

Exercise Classes at the Center

Boot Camp

Mondays and Wednesdays, 12:15 – 1:00 pm (Meets at the Campus Drive Traffic Circle)
Forty-five minutes of hardcore, full body workout. Held outdoors, rain or shine! For more information, contact Regan Rodgers at (206) 755-0691 or reganrodgers@yahoo.com

Pilates

Mondays, 12-1 pm (Yale JA-115)

Tightens stomach muscles, and strengthens lower back. Gentle exercises that address muscle strength and flexibility. For more information, contact Janis Levine at (206) 633-3913 or janisl@mindspring.com

Yoga

Mondays, 5:15 – 6:15 pm (Hutchinson, C2M-015)

Tuesday and Thursdays, 12:30 – 1:30 pm (Hutchinson, C2M-015)

Wednesdays, 12 – 1 pm (Hutchinson, C2M-015)

For more information, contact Madeline Kesten at (206) 667-7784 or yoga@fhcrc.org

Thursdays, 12 – 1 pm (Yale, JA-115)

For more information, contact Jan Kikuchi at (206) 667-5140 or jkikuchi@fhcrc.org

Kickboxing

Mon, Thurs: 1:15-2:15

Tues: 12:30-1:30

Fri: 11-12 (Yale JA-115)

The hour-long sessions provide a moderate- to high-intensity workout and alternates kicking and punching choreography with upper and lower body weight training, all paced to high-energy music. The session ends with abdominal exercises and stretching.

**Classes subject to Judith's schedule availability. Participants placed on an email distribution list and notified weekly of class schedule. No Cost. Bring towel and weights.*

Nia (non-impact aerobics)

Fridays, 1-2 pm (Yale JA-115)

Nia (pronounced knee-uh) -- A total body workout from the inside out designed to enhance strength, mobility, agility, flexibility, and stability. Choreographed to music with opportunities for free-form movement. Taught by certified Nia instructor, Lesley Tinker.

Cost: First class free! \$10 drop-in or \$50 for a six class punchcard. Contact: Lesley Tinker at ltinker@whi.org or 667-6894. For more information: www.nianow.com.