



HEALTH, WELLNESS & FITNESS

GROUP EXERCISE CLASSES ARE FREE FOR Y-MEMBERS EFFECTIVE DECEMBER 1, 2018

—MONDAY—

5:15-6:15am	Timed Intervals	Ashley	Aerobics Room
6:30-7:30am	Functional Fitness	Zach	TRX Room
8:30-9:15am	Cardio Stretch&Tone	Marianne	Aerobics Room
9:20-10:20am	Cycle	Danielle	Cycling Room
9:20-10:20am	Pump & Sculpt	Ann W.	Aerobics Room
10:30-11:15am	Butt & Gut	Mary	Aerobics Room
11:15-12:00pm	Pure Gold	Mary	Aerobics Room
12:15-1:00pm	Gentle Yoga	Mary	Aerobics Room
12:15-12:45pm	TRX Express	Danielle	TRX Room
4:00-6:00 pm	Boxing Fitness	Mark	Boxing Room
4:30-5:30pm	HIIT Yoga	Michelle T.	Aerobic Room
4:30-5:30pm	REBELution	Steve	TRX Room
5:30-6:30 pm	Boot Camp	Kelly	Aerobics Room
6:00-6:45pm	Cycle	Erin	Cycling Room
6:35-7:35 pm	Yoga	Theresa	Aerobics Room

—TUESDAY—

5:30-6:15am	Barre Fit	Adina	Studio Room
8:30-9:15am	Y-Cuts	Loretta	Aerobics Room
9:20-10:20am	Cycle Tone	Michelle M	Cycling Room
9:30-10:15am	Step & Tone	Loretta	Aerobics Room
10:30-11:15am	Pilates	Beth	Aerobics Room
11:30-12:10pm	Zumba Gold	Mary	Aerobics Room
12:15-12:45pm	Yoga	Adina	Aerobics Room
3:15-4:00pm	*Chair Yoga	Wendy	Aerobic Room
4:30-5:15pm	Core-N-More	Stacy	Aerobics Room
4:30-5:30pm	TRX Circuit	Danielle	TRX Room
5:30-6:30pm	Boot Camp	Stacy	TRX Room
5:45-6:30pm	Cycle	Tess	Cycling Room
6:00-7:00pm	Sculpt & Tone	Marie S.	Aerobic Room

*Chair Yoga ends 12/18

—WEDNESDAY—

5:15-6:15am	Timed Intervals	Jen R.	Aerobics Room
5:30-6:30am	Cycle Tone	Jennie	Cycling Room
6:30-7:30am	Boot Camp	Ann W.	TRX Room
8:30-9:15am	Stretch & Tone	Marianne	Aerobics Room
9:20-10:20am	Cycle	Shannon	Cycling Room
9:20-10:20am	Boot Camp	Stacy	Aerobics Room
10:30-11:15am	Barre Fit	Danielle	Aerobics Room
11:15-12:00pm	Pure Gold	Danielle	Aerobics Room
12:15-12:45pm	TRX Express	Beth	TRX Room
4:00-6:00 pm	Boxing Fitness	Mark	Boxing Room
4:30-5:30pm	Cardio Butt&Gut	Nicole	Aerobic Room
5:30-7:00 pm	30/60/90	Anne	Aerobic Room
6:00-6:45pm	Cycle	Tess	Cycling Room

—THURSDAY—

6:30-7:30am	Functional Fitness	Zach	TRX Room
8:30-9:15am	Tai-Chi	Mike	Aerobics Room
8:30-9:15am:	Cycle	Tess	Cycling Room
9:20-10:20am	Yoga	Tori	Aerobics Room
10:30-11:30am	Zumba	Mary	Aerobics Room
11:30-12:45pm	Line Dancing	Mary	Aerobics Room
4:15-5:15 pm	Dance Barre Fit	Cassie	Aerobics Room
4:30-5:30pm	REBELution	Erin	TRX Room
5:45-6:30pm	Cycle 30/45	Erin	Cycling Room
5:30-6:30pm	Power Vinyasa Yoga	Josh	Aerobic Room

—FRIDAY—

5:15-6:15am	Boot Camp	Ann W.	Aerobic Room
5:30-6:30am	Cycle	Marie	Cycling Room
6:30-7:30am	Boot Camp	Ann W.	Aerobic Room
8:30-9:15am	Y-Cuts	Wendy	Aerobics Room
9:20-10:20am	Body Sculpt	Stacy	Aerobics Room
9:20-10:20am	Cycle	Danielle	Cycling Room
10:30-11:15am	Pilates	Beth	Aerobics Room
11:15-12:00pm	Pure Gold	Wendy	Aerobics Room
12:15-1:00pm	Gentle Yoga	Mary	Aerobics Room
12:15-12:45pm	TRX Core	Danielle	TRX Room

—SATURDAY—

7:30-8:30am	Cycle Tone	Jennie	Cycling Room
9:00-10:00am	Yin Yoga	Michele L.	Aerobics Room
9:30-10:30am	Rebelution	Andrea	TRX Level
10:30-11:15am	Chair Yoga	Michele L.	Aerobics Room

—SUNDAY—

8:30-9:30am	Boot Camp	Erin	TRX Room
8:30-9:30am	Cycle	Dan	Cycling Room



- CYCLING & TRX: RESERVE YOUR BIKE/STRAP AT THE SERVICE DESK OR BY CALLING 253-5304.
- CLASSES AND INSTRUCTORS MAY CHANGE DUE TO AVAILABILITY
- CHECK WEBSITE FOR LAST MINUTE CANCELLATIONS OR CHANGES

Barre Fit: A fun, high-energy class incorporating aspects of Yoga, Pilates, ballet and isometrics to lengthen and strengthen the entire body while raising your heart rate.
(Basic: Less intense, same movements — Dance Barre Fit: will include different styles of dance to pump up your heart rate, class format will vary with intervals or 1/2 and 1/2).

Boot Camp: Intervals of challenging moves, incorporating high/low movements and plyometrics.

Body Sculpt: Build strength, endurance and flexibility using your body weight and various equipment.

Cardio Butt & Gut: Intervals of cardio and exercises emphasizing abs, glutes, and legs.

Core-N-More: Focusing on the core (muscles front and back from the shoulders to the knees).

Chair Yoga: Gentle yoga poses done utilizing a chair. (Tuesday class will be held 10/16-12/4)

Functional Fitness: Target major muscle groups with a circuit workout based on a purpose, utilizes multiple pieces of equipment.

Gentle Yoga: Basic poses and stretching.

HIIT Yoga: Intervals of cardio/weights/yoga. (Most levels)

Kids Dance Fit: For ages 5 and up. (10/3-11/14)

Line Dancing: No experience needed, have fun while learning numerous line dances to all music genres.

Pilates: This class uses the power of the mind and body to strengthen your core. Participants will improve strength, muscle tone, posture, and balance. Suitable for most fitness levels. (Tues. 4:30pm class ends 10/30)

Power Vinyasa Yoga: Power flow...will fluidly move from one pose to the next while connecting breathing to movements, some poses may be held. (Intermediate)

Pump & Sculpt: Strengthen your entire body by focusing on barbell and dumbbell exercises while also incorporating occasional cardio to increase heart rate. (Most levels)

Pure Gold: Provides strength, flexibility, posture and balance...a chair is provided for seated and standing support.

REBELution: Strength and conditioning. (Intermediate)

Sculpt & Tone: a full body sculpting and toning workout incorporating movements from various disciplines: strength training, barre, Pilates and yoga while also improving balance and flexibility. (All Levels)

Step & Tone: Intervals of basic step aerobics and weights. (All levels)

Stretch & Tone: Improve flexibility and muscular strength while utilizing a variety of exercises and workout equipment. This class is designed for all fitness levels.

Timed Intervals: Exercises done in a range of timed intervals. (Intermediate)

Tai-Chi: Foster a calm and tranquil mind, focused on the precise execution of natural movements.

Y-Cuts: Toning class utilizing weights, resistance bands, stability and medicine balls. This resistance training class is delivered at a higher level to increase strength and endurance.

Yin Yoga: slower-paced yoga with passive floor poses are typically held three to five minutes to target the connective tissues of the hips, pelvis, inner thighs, and lower spine. (All Levels) Suggested: Bring a small, firm blanket.

Yoga: Blending of Hatha yoga and Vinyasa yoga (M 6:35—All Levels T 12:15—Intermediate. TH 9:20—All Levels)

Yoga Fusion: The blending of Hatha yoga will offer a balance of poses focusing on alignment and breath fused with muscular endurance and strengthening. (Intermediate)

Zumba: (Dance Fitness) International rhythms are fused together with easy to follow moves to create a one-of-a-kind fitness class rolled into a party like atmosphere.

Zumba Gold: Class targets the beginner participant This Latin inspired dance fitness class will have modified movements and pacing that will benefit the needs of the class.

30/60/90: Class is broken into three 30 minute segments...come for one or stay for all! Strength, bodyweight/power, cardio/flexibility.

CYCLE CLASS

Cycle 30/45: Stay for 30 or 45minutes...your choice.

Cycle: Classes provide an intense cardio workout while still catering to participants of all fitness levels.

Cycle Tone: Intervals of upper body strength with light hand weights and cycling.

Please reserve your bike at the front desk 24 hours in advance, space is limited

TRX

Intro TRX: Learn what TRX is, how to use the straps, basic exercises leading into a basic workout. (10/4-11/15)

TRX Express: (30 minutes) Increase total body flexibility, promote mobility and stability while developing core strength. (Some exercises may be off strap)

TRX Circuit: Class will alternate exercises on and off TRX strap.

• **CYCLING & TRX: PLEASE RESERVE YOUR BIKE/STRAP AT THE SERVICE DESK OR BY CALLING 253-5304, 24 HOURS IN ADVANCE. SPACE IS LIMITED.**

