Nov 7-Dec 19 Wed 10am-11am

Art & Education Classes start Sept. 24

To register, contact Bellevue College Continuing Education Services, 425-564-2263 or register online at: BCconted.com.



Intellectual Property: Yours, Mine & Ours - TELOS

We all create intellectual property. The course will focus on understanding the various forms of intellectual property, including ownership aspects, and how laws on these forms differ from nation to nation...and why. We will examine them in both private and business contexts, and will also discuss the various types of documents applicable to each that one may encounter when using or creating intellectual property. We will also do some in-class exercises applying the concepts in real-life hypotheticals. Instructor: Karrin Klotz, JD

\$79.00 8 weeks Item: F8067
 Sept 24-Nov 19 Mon 1-2:30pm
(no class 11/12)

Creative Writing - TELOS

Whether you are a beginning or experienced writer, whether your interest is in memoir writing, fiction, or non-fiction, you will benefit from this class. Exchange of ideas and opinions is an important tool in the development of your writing skills. Priming the pump uncovers a myriad of memories and touches the creative center in all of us. Since the class involves reading and critiquing, each section must be limited to 12 students. Instructor: Doris Toppen

\$79 8 weeks Item: F8068
 Sept 27-Nov 15 Thu 12:30-2pm

Versatile Acrylics Studio - TELOS

This class is designed to take students from a basic knowledge of acrylics to a new level. In-class demonstrations will be given on use of color, composition, and perspective within the realm of landscape. Several small paintings will be done depending on each student's individual pace and choice. Instructor: Georgia Gregory

\$95 6 weeks Item: F8027
 Sept 27-Nov 1 Thu 10am-12pm

(R) = Bellevue Resident (N) = Non-Bellevue Resident