

| Monday | |
|----------------------------------|---|
| 6:00-7:00am Upstairs | <u>Y- Cycling</u> Sarah 1 hour |
| 6:30-7:30am Group Ex Studio | <u>Y's Way to Fitness</u> Jerry (I/A) |
| 8:30-9:30am Upstairs | <u>Y- Cycling</u> Jo |
| 9:00-10:15am Group Ex Studio | <u>MADNESS!</u> Diane (Step emphasis) |
| 9:00-10:00am Outside | <u>Walk the Talk</u> Edy (B/I) |
| 11:00-12:00pm Group Ex Studio | <u>Stay Fit Forever</u> Dawn (B/I) |
| 12:00-1:00pm Group Ex Studio | <u>Pilates</u> Dawn/Dia (B/I) |
| 2:30-3:15pm Upstairs | <u>TEEN Cycling</u> Derek No class Nov 24th |
| 1:15-2:15pm Group Ex Studio | <u>Gentle Yoga</u> Debbie (B/I) |
| 3:00-5:00pm Activity Center | <u>Youth Circuit</u> \$ Laurel/Joe (B/I) |
| 4:15-4:30pm Group Ex Studio | <u>Intro to Hip Hop</u> Gina (B) |
| 4:30-5:30pm Group Ex Studio | <u>Cardio Hip Hop</u> Gina (B/I) |
| 5:30-6:15pm Upstairs | <u>Y- Cycling</u> Heather |
| 5:30-6:30pm Group Ex Studio | <u>Step</u> Leanne/Laura (I) |
| 6:35-7:35pm Group Ex Studio | <u>Yoga</u> Shawn (I) |
| 7:45-9:30pm Group Ex Studio | <u>Adult Aikido</u> \$ Don Stratton (I) |

| Tuesday | |
|----------------------------------|--|
| 6:00-6:45am Upstairs | <u>Y- Cycling</u> Natalie |
| 8:30-9:30am Upstairs | <u>Y- Cycling</u> Leslie |
| 9:00-10:15am Group Ex Studio | <u>Step</u> Darcie (I) |
| 10:30-11:45am Group Ex Studio | <u>Yoga</u> Heather (B,I) |
| 12:00-1:00pm Group Ex Studio | <u>Jazz</u> Jill (I) |
| 1:00-2:00pm Group Ex Room | <u>Gentle Strength & Stretch</u> Beverley (B) |
| 12:30-1:15pm Upstairs | <u>Y- Cycling</u> Heather |
| 3:30-4:30pm Group Ex Studio | <u>Youth Aikido</u> \$ Jay |
| 4:30-5:30pm Group Ex Studio | <u>Step</u> Laura (I) |
| 5:30-6:30pm Upstairs | <u>Cycling</u> Dawn (B/I/A) |
| 5:30-6:30pm Group Ex Room | <u>Zumba</u> NEW Ruth (B/I) |
| 6:35-7:35pm Group Ex Studio | <u>CardioBoxing</u> Montse (I) |

| Wednesday | |
|----------------------------------|--|
| 6:00-6:45am Upstairs | <u>Y- Cycling</u> Alex |
| 6:30-7:30am Group Ex Studio | <u>Y's Way to Fitness</u> Jerry (I/A) |
| 8:30-9:30am Upstairs | <u>Y- Cycling</u> Becky |
| 9:00-10:15am Group Ex Studio | <u>MADNESS!</u> Dawn (I) |
| 9:00-10:00am Outside | <u>Walk the Talk</u> Edy (B/I) |
| 10:30-11:00am Group Ex Studio | <u>Ballet Ages 3-6</u> \$ Garicka |
| 11:00-12:00pm Group Ex Studio | <u>Stay Fit Forever</u> Dia/Dawn (B/I) |
| 12:00-1:00pm Group Ex Studio | <u>Pilates</u> Dia/Dawn (B/I) |
| 1:15-2:15pm Group Ex Studio | <u>Gentle Yoga</u> Holly (B) |
| 1:30-2:30pm Conference Room | <u>Feldenkrais</u> Donna (B) Class ends @ 2:15 Nov 19th- Flu Shot Clinic |
| 2:30-3:30pm Group Ex Room | <u>Arthritis Exercise</u> Beverley (B) |
| 4:30-5:15pm Group Ex Room | <u>Youth Yoga ages 7-10</u> Beth (B) |
| 5:30-6:30pm Group Ex Room | <u>Yoga</u> NicholeSarah (B/I) |
| 5:30-6:15pm Upstairs | <u>Y- Cycling</u> Brandon |
| 6:45-7:45pm Group Ex Studio | <u>Zumba</u> Tina (B/I) |

| Thursday | |
|----------------------------------|--|
| 5:30-6:15am Activity Center | <u>Athletic Training</u> Lorenzo (I/A) |
| 6:00-6:45am Upstairs | <u>Y- Cycling</u> Alex |
| 8:30-9:30am Upstairs | <u>Y- Cycling</u> Leslie |
| 9:00-10:15am Group Ex Studio | <u>Step</u> Darcie (I) |
| 10:30-11:45am Group Ex Studio | <u>Yoga</u> Vicchi (B) |
| 12:00-1:00pm Group Ex Studio | <u>Tai Chi for Arthritis</u> Nancy (B/I) |
| 12:30-1:15pm Upstairs | <u>Y- Cycling</u> Heather |
| 1:00-2:00pm Group Ex Room | <u>Gentle Strength & Stretch</u> Beverley (B) |
| 3:30-4:30pm Group Ex Studio | <u>Youth Aikido</u> \$ Jay |
| 4:30-5:30pm Group Ex Studio | <u>Step</u> Lea (I) |
| 5:30-6:30pm Upstairs | <u>Cycling</u> Martie (B/I/A) |
| 5:30-6:30pm Group Ex Room | <u>Yoga</u> Shelley (B/I) |
| 6:35-7:35pm Group Ex Studio | <u>Power Training</u> Natalie (I) |
| 7:45-9:30pm Group Ex Studio | <u>Adult Aikido</u> \$ Don Stratton (I) |

| Friday | |
|----------------------------------|---|
| 6:00-6:45am Upstairs | <u>Y- Cycling</u> Katrin/Holly |
| 6:30-7:30am Group Ex Studio | <u>Y's Way to Fitness</u> Jerry (I/A) |
| 8:30-9:30am Upstairs | <u>Y- Cycling</u> Jo |
| 9:00-10:15am Group Ex Studio | <u>MADNESS!</u> Dia (I) |
| 9:00-10:00am Outside | <u>Walk the Talk</u> Edy (B/I) |
| 10:30-11:00am Group Ex Studio | <u>Yoga Bugs Ages 3-6</u> Maria (B) |
| 11:00-12:00pm Group Ex Studio | <u>Stay Fit Forever</u> Staff (B/I) |
| 12:00-1:00pm Group Ex Studio | <u>Jazz</u> Jill (I) |
| 12:30-1:15pm Upstairs | <u>Y- Cycling</u> Heather |
| 1:15-2:15pm Group Ex Studio | <u>Gentle Yoga</u> Kathy/Debbie |
| 2:30-3:30pm Group Ex Room | <u>Arthritis Exercise</u> Beverley (B) |
| 5:45-7:00pm Group Ex Studio | <u>Active Yoga</u> Lori/Kristi (I) |



Saturday & Sunday Schedule on other side
The YMCA is a not-for-profit, community organization. Financial assistance is available

| Saturday | |
|--|---------------------------------|
| 7:00-7:45am | <u>Family Athletic Training</u> |
| Activity Center | Lorenzo |
| 8:30-9:30am | <u>Y- Cycling</u> |
| Upstairs | Becky |
| 8:45-10:00am | <u>Step</u> |
| Group Ex Studio | Staff (I) |
| 10:00-11:00am | <u>Centered Saturday Yoga</u> |
| Group Ex Studio | Staff (I) |
| Week 1 -- Laugh Yoga | |
| Week 2 -- No Class Nov 8th | |
| Week 3--Stretch,Breathe & Imagery (Gentle Yoga) | |
| Week 4 --Laugh Yoga | |
| Nov 29th GOBBLESTOPPER | |
| 11:00-12:00pm | <u>Hip Hop</u> Ages 7-14 |
| Group Ex Studio | Garicka \$ All Levels |

| Sunday | |
|-------------------------|-------------------------------------|
| House of Refuge 8am-2pm | |
| 3:00-4:30pm | <u>Soft Flow Yoga</u> |
| Group Ex Studio | Lisa/Kathy (B) Beginners Welcome |

Friendly Reminders:

- Classes are **FREE*** to Facility Members- including TEENS! (13+) (* only classes indicated with a \$ have an additional fee)
- Use lockers & storage areas to store bags & valuables. The YMCA is not responsible for lost valuables.
- Group exercise classes, instructors & rooms are subject to change without notice.

Asset Development
(Positive things YOU can offer kids)

Adult involvement in schooling & activities
Children need external support from parents or other adults/role models. Attend that game in the rain, go to Back to School night, watch Aikido or Dance class. Just being there fosters a great sense of ...

SUPPORT

Class Descriptions

Arthritis – Land exercise class designed specifically for people with arthritis (who can walk independently) to help keep joints flexible, maintain muscular strength and build overall stamina. Many of the exercises have been developed by the Arthritis Foundation.

Athletic Training & Family Athletic Training ages 7 & up- Sports drills, relays, exercises using body weight and equipment. Gain speed and stamina. Suggested for the intermediate level participant.

Cardio Boxing – A high energy, fast-paced aerobic workout utilizing the drills & skills of kick boxing.

Cardio Hip Hop – A great opportunity to workout with a fun, funky dance style. Easy to learn for all levels. Ages 13 and up.

Feldenkrais – Slow, gentle motions designed to increase awareness & ease of movement. Class formatted for participants to be seated or laying down.

Madness! –20-30 min low-impact aerobics, then 45 min. of body-fat burning circuit strength training exercises using stability balls dumbbells, small balls, exertubes & more to strengthen the deep core muscles and challenge balance, class ends with 7-10 minutes of stretching/relaxation. Adaptable to beginning levels. **Monday Madness** – Utilizing the Step bench for 30-40 minutes: Basic Step moves to keep that heart pumping, then 20-45 min of resistive strength training using weights and exertubes and finishing with 5-10 minutes of relaxing stretching.

Gentle Strength/Stretch – Geared toward the 50+ crowd. Basic weight training for strength and endurance for the beginner to release tension, gain shoulder mobility, and full body core strength for internal organs.

Jazz Dance – Choreographed routines for the participant familiar with this style of movement and having a dance background.

Pilates (mat) – Based on the work of Joseph Pilates. Mat work is a combination of highly specialized strength work to empower and elongate muscles creating balance and correction in movement and posture.

Power Training - This class incorporates strength training/core work with cardio intervals to fire up your body's metabolism. Utilize body bars, dumbbells, bands, stability balls, etc. for strength training intervals AND kickboxing, plyometric drills, jump ropes & step benches for cardio intervals in a fun & fat burning atmosphere.

Stay Fit Forever – Designed for anyone desiring a less strenuous aerobic workout for the 40+ crowd, this class offers choreographed cardiovascular exercise, muscular toning & stretching to improve posture and balance.

Step – A program using an adjustable platform, stepping up and down between the platform and the floor combining the benefit of good cardiovascular exercise and strengthening of leg muscles. Includes strength work & stretch.
Walk the Talk – An opportunity to get outdoors and do the walking you have wanted to do now with a leader and Y friends

Tai Chi for Arthritis - Release physical & mental tension with this ancient Eastern breathing & moving technique. Improve flexibility, enhance strength. Learn special modifications for your unique abilities

Y's Way to Fitness – A national YMCA Adult Physical Fitness Program. 45-50 minutes of standard calisthenics emphasising Range of Motion & core strengthening. Occasionally there is an optional jog/walk at the end of class.

Y-Cycle – A self-paced group indoor cycling workout for *all levels* to improve cardiovascular endurance and cycling stamina.

Yoga- see Yoga flyer for class descriptions of different Yoga disciplines

Zumba - combines irresistible Latin and international dance music with easy-to-learn moves, borrowing steps from salsa, cumbia, cha cha cha, samba, reggaeton, and more! You don't have to learn the names of all the dances-- this class has less verbal instruction than some- **watch** your instructor **for movement cues** and feel the beat!

Fee-based classes: Please see individual flyers for details or contact our Member Center