

**Mountlake  
Terrace Fitness  
Fall/Winter  
2010**



Yoga Pilates Cardio  
Water-Fitness Dance



5303 228th Street SW  
Mountlake Terrace, WA 98043  
www.mltrec.com  
425-776-9173

**Yoga and Pilates**

Classes available at drop-in rates once minimum registration has been filled.

**Adult/Teen Yoga and Pilates**

**Level I: For the newcomer**

**M 7:35-8:35pm**

15018	9/13-11/22	R\$102	NR\$113
15019	11/29-1/24	R\$56	NR\$62

**Th 7:35-8:35pm**

15022	9/16-11/18	R\$102	NR\$113
15023	21/2-1/27	R\$65	NR\$72

**Level II: For students with previous experience**

**W 7:35-8:50pm**

15024	9/15-1/26	R\$127	NR\$141
15025	12/1-1/26	R\$81	NR\$90

**Nia**

**W 7:30-8:30pm**

15044	9/15-11/24	R\$102	NR\$113
15046	11/30-1/25	R\$65	R\$72

**Family Yoga (ages 18 months and up)**

**Th 4:00-4:45pm**

15442	9/16-11/18	R\$80	NR\$90
15443	12/2-1/27	R\$56	NR\$63

**Mom and Baby Yoga (newborn-pre walking)**

**Th 3:00-3:45pm**

15444	9/16-11/18	R\$80	NR\$90
15445	12/2-1/27	R\$56	NR\$63

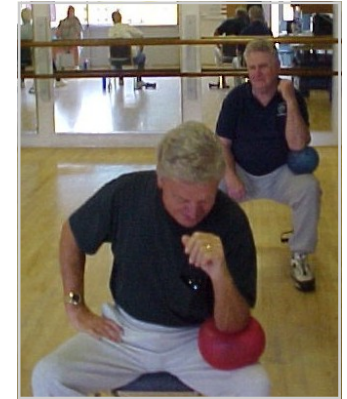


**Cardio**

**Silver Sneakers**

Drop In Fee: R\$3 and NR\$3.50

T, Th	Beginners	8:30-9:30am
M, W, F	Advanced	8:30-9:30am



**Cardio Room**

Open during Recreation Center hours

Stairmaster - Treadmill - Dumbbells -

Rowing Ergo meter - Elliptical Trainer

Adults R\$1.75 NR\$2.00

Seniors/Youths R\$1.50 NR\$1.75

**Gentle Yoga**

**T 7:30-8:30pm**

15042	9/14-11/23	R\$102	NR\$113
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15043	11/30-1/25	R\$65	NR\$72
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## Class Descriptions

### Ballet

This class focuses on basic ballet vocabulary, emphasizing correct alignment. Barre-work, adagio, and petite and grand allegro build strength and grace in a non-competitive encouraging environment.

### Irish

Students will be instructed in the correct technique, carriage, steps and timing of Irish stepdancing while sharing the joy of dance and fostering a love for this beautiful art form.

### Hula

Experience the enchantment of Hawaii through traditional Island dancing. Hula is an ancient art form that is so much fun to learn! It helps develop strength, grace, flexibility, and terrific posture!

### Bellydance—Egyptian Style

Learn Egyptian-style belly dance fundamentals: shimmies, isolations, veil work and finger cymbals. Experience music, rhythms, and dance movement from The Middle-East. Beginners and more advanced dancers are welcomed.

### Mom and Baby Yoga (dads welcome too!)

This workout is low impact and encourages improvisation and play. It's a perfect way to calm and strengthen your body while having fun with your baby!

### Nia

Nia (pronounced nee-yah) is a dynamic total-body cardiovascular fitness & lifestyle program that stimulates and integrates your mind-body-spirit. Nia blends dance, yoga, and tai-chi, leaving you feeling recharged, rejuvenated and fully alive! Appropriate for any fitness level, wear comfortable loose or stretchy clothing and bare feet. Childcare available.

### Gentle Yoga

A system of deep breathing, relaxation techniques and a wide range of gentle body stretches that offer wonderful physical and mental benefits to people of all shapes and sizes. Improve balance, mental focus, flexibility and range of motion. Lower blood pressure, increase physical tone and strength

## Water Fitness

Water Fitness Classes are included in Monthly and Annual Swim pass fees, Or Pay per class with drop-in rates:

### Monthly Pass

Adults R\$60 NR\$65  
Sr. Citizen/Disabled R\$43 NR\$48

### Annual Pass

Adults R\$660 NR\$715  
Sr. Citizen/Disabled R\$473 NR\$528

### Drop In Class Rates

Adults R\$6.50 or 11/ \$62.48  
NR\$6.75or 11/ \$67.43  
Sr. Citizen/Disabled R\$4.50 or 11/ \$44.99  
NR\$5.00or 11/ \$50.05



### Shallow Water Fitness

M/W/F 9:20-10:20am  
T/Th 5:30-6:30pm

### Deep Water Fitness

M/W/F 6:00-7:00am  
M/W/F 5:30-6:30pm  
T/Th 7:25-8:25am  
T/Th 8:35-9:35pm  
Sa 7:35-8:35am

### River Fitness

M/W 7:45-8:45pm  
Sun 9:25-10:25am

### Water Walk

M/W/F 7:55-8:55am

## Water Fitness continued

### New! LIFT: Low Impact Fitness Training

(formerly Senior Exercise)

M/W/F 10:30-11:30am  
T/Th 10:45-11:45am

### Arthritis Aquatic Program

M/W/F 12:00-1:00pm  
T/Th 8:30-9:30am

### Masters Triathlon Training

T/Th 8:35-9:35pm

## Dance

### Adult/Teen Ballet

Th 6:30-7:30pm  
15052 9/16-11/18 R\$93 NR\$103  
15053 12/2-1/27 R\$65 NR\$72

### Bellydance - Egyptian Style

T 7:15-8:30pm  
15070 9/14-11/23 R\$127 NR\$141  
15071 11/30-1/25 R\$81 NR\$90

### Adult/Teen Irish Dance

Sat 11:15-12:15am  
15003 9/18-1/29 R\$212 NR\$424  
15004 9/18-6/18 R\$388 NR\$424

### Adult/Teen Hula

M 7:00-8:15pm  
15064 9/13-1/24 R\$127 NR\$141  
15065 11/29-1/24 R\$69 NR\$77

### Adult/Teen Tap (Beginning)

\*Advanced class meets Wednesday, teacher placement

Th 7:15-8:15pm  
15060 9/16-11/18 R\$93 NR\$103  
15061 12/2-1/27 R\$65 NR\$72

## Class Descriptions

### Yoga/Pilates

This class combines Yoga techniques with Pilates for an overall focus on core strength and balanced stretching. Streamline your figure, and dramatically improve your posture, flexibility, and balance.

### Tap

A truly American dance form, tap dance is the quintessential expression of rhythm. This class focuses on fundamental tap vocabulary, builds coordination, musicality and offers a great opportunity for self-expression.

### Silver Sneakers

Increase strength, balance, posture and flexibility with the use of balls, bands and weights. These classes are partially seated and are specifically designed for seniors.

### New! LIFT: Low Impact Fitness Training

Formerly Senior Exercise. A medium-paced, shallow water workout program. For those looking to begin a new fitness routine, seniors, and those with mobility issues. No swim skills required.

### Shallow Water Fitness

A fast-paced, shallow water conditioning class designed to improve cardiovascular fitness, tone muscle, and increase flexibility.

### Deep Water Fitness

A dynamic total-body workout with no impact. Students use equipment for support and resistance. Deep water skills required.

### River Fitness

Using the current in our Lazy River makes your workout fun! A full-body workout including cardiovascular training, weights and water resistance. No swim skills required

### Arthritis Aquatic Program

The warm water helps relieve pain and stiffness and increase joint flexibility. Arthritis Foundation- trained instructor.

### Water Walk

This workout employs various walking techniques in shallow water. Improves flexibility, muscle tone, and cardiovascular fitness with a low-impact, no bouncing workout

### Triathlon Training & Masters Swimming

Work on your swimming skills, stroke mechanics, and endurance with a qualified instructor. Great for those who are training for a race, or just looking for a way to stay in shape.