

# Has Your Fitness Routine Become Too Routine?

## Experience a Fall Fitness Renewal at Samena!

**NOW  
More  
OPTIONS**

Don't miss out on the amazing benefits of personal fitness. The professional attention of the Samena Fitness staff will help you gain strength, energy, endurance, lean muscle, and a healthier heart, while reducing body fat, fatigue, injuries, and illnesses.

### 1 **NEW Small Group Personal Training**

Introducing Small Group Training for 3 to 5 people, with one of our skilled, certified Personal Trainers! Gather some friends or sign up to be placed with others. 1 hour group sessions offered once a week or twice a week, scheduled around your group's availability. Small Group Training programs run 4 consecutive weeks; specific days and times are scheduled in advance with your trainer. Get signed up today!

#### GROUP TRAINING ADVANTAGES:

- High Quality and Safety of Personal Training
- Additional Support, Motivation, and Accountability
- Dynamic workouts that challenge each person at his/her own level
- Cost Effective
- Fun, Friendly Environment

#### SMALL GROUP TRAINING RATES:

**Once a week:** 4 sessions for 4 weeks, \$124/per person (\$31/session per person!)

**Twice a week:** 8 sessions for 4 weeks, \$224/per person (only \$28/session per person!)



### 2 **Personal Training**

Individualized training for one on one attention. The maximum benefits will be achieved with this option. Personal Training is ideal for those just starting a fitness program or returning from hiatus, or recovering from pain or injury. Session packages give you an outstanding value and terrific savings. Still not sure? Try a free Fitness Consultation to preview one-on-one training.

### 3 **Fitness Classes**

This great group activity has many options to try something new. Classes are open to all fitness levels unless otherwise noted. See pages 11 - 13 for more on the diverse classes we offer. Sign up for a session or purchase a Fitness Class Punch Card (page 12) and try different classes. Find our Class schedule online at [www.samena.com](http://www.samena.com)

### PERSONAL TRAINING PACKAGE RATES

1 Hour Sessions	Package Price	Regular Price	Savings
5	\$259	\$275	5%
10	\$491	\$550	10%
20	<b>\$927</b>	<b>\$1100</b>	<b>15%</b>
1	\$55	\$55	0%



Packages Rates are for Samena Members. Sessions can be divided among family members, some restrictions apply. Also Offered, see Front Desk or a Trainer for Rates: Partner (2 clients) Training available with package discounts for members; One on one 30 minute training; Non-Member sessions.

### FITNESS CONTACTS

Colleen Martin, [colleenm@samena.com](mailto:colleenm@samena.com)

Marianne Taylor, [mariannet@samena.com](mailto:mariannet@samena.com)

Mark Monaco, [markm@samena.com](mailto:markm@samena.com)

Front Desk (425)746-1160 ext. 0

## FEEL BETTER

### FREE FITNESS CONSULTATIONS!

Whether you're starting out, or already working out, get the best possible benefits from Fitness!

## LIVE LONGER

Schedule your Consultation today. In this quick 35-45 minute appointment, you will:

- Get Answers to your Fitness Questions
- Be shown new equipment & how to use familiar equipment in new ways
- Advice on proper form to get the most out of your sets & avoid injuries

## BE STRONGER

- Sample the many benefits of one-on-one Personal Training
- Learn how to make Fitness **FUN!**

**Ages:** 12 years and up

**Contact:** The Front Desk, ext 0, or see a Samena Trainer.

# Fitness & Wellness



*Shrimp Spot Babysitting open, now with more hours for parents who want to take Classes or Personal Train. See Page 2 for Details. When Shrimp Spot Babysitting is open, the “\*” appears next to the program. Now, get a FREE RESERVATION during a Fitness Consultation.*

Session 3: November 7 - 28  
Session 4: December 5 - 19, 3 weeks  
**Time:** 7:00 - 8:15pm  
**Cost:** \$40/M; \$50/NM  
\$30/M; \$38/NM, 3 weeks  
\$50/M; \$63/NM, 5 weeks  
**Drop in:** \$14/M; \$18/NM  
**Instructor:** Susan Turtletaub  
**Location:** Rec Room

**Location:** Rec Room

**Minimum:** 5

*Make-ups for missed classes may be taken within the current session only.*

## fitness classes

### \* EVENING CONDITIONING

This class is a great way to wind down from a long work day and get a great conditioning workout that's fun and gratifying. You will learn exercises for all major muscle groups that incorporate strength, flexibility, agility, and cardiovascular exercises. You'll see some terrific results over the course of the class!

**Day:** Monday/Wednesday

**Date:**

Session 1: September 12 - 28, 3 weeks

Session 2: October 3 - November 2, 5 weeks

Session 3: November 7 - 30

Session 4: December 5 - 21, 3 weeks

**Time:** 6:35 - 7:35pm

**Cost:** \$48/M; \$68/NM  
\$36/M; \$51/NM, 3 weeks  
\$60/M; \$85/NM, 5 weeks

**Drop in:** \$9/M; \$12/NM

**Locations:** The Hall

**Minimum:** 5

### MUSCLES IN MINUTES

*Expanded to a 45-minute class!*

No time to work out? Dare to do something different! This class will show how to effectively incorporate weights into your workout routine. An ideal class for those interested in learning more about weight training or looking for a short and effective class to participate in.

Class will focus directly on:

- Agility
- Balance
- Core stabilization
- Strength

**Day:** Tuesday/Thursday

**Date:**

Session 1: September 6 - 29

Session 2: October 4 - 27

Session 3: November 1 - 17, 3 weeks

Session 4: November 29 - December 22

**Time:** 6:00 - 6:45am

**Cost:** \$36/M; \$51/NM  
\$27/M; \$38/NM, 3 weeks

**Drop in:** \$9/M; \$12/NM

**Location:** Rec Room or Fitness Center

## yoga

### \* MORNING HATHA YOGA

Widely known for its ability to increase stamina, strength and flexibility, yoga enhances both your mental and physical quality of life. Classes include poses (asana), breathing practices (pranayama), flow of poses (vinyasa) and brief meditation. Students are encouraged to be adventurous and discover their edge while acknowledging limitations and increasing self-compassion. No previous experience required; all fitness levels welcome. Students encouraged to come on an empty stomach.

**Days:** Wednesday/ Friday

Session 1: September 7 - 30

Session 2: October 5 - 28

Session 3: November 2 - 18, 3 weeks

Session 4: November 30 - December 16, 3 weeks

**Time:** 9:30 - 11:00am

**Cost:** \$66/M; \$80/NM  
\$50/M; \$60/NM, 3 weeks

**Drop in:** \$13/M; \$16/NM

**Instructor:** TBA

**Location:** Rec Room

**Minimum:** 5

### INTRO TO YOGA

Interested in taking a Yoga class but not sure what to expect? Come experience an introduction to Hatha Iyengar style yoga. Mats and other props are provided; however you are encouraged to bring your own yoga mats. Come in comfortable layered clothing that will allow the instructor to see your knees. Bring a bottle of water and students encouraged to come on an empty stomach.

**Level:** Beginner

**Day:** Monday

Session 1: September 12 - 26, 3 weeks

Session 2: October 3 - 31, 5 weeks

**Minimum:** 5

### EVENING HATHA YOGA

In traditional Hatha yoga there is an emphasis on the development of strength, stamina, flexibility and balance, as well as concentration (Dharana) and meditation (Dhyana). Hatha Yoga is characterized by great attention to detail and precise focus on body alignment. Standing poses are emphasized, building strong legs and ensuring a strong foundation for study of more advanced poses.

Class instructor, Susan Turtletaub, began her studies of Hatha Yoga and Philosophy in 1989. She received her certification as a yoga teacher in 1999 and is registered with the nationally accredited Yoga Alliance. Blending humor, intellect, and imagery, Susan encourages students of all traditions and experience levels to open more fully to their own body's wisdom.

### \* CLASS A:

**Level:** One

**Day:** Monday

Session 1: September 12 - 26, 3 weeks

Session 2: October 3 - 31, 5 weeks

Session 3: November 7 - 28

Session 4: December 5 - 19, 3 weeks

**Time:** 5:30 - 6:45pm

### CLASS B:

**Level:** One

**Day:** Wednesday

Session 1: September 7 - 28

Session 2: October 5 - 26

Session 3: November 2 - 30, 5 weeks

Session 4: December 7 - 21, 3 weeks

**Time:** 7:00 - 8:15pm

### INFO FOR CLASS A OR B:

**Cost for all sessions:** \$50/M; \$63/NM  
\$38/M; \$47/NM, 3 weeks  
\$63/M; \$79/NM, 5 weeks

**Drop In:** \$14/M; \$18/NM

**Instructor:** Susan Turtletaub

**All Fitness & Wellness Classes are 4 weeks unless otherwise noted. \* Shrimp Spot babysitting is available.**

# Fitness & Wellness

## FITNESS AGES

The Fitness Center and Fitness Classes are available for use by Teens & Tweens!

Ages 12 - 13 may attend a class or use the Fitness Center with the direct supervision of a parent or legal guardian.

Ages 14 and up can participate without a parent present.

*Class participants under 18 years are subject to Instructor discretion.*

*For their safety, children under 18 years are strongly urged to schedule a Complimentary Fitness Consultation with a Samena Personal Trainer before using the Fitness Center.*



## FITNESS CLASS PUNCH CARD **NEW**

Interested in trying out a variety of classes? Not sure you can commit to a full session? Introducing the Fitness Drop-In Punch Card to prepay for drop ins and save \$1 per class off the drop in rate. This punch card is available in 5 or 10 punch increments and may be purchased at the Front Desk and used for the following classes only:

- 30 min core
- Ageless Fitness
- Ageless Water Aerobics
- Aqua Zumba
- Body Burn
- Combined Water Aerobics
- Deep Water Aerobics
- Evening Conditioning
- Group Cycle
- Guts, Butts, & Balance
- Morning Yoga (1 ½ punches)
- Muscles in Minutes
- Zumba

*Excludes Tai Chi and Evening Yoga*

**Note:** Signing up for a full session is still the most cost-effective option and helps ensure a class will run. Once purchased, Fitness Punch cards cannot be re-issued.

**Cost:** \$40/M; \$55/NM, 5 punches  
\$80/N; \$110/NM, 10 punches

**Instructor:** Colleen Martin

**Minimum:** 5

## AGELESS FITNESS

Feel and live younger! By exercising regularly, you can maintain and improve the health of your arteries, bones, muscles, and joints. Achieve physiological health and well-being through the use of free-weights, stability balls, stretch bands, balance work, core strength, and stretching. This class is for anybody who has recommitted themselves to the benefits of physical activity. Premature aging comes from inactivity - so get active and join us!

**Days:** Tuesday/Friday

Session 1: September 6 - 30

Session 2: October 4 - 28

Session 3: November 1 - 18, 3 weeks

Session 4: November 29 - December 16, 3 weeks

**Time:** 8:30 - 9:30am

**Cost:** \$32/M; \$42/NM  
\$24/M; \$32/NM, 3 weeks

**Drop in:** \$9/M; \$12/NM

**Instructor:** Marianne Taylor

**Location:** Rec Room

**Minimum:** 5

## TURKEY BURN!

Stuffed full of Turkey and all the trimmings??? Get ready to work it off! Come join us the day after Thanksgiving for our 3rd Annual Turkey Burn. We will hop on the spin bikes and turn and burn for 60 minutes, then indulge in a fully loaded 30 minute core workout. You will feel great, be done early, and have energy for shopping.

**Day:** Friday

**Date:** November 25

**Time:** 7:00am - 8:30am

**Cost:** \$10/M; \$15/NM

**Location:** The Hall

## \* STRONG TO THE CORE **NEW**

Let's get pumped! In just 45 minutes get a great full body burn no matter your fitness level. Gain strength, endurance, and balance. The last 15 minutes will focus on "crunching" your core- tone up your hips, abs, glutes, and improve your posture to prevent back pain.

**Day:** Tuesday/Thursday

Session 1: September 6 - 29

Session 2: October 4 - 27

Session 3: November 1 - 17, 3 weeks

Session 4: November 29 - December 15, 3 weeks

**Time:** 9:15 - 10:00am

**Cost:** \$36/M; \$51/NM

\$27/M; \$38/NM, 3 weeks

**Drop in:** \$9/M; \$12/NM

**Instructor:** Marianne Taylor

**Location:** Rec Room

**Minimum:** 5

## \* GUTS, BUTTS & BALANCE

Join Stephanie and work on toning those guts and butts. This lower-intensity class is a great way to focus on your core area (stomach, lower back, hips, glutes), balance and overall stability. If you suffer from lower back pain or discomfort, try this class! Discover muscles you never knew you had.

**Days:** Monday/Wednesday

Session 1: September 12 - 28, 3 weeks

Session 2: October 3 - November 2  
5 weeks

Session 3: November 7 - 23, 3 weeks

Session 4: November 28 - December 14  
3 weeks

**Time:** 9:15 - 10:15am

**Cost:** \$32/M; \$42/NM  
\$24/M; \$32/NM, 3 weeks  
\$40/M; \$53/NM, 5 weeks

**Drop in:** \$9/M; \$12/NM

**Instructor:** Stephanie Segovia

**Location:** Rec Room/Hall

**Minimum:** 5

## ZUMBA TONE **NEW**

This class combines targeted body sculpting exercises and high energy cardio work with Latin-infused Zumba movies to create a calorie-torching, strength training total body workout.

**Day:** Tuesday

Session 1: October 4-25

Session 2: November 1-29, 5 weeks

Session 3: December 6-20, 3 weeks

**Time:** 6:45-7:45pm

**Instructor:** Elaine Deines

## ZUMBA

When was the last time you had a fitness party? Zumba is a mixture of 'Latin flavor and international zest' combining music with dance, interval and resistance training. You will have a blast, burn calories, get your heart racing and body energized!

**Day:** Saturday

Session 1: September 10 - 24, 3 weeks

Session 2: October 1 - 22

Session 3: October 29 - November 19  
3 weeks

*No Class November 12*

Session 4: December 3 - 17, 3 weeks

# Fitness & Wellness

**Time:** 8:45-9:45am  
**Instructor:** Patti Peterson  
**Cost:** Zumba or Zumba Tone  
\$24/M; \$34/NM  
\$18/M; \$26/NM, 3 weeks  
\$30/M; \$43/NM, 5 weeks  
**Drop In:** \$9/M; \$12/NM  
**Location:** The Hall  
**Minimum:** 5

## SEATTLE 1/2 MARATHON TRAINING

Come one, come all! Join our 1/2 marathon training group and get in shape for the Seattle Half Marathon, November 27. We will meet twice a week for short runs, long runs, and interval training. All levels are welcome; training programs will be adjusted based on your capabilities. Whether it's your first half marathon or your 10th, we will have a great time training together. Tuesday evenings will be a short run, track intervals, or skill session; Saturday mornings will be longer runs.

**Day:** Tuesday/Saturday  
**Date:** September 6 - November 22  
**Times:** Tuesday 6:00pm  
Saturday 8:00am

**Cost:** \$125/M; \$145/NM  
**Instructor:** Colleen Martin  
**Location:** Samena Front desk  
**Minimum:** 5

## TRAINING FOR TEENS

This class is an overall strength, conditioning and sport specific training for middle and high school students. This great class will get you ready for the next season of competition in an athletic event or just a great way to get in shape and learn how to use different machines. Work on balance, speed, core, strength, and overall cardiovascular conditioning. All levels welcome.

**Age:** 12 and up  
**Day:** Wednesday  
Session 1: September 7 - 28  
Session 2: October 5 - 26  
Session 3: November 2 - 23  
Session 4: November 30 - December 21

**Time:** 1:15 - 2:15pm  
**Cost:** \$24/M; \$34/NM  
**Drop in:** \$9/M; \$12/NM  
**Instructor:** Colleen Martin  
**Minimum:** 5

## LUNCHTIME EXPRESS

**45 minutes of Circuits and Cardio**  
Squeeze in a mid-day workout with our Lunchtime Express! Get a strength workout from head to toe and break a sweat during our cardio days. This class is great for

working adults or those who need a quick, effective workout! All levels are welcome.

**Day:** Wednesday  
Session 1: September 7 - 28  
Session 2: October 5 - 26  
Session 3: November 2 - 23  
Session 4: November 30 - December 14,  
3 weeks

**Time:** 12:15 - 1:00pm  
**Cost:** \$18/M; \$26/NM  
\$14/M; \$19/NM, 3 weeks

**Drop in:** \$9/M; \$12/NM  
**Location:** Rec Room  
**Instructor:** Colleen Martin  
**Minimum:** 5

## INTRO TO TAI-CHI

Tai Chi 'Chuan' is an ancient Chinese method for promoting a well balanced body and mind. It gently increases the body's range of motion. The slow, meditative movements aid relaxation, promote stress reduction, improve balance, posture, circulation, and more.

Instructor Master Mitsuo has studied in Japan for over 10 years and has been teaching in the U.S since 1995. Mitsuo Aioki has deep knowledge of the discipline, patience, and ability to adapt to the needs of his students. This class excellent is for both men and women of all ages and levels. Tai Chi will leave with you feeling calm, clear and alive.

## BEGINNER

**Day:** Tuesday  
Session 1: September 6 - 27  
Session 2: October 4 - 25  
Session 3: November 1 - 29, 5 weeks  
Session 4: December 3 - 17, 3 weeks  
**Time:** 7:45 - 9:00pm

## \* BEGINNER

**Day:** Saturday  
Session 1: September 10 - 24, 3 weeks  
Session 2: October 1 - 22  
Session 3: October 29 - November 19,  
3 weeks  
*No Class November 12*  
Session 4: December 3 - 17

**Time:** 9:45 - 11:00am  
**Instructor:** Mitsuo Aoki  
**Cost:** \$50/M; \$63/NM  
\$38/M; \$48/NM, 3 weeks  
\$63/M; \$79/NM, 5 weeks

**Drop in:** \$14/M; \$18/NM  
**Location:** The Hall  
**Minimum:** 5

## cycling

Saddle up for cycling. This class is a great physical and mental workout! Enjoy music, motivation and burn megacalories! Train for racing or experience a new outlet for cardiovascular exercise. Any fitness level is welcome YOU control the intensity of the workout!

## \* CLASS A:

**Day:** Monday  
Session 1: September 12 - 26, 3 weeks  
Session 2: October 3-31, 5 weeks  
Session 3: November 7 - 21, 3 weeks  
Session 4: November 28 - December 12,  
3 weeks

**Time:** 9:30 - 10:30am

## \* CLASS B:

**Day:** Thursday  
Session 1: September 8 - 29  
Session 2: October 6 - 27  
Session 3: November 3 - 17, 3 weeks  
Session 4: December 1 - 15, 3 weeks

**Time:** 6:45 - 7:45pm

## CLASS C:

**Days:** Tuesday/Thursday  
Session 1: September 6 - 29  
Session 2: October 4 - 27  
Session 3: November 1 - December 1,  
*No Class November 22*  
Session 4: December 6 - 29

**Time:** 5:45 - 6:45am

**Instructors:** Don MacLane & Lori Broznowski

## \* CLASS D:

**Day:** Saturday  
Session 1: September 10 - 24, 3 weeks  
Session 2: October 1 - 22  
Session 3: October 29 - November 19  
3 weeks  
*No Class November 12*

Session 4: December 3 - 17, 3 weeks

**Time:** 7:15 - 8:15am

## CLASS A, B OR D (1 CLASS PER WEEK)

**Cost:** \$24/M; \$34/NM  
\$18/M; \$26/NM, 3 weeks  
\$30/M; \$42/NM, 5 weeks

**Instructor:** Marianne Taylor

## CLASS C (2 CLASSES PER WEEK)

**Cost:** \$48/M; \$68/NM  
**Drop in:** \$9/M; \$12/NM  
**Location:** Hall  
**Minimum:** 5  
**Maximum:** 14