




GROUP-X SCHEDULE

SUMMER 2025

MON	TU	WED	TH	FRI	SA	SU
POWER CYCLING CS 5:30-6:30 AM John	HIIT AV 6-6:50 AM Rotates	POWER CYCLING CS 5:30-6:30 AM Kay	BODY BURN AV 6-6:50 AM Laura	SKILLX SPEED P 6-6:50 AM John	BARRE MP 8-8:50 AM MaryAnn	HATHA YOGA YV 9-10 AM Tamara
SKILLX STAMINA P 6-6:50 AM Claudina	MAT PILATES YV 7-7:50 AM Nancy	SKILLX STAMINA P 6-6:50 AM John	MAT PILATES YV 7-7:50 AM Nancy	HIIT AV 7-7:50 AM Nicol	VINYASA ALL LEVELS Y 9-10 AM Marisa	POWER CYCLING CS 9:30-10:30 AM Rachel L.
HIIT AV 7-7:50 AM John	TRX CIRCUIT P 7-7:50 AM John	HIIT AV 7-7:50 AM MaryAnn	TRX CIRCUIT P 7-7:50 AM John	POWER CYCLING CS 8-8:50 AM John	ZUMBA A 9-9:50 AM Luiza	BARRE MP 9-9:50 AM Krystal
CIRCUIT TRAINING C 8-8:50 AM Jerry	BARRE MP 7-7:50 AM Shannon	TRX CIRCUIT P 8-8:50 AM John	BARRE MP 7-7:50 AM Ange	TRX CIRCUIT P 8-8:50 AM Nicol	SKILLX SPEED P 9:30-10:20 AM Nicol	BARRE MP 10-10:50 AM Krystal
POWER CYCLING CS 8-8:50 AM John	CARDIO DANCE A 8-8:50 AM John	CIRCUIT TRAINING C 8-8:50 AM Jerry	CARDIO DANCE A 8-8:50 AM John	GENTLE YOGA YV 8-8:50 AM Tamara	VINYASA ALL LEVELS Y 10:30-11:30 AM Marisa	YIN YOGA Y 11 AM-12 PM Rachel L.
GENTLE YOGA YV 8:45-9:45 AM Tamara	SKILLX SPEED P 8-8:50 AM Beth	POWER CYCLING CS 8-8:50 AM Nicol	SKILLX STAMINA P 8-8:50 AM Beth	BARRE MP 9-9:50 AM Caroline	SKILLX SPEED P 10:30-12:20 AM Nicol	
SKILLX STAMINA P 9-9:50 AM Beth	SKILLX SPEED P 9-9:50 AM Beth	GENTLE YOGA YV 8:45-9:45 AM Tamara	SKILLX STAMINA P 9-9:50 AM Beth	BODY BURN AV 9-9:50 AM John	CORE + MORE A 12-12:50 PM Tien	
BARRE MP 9-9:50 AM Shannon	BARRE MP 9-9:50 AM MaryAnn	SKILLX STAMINA P 9-9:50 AM Beth	POWER YOGA Y 9-10 AM Krystal	VINYASA ALL LEVELS YV 9-9:50 AM MaryAnn	VINYASA SCULPT Y 12-1 PM Marisa	
CARDIO DANCE A 9-9:50 AM John	SENIOR CONDITIONING A 9-9:50 AM Mary	BODY BURN AV 9-9:50 AM John	SENIOR CONDITIONING A 9-9:50 AM Mary	SKILLX SPEED P 9-9:50 AM Beth		
BARRE MP 10-10:50 AM Shannon	POWER YOGA Y 9-10 AM Marisa	BARRE MP 9-9:50 AM Krystal	BARRE MP 9-9:50 AM MaryAnn	MAT PILATES YV 10-10:50 AM Nancy		
MAT PILATES YV 10-10:50AM Nancy	POWER CYCLING CS 9-9:50 AM Nicol	BARRE MP 10-10:50 AM Krystal	POWER CYCLING CS 9-9:50 AM Janelle	BARRE MP 10-10:50 AM Caroline		
BODY BURN A 10-10:50 AM MaryAnn	TRX CIRCUIT P 10-10:50 AM Nancy	CARDIO STEP A 10-10:50 AM Palina	TRX CIRCUIT P 10-10:50 AM Janelle	CARDIO STEP A 10-10:50 AM John		
SENIOR CIRCUIT C 11:30 AM-12:20 PM Mary	BODY BURN AV 10-10:50 AM John	MAT PILATES YV 10-10:50 AM Nancy	BODY BURN AV 10-10:50 AM John	SENIOR YOGA MP 11-11:50AM Tamara		
TRX CIRCUIT P 12-12:50 PM Noelle	VINYASA ALL LEVELS YV 11-11:50 AM Nancy	SENIOR CIRCUIT C 11:30 AM-12:20 PM Mary	VINYASA ALL LEVELS YV 11-11:50 AM Krystal	SENIOR CIRCUIT C 11:30 AM-12:20 PM Mary		
VINYASA ALL LEVELS Y 12-1 PM Heather	HIGH FITNESS A 12-12:50 PM Caroline	TRX CIRCUIT P 12-12:50 PM Caroline	BODY BURN A 12-12:50 PM Caroline	SKILLX SPEED P 12-12:50 PM Caroline		
SKILLX STAMINA P 5:30-6:20 PM Claudina	SKILLX SPEED P 5:30-6:20 PM Brooke	POWER YOGA Y 12-1 PM Marisa	BOLLYWOOD FITNESS A 5:30-6:20 PM Vinni	VINYASA ALL LEVELS Y 12-1 PM Heather		
BARRE MP 5:30-6:20 PM Krystal	POWER CYCLING CS 5:30-6:20 PM Kay	SKILLX STAMINA P 5:30-6:20 PM Brooke				
VINYASA ALL LEVELS Y 6:30-7:30 PM Krystal	ZUMBA A 5:30-6:20 PM Luiza	YIN YOGA Y 6:30-7:30 PM Marisa	CORE + MORE A 6:30-7:20 PM Tien			
	CORE + MORE A 6:30-7:20 PM Tien					
DEEP WATER A 8-8:50 AM Palina		DEEP WATER A 8-8:50 AM Palina				
SHALLOW WATER A 9-9:50 AM Palina		SHALLOW WATER A 9-9:50 AM Palina		AQUA ZUMBA A 9-9:50 AM Hsiaoling		

ROOM KEY

-  VIRTUAL CLASS
-  PERFORMANCE STUDIO
-  CYCLE STUDIO
-  AEROBICS STUDIO
-  YOGA STUDIO
-  CONDITIONING STUDIO
-  MULTIPURPOSE ROOM
-  INDOOR POOL

GROUP-X MEMBERSHIP

FAMILY MEMBERSHIP \$110/month

SINGLE MEMBERSHIP \$76/month

Visit members.bellevueclub.com to fill out the Group-X agreement and get started!

DROP-IN FEES

IN-PERSON \$22; **VIRTUAL** \$14

Tax is not included.
Cancellations may be made at bellevueclub.com, over the phone at 425.688.3177, or via email to fitness@bellevueclub.com up to 12 hours in advance of the class time. A late cancellation or no-show fee may apply

Group exercise classes are available to members 14 years of age and older. Performance Studio classes restricted to members 18 years of age and older.



RESERVATIONS ARE REQUIRED AND CAN BE MADE ONLINE, OVER THE PHONE AT 425.688.3177, OR VIA EMAIL TO [FITNESS@BELLEVUECLUB.COM](mailto:fitness@bellevueclub.com).

ONLINE REGISTRATION INSTRUCTIONS

- Log in at bellevueclub.com.
- Select "Group-X Classes" under the Calendar Tab.
- Select the class you would like to join. Registration opens on Monday at 9 am for the following week.
- Fill out all information to reserve your spot.
- You will receive a confirmation email. For virtual classes, the Zoom link will be included in the email.

