North Seattle Community College Wellness Center
Drop-in Classes

Ab Lab MW 12:30-1:00pm Instructor: Jon B.
This 30-minute class will focus on core abdominal training using various exercises, including fit balls and other props. All levels are welcome.

Zumba Monday 1:00-1:50pm Instructor: John D.
Fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt.

Circuit Training TTh 2:00-2:50pm Instructor: Jon B.
This class utilizes a number of different exercise equipment to help increase your overall and core strength, as well as endurance.

Hip Hop Jazz Cardio MW 12:00-12:50PM Instructor: Laura
Fusion of beginning level jazz and street-based dance techniques. Develops muscular endurance, flexibility and balance through unique movements characterized by their loose structure and individual style.

Kickboxing TTh 12:00-12:50pm Instructor: John D.
Pre-designed Kickboxing interval class. Cardio section uses intensity drills and increased energy sprints followed by work recovery segments.

Power Sculpt TTh 1:00-1:50pm Instructor: John D.
This class uses various types of exercise equipment to help increase core and overall strength and endurance.

Traditional Yang Style Tai Chi Tuesday 12:00-12:30 p.m. Instructor: Lori
This 30-minute beginner level class is ideal for all those interested in this most commonly practiced style of Tai Chi.

Water Form Tai Chi Thursday 12:00-12:50pm Instructor: Frank
As the name suggests there is a fluidity and circularity of the movements and postures that help the practitioner connect with one’s natural vital internal Chi energy. The practice of this form also brings about a sense of peace and relaxation in one’s life.

Weight Training Lab MW 11:00-11:50am Instructor: Jon B.
This open time is set for anyone who has questions about fitness-related topics, exercises and workout routines.