

Adult Programs

Health & Wellness Programs

Si View Health and Wellness programs offer a variety of year-round fitness classes as well as seasonal wellness courses. Our experienced instructors look forward to helping you reach your personal goals.

Drop-in classes do not require pre-registration. You can pay a drop-in fee for a single visit or purchase a punch pass for multiple visits. Passes are sold for 5 or 10 visits. Passes are sold per instructor and only valid for the classes the specific instructor offers. Punch passes can be purchased online or onsite.

Please bring a water bottle and towel to all fitness classes!

Join Our High Energy Fitness Class Instructor Team!

We have openings for fitness instructors teaching group format classes that are suitable for all fitness levels. Group fitness instructors are responsible for teaching all scheduled classes, beginning and ending on time, provide adequate warm-up, content and cool down period, prepare appropriate equipment and music for each class, maintain a positive experience for all participants, and help with promotion of classes. Limited equipment is available on site. Group fitness instructor certification preferred, CPR/AED certification required. Please contact Aaron Colby at 425-831-1900 or acolby@siviewpark.org for more information and to submit course proposal.

Fitness Classes

North Bend Fitmates

Are you game for a challenge? Come workout with the Fitmates group! We'll be torching calories, toning muscles and building endurance – all in an energetic group setting with a challenge by choice approach. Come play games, and keep your body guessing with ever changing circuits and drills. Fitmates will keep you motivated, and coming back for more!

Min: 4 Max: 20 Age: 16+
 Instructor: Minna Rudd T Sep 10-Dec 17
 Location: Si View Gym 6:00PM-7:15PM
 R: \$27.50 | NR: \$30.25 5 classes* \$8 drop in

*All passes expire Dec 17

Belly Dancing

Women of all ages, sizes and inclinations are re-discovering an empowering themselves through the ancient, feminine, dance practice playfully called "Belly Dancing". The fluid and graceful movements help to tone and strengthen the back and abdominal muscles while improving posture and self-confidence, all to wonderful music. This class covers fundamentals as well as choreographing a dance. Dress for comfort. Teens, adults and seniors all are welcome. This is exercise for everyone!

Min: 4 Max: 20 Age: 16+
 Instructor: Kathy Stuart TH Sep 05-Dec 12*
 Location: Si View Social Room 6:35PM-7:35PM
 R: \$90 | NR: \$99 10 classes
 R: \$50 | NR: \$55 5 classes \$12 drop in

*No class Nov 28

Yoga

This class is meant to help students who are new to Yoga, learn the basics for a solid yoga foundation and experienced yogis, an opportunity to practice the Ashtanga fundamentals. Yoga poses are broken down to give you the confidence and skills for alignment, breath work, strength and flexibility. Please bring a yoga mat (yoga block and strap encouraged).

Min: 4 Max: 20 Age: 16+
 Instructor: Stephanie Merrow M/W Sep 04-Dec 18*
 Location: Meadowbrook Farm 6:00PM-7:00PM
 R: \$75 | NR: \$82.50 10 classes
 R: \$45 | NR: \$49.50 5 classes \$10 drop in

*No class Nov 11

Zumba

Show tunes, salsa, pop and more! Our new instructor Heather Hamilton is excited for her relationship with Si View to provide another great fitness opportunity in the Snoqualmie Valley. Our goal is to move, sweat, and smile! Our fun and interactive class will be tailored to your needs. Come have fun with us while you get into shape!

Instructor: Heather Hamilton W/SU Sep 04-Dec 13*
 Location: Sallal Grange 6:00PM-7:00PM
 R: \$40 | NR: \$44 10 classes \$8 drop in

*No class Dec 01, passes valid for 90 days

Barre

A challenging and unique workout combining pilates, yoga, and ballet barre. This class is geared to all levels and abilities. This hour long class is designed to tone and strengthen as well as increase flexibility throughout your entire body using isotonic movements. Students will need to supply their own yoga mat for each class.

Min: 1 Max: 15 Age: 16+
 Instructor: Jamie Joppa T Sep 10-Dec 17*
 Location: Meadowbrook Farm 7:00PM-8:00PM
 R: \$80 | NR: \$88 10 classes
 R: \$40 | NR: \$44 5 classes \$10 drop in

*No class Sep 03, Oct 01, Nov 05, Dec 03

Senior Tap

You are never too old to make some noise! Let yourself go in this beginning/intermediate tap class. Learn basic steps and rhythm, traveling steps and shuffles. Wear comfortable clothing and bring your tap shoes.

Min: 5 Max: 15 Age: 16+
 Instructor: Cris Coffing T Sep 17-Dec 10
 Location: Si View Community Center 1:00PM-1:45PM
 R: \$30 | NR: \$33 5 classes \$7 drop in

Striders Walking Group

Striders is a FREE lunchtime walking group! Join us for fresh air, great conversations and healthy dose of exercise. Please register for Si View Striders to receive walking group updates. This is a rain or shine activity - so dress for the weather!

14837 Striders Walking Group Age: 17+
 Min: 2 Max: 20 T Sep 03-Dec 17
 Instructor: Si View staff 12:00PM-1:00PM
 Location:
 September: Meadowbrook Farm
 October: Tollgate Farm Park
 November: Jorguson Park
 December: Si View Park

FREE



Adult sport leagues resume in the Winter session!

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