

Genesee Fitness and Martial Arts Schedule 5004 S. Genesee st., Seattle 98118

Time/Day	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Early							
	10-11 Qi Gong	10-11 Tai Chi & Qi Gong	10-11 Qi Gong	10-11 Tai Chi & Qi Gong	10-11 Qi Gong	9:30-10:45 Pilates w/ Vernesta	
Morning	11-12 Kick-It Cardio		11:30-12 Kick-It Cardio		11-12 Kick-It Cardio	11-12 Zumba w/ Lynda	
Mid-Day	12-12:30 Kick-It Core		12-1 Kick-It Core		12- 12:30 Kick-It Core	12:30- 1pm Shaolin Kung Fu	
						1- 2pm Chinese Kick Boxing	
		3-4 Kick-It Fitness	3-4 Kick-It Fitness				
Afternoon		4-5 Kick-It Fitness	4:30- 5 Shaolin Kung Fu	3:45-4:15 Kick-It Cardio	4:30- 5 Shaolin Kung Fu		3-5 Shuai Chiao Club
	5-6 Kid's Kung Fu	5-6 Kid's Kung Fu	5- 6 Chinese Kick Boxing	5-6 Kid's Kung Fu	5- 6 Chinese Kick Boxing	5-6:30 Gentle Yoga w/ Cecilia	
Evening	6-7 Taichi & Qigong (Chinese Yoga)	6-6:30 Taichi & Qigong		6-7 Taichi & Qigong (Chinese Yoga)			
Night	7-8 Adult Self Defense			7-8 Adult Self Defense			

Classes in **Red** are led by **shifu Jun Hong Chon** (Jeff Chon): (206) 793-1825 or www.bestnwkungfu.com

Classes in **Black** are led by **sifu Keith Judelman**: (206) 419-3868 or www.EvergreenKungFu.com

Zumba w/ Lynda: Lynda (646) DuZumba (389-8622) or ZumbaLynda@gmail.com

Yoga w/ Cecilia: Cecilia Amado- Pittle (206) 605-4411 or AmadoPittleC@yahoo.com

Pilates w/ Vernesta: Vernesta Mackey mackeyvl@aol.com

Tai Chi: All fitness levels are welcome at this gentle class. A moving meditation incorporating qi gong (Chinese yoga) and martial sequences, taichi promotes rehabilitation and is great exercise for seniors and people with limited physical facility (such as those recovering from illness or injury). It is an important aspect of cross-training in Chinese martial and longevity arts. \$15 Drop-in; \$90 monthly.

Qi Gong: Sometimes referred to as Chinese or Taoist or Buddhist yoga or Longevity Arts, qigong uses postures, movements and breathing techniques for internal harmonization and the development of internal and external power. Classes include stretching and warm-ups. Appropriate for all levels of fitness, these classes are for anyone looking to limber up, increase range of motion, build core strength, decrease stress and increase a sense of wellbeing.

Kid's Kung Fu: A fun, engaging environment that builds a healthy relationship to exercise; develops a sense of respect, discipline, confidence and sensitivity; and teaches self-defense. Contact Sifu Keith **(206) 419-3868** or www.EvergreenKungFu.com

Adult Self Defense: Get in shape with our challenging conditioning components while developing effective self-defense techniques and strategies. Our training comes from a military/ police lineage that incorporates traditional kung fu and Bao Ding Kuai Chiao. Contact Sifu Keith **(206) 419-3868** or www.EvergreenKungFu.com

Shuai Chiao (Jiao): Referred to as Chinese wrestling or grappling, shuai chiao is the art of throwing. It has applications for both combat and competition. This class will cover fundamentals including form, technique, conditioning, and falling safely. Class will include controlled application and partner practice but participants will *not* be required to engage physically with other students. Contact Sifu Keith **(206) 419-3868** or www.EvergreenKungFu.com

Kick-It Fitness: These kick-boxing classes are challenging, empowering, and more fun than going to the gym to lift weights everyday. Developed for fighters but accessible to everyone, expect to sweat, get in shape, and have fun! Drop-in \$10; packages contact Shifu Jeff **(206) 793-1825** or www.bestnwkungfu.com

Kick-It Cardio: Maximize V02, endurance, and cardiovascular health through kick boxing.

Kick-It Core: Build power and strength through drills, bag work, resistance and flexibility training. Class will rotate training focus between arms, legs, hips, back, and core strength.

Shaolin Kung Fu: All ages and levels welcome. This class is dedicated to traditional Shaolin kung fu forms as a vehicle for learning fundamental strikes, blocks, stances, and footwork. Advanced students will progress to weapons forms and qi gong. Contact Shifu Jeff **(206) 793-1825** or www.bestnwkungfu.com

Chinese Kick-Boxing (Sanda): These classes synthesize ancient Shaolin kungfu with modern sanda (Chinese MMA fighting). This program teaches kick-boxing, wrestling, throws, qigong (inner energy development), self-defense, and traditional weapons. Students can also expect traditional Shaolin drills, mitt drills, flexibility training, strength training, and plyometrics. Contact Shifu Jeff **(206) 793-1825** or www.bestnwkungfu.com

Pilates with Vernesta: Improve strength and flexibility with this mix of traditional pilates exercises (flexbands, magic circles, and more) and other forms of strength and circuit training.

Zumba with Lynda: Dance your way into shape with Zumba, a one-of-a-kind fitness program that fuses hypnotic Latin rhythms and easy-to-follow dance moves. The routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba class. \$12 Drop-in; packages contact Lynda **(646) 389-8622** or www.LyndaZumba.com

Gentle Yoga w/ Cecilia: Beginners welcome, this class is a gentle introduction to the practice of yoga drawing on the Iyengar and Purna styles. Improve relaxation, flexibility, increase strength and muscle tone, improve breathing and enhance a sense of balance and body control. Drop-in \$12; packages contact Cecilia **(206) 605-4411** or AmadoPittleC@yahoo.com