We hope you will join us in 2020 for programs to keep you moving and engaged.

In this brochure you will find adult programs offered by the Bellevue Parks Department at both our Downtown Bellevue community center sites: the Bellevue Main Club and the Northwest Arts Center.

Our fitness programs are appropriate for all ages of adults and include elements of strength training, balance, cardio, breathing, and overall mindfulness. For easy registration visit the City of Bellevue Main Club or Northwest Arts Center website. Do you want to stay connected? Choose to sign up to receive e-mail alerts when new programs are posted.

To register for programs at Downtown Bellevue Main Club visit BellevueWA.gov/mainclub or call 425-452-4106 email: nwac@bellevuewa.gov
MIND, BODY & FITNESS CLASSES

Zumba Gold Dance Fitness
Perfect for anyone looking for an easy, fun, and effective full body workout.

$70 (R) $84 (N) 7 classes
2006662 Tue 12:30-1:30pm Feb 25-Apr 7
$80 (R) $96 (N) 8 classes
2006663 Tue 12:30-1:30pm Apr 21-Jun 9

Pilates for Beginners
Beginner Pilates is a safe, sensible exercise system of mind-body exercise using a floor mat to build strength without excess bulk.

$70 (R) $84 (N) 7 classes
2006902 Tue 7-8pm Feb 25-Apr 7
2006905 Thu 12:30-1:30pm Feb 27-Apr 9
$80 (R) $96 (N) 8 classes
2006903 Tue 7-8pm Apr 21-Jun 9
2006906 Thu 12:30-1:30pm Apr 23-Jun 11

Mindful Movement – Tai Chi
Guided movement based on Chi Kung and soft style martial arts.

$54 (R) $66 (N) 6 classes
2007382 Tue 7:15-8:15pm Feb 25-Mar 31
2007385 Wed 10-11am Feb 26-Apr 1
$72 (R) $88 (N) 8 classes
2007383 Tue 7:15-8:15pm Apr 21-Jun 9
2007386 Wed 10-11am Apr 22-Jun 10

Mindful Movement Advanced Tai Chi Form
This class is by instructor permission only and follows the Mindful Movement Tai Chi Exercise class held on Wednesdays from 10-11am.

$30 (R) $36 (N) 6 classes
2007502 Wed 11:10-11:40am Feb 26-Apr 1
$40 (R) $48 (N) 8 classes
2007503 Wed 11:10-11:40am Apr 22-Jun 10

Hatha Yoga
Increase your strength and flexibility through this gentle Hatha Yoga class.

$90 (R) $108 (N) 6 classes
2008072 Tue 9:30-10:30am Feb 25-Apr 7 (no class 3/24)
2008075 Thu 9:30-10:30am Feb 27-Apr 9 (no class 3/26)
$120 (R) $144 (N) 8 classes
2008073 Tue 9:30-10:30am Apr 21-Jun 9
2008076 Thu 9:30-10:30am Apr 23-Jun 11
ART CLASSES

Watercolor Class: From Start to Finish
This class introduces classic watercolor techniques and builds slowly from the simple to the more complex. Topics include use of value, control of the medium, color mixing, and composition. Demonstrations are part of the class but painting from still life and photographs is emphasized. Experienced students will focus on assignments to improve color handling, composition, and specific painting challenges. Students acquire their own supplies for this class. Supply list provided.

Ongoing Tue  7-8:30pm  starts Feb 25
Ongoing Thu  10:30am-12pm  starts Feb 27

Drawing Class: Learn Everything from Basics
Basic drawing students will work with pencil and charcoal, learning to use line, value, gesture, and perspective. More advanced students will learn to integrate other media into their work, including pen, ink, and watercolor, and will begin to focus on more complex and advanced techniques. All topics are adapted to levels suited to the student body. This is a great place to start for beginners and an invaluable back-to-basics course for the more experienced students.

Ongoing Thu  9-10:30am  starts Feb 27

Ongoing classes. To request more information or to register, scan the QR code or contact the American Academy of Fine Arts at aafawa.com or email yanz@aafa.info

Offered at Northwest Arts Center – 9825 NE 24th St – One mile north of Bellevue Main Club

Strength Training – Balance – Cardio Fitness
Work on toning, balance, stretch, cardio and strengthen with the use of light weights and tubing to work upper and lower body.

$56 (R) $67 (N)  7 classes
2008772 Tue  9:30-10:30am  Feb 25-Apr 7
2008775 Thu  9:30-10:30am  Feb 27-Apr 9

$64 (R) $76 (N)  8 classes
2008773 Tue  9:30-10:30am  Apr 21-Jun 9
2008776 Thu  9:30-10:30am  Apr 23-Jun 11

PARENT CHILD CLASSES

Fit 4 Mom Stroller Strides
Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Information and to register, visit bellevue.fit4mom.com, or 206-683-1495 First class is always FREE.

Mon, Wed, Fri  10-11am  Oct-Apr
Downtown Bellevue Main Club
Creating Connections & Lifelong Learning

The Downtown Bellevue Main Club facility is a partnership between the City of Bellevue and the Boys & Girls Club of Bellevue. Adult programs are coordinated by the Bellevue Parks & Community Services Department’s Northwest Arts Center. Visit our web site for complete and updated information. BellevueWA.gov/mainclub

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