



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**January– March 2018
FITNESS CLASS SCHEDULE**
This schedule is subject to change at any time!
Updated 11-29-17

Sunday **Location**

2:30-3:25pm Hip Hop Funk and Pop AR
3:30-4:25pm Pound: Rockout.Workout™ AR
4:30-5:20pm Cardio Kick & Shake AR

Monday **Location**

5:30-6:20am Cycling CY
6:40-7:20am Cycling CY
8:30-9:30am Water Aerobics DP
9:00-10:00am Step & Tone AR
10:10-10:55am Dance Fit (AOA) AR
11:00-11:45am Chair Yoga (AOA) HE
11:30-12:15pm Aqua Flexible (AOA) SP
12:00-1:00pm Co-Ed Fitness (AOA) AR
5:30-6:30pm Step Mix AR
5:30-6:30pm Yoga (All Levels) HE
6:00-7:00pm Cycling CY
6:30-7:15pm Water Aerobics DP
6:35-7:00pm Butts & Guts AR

Tuesday **Location**

6:00-7:00am Water Boot Camp SP
8:15-9:05am Kickboxing AR
8:30-9:30am Water Fit DP
9:15-10:15am Circuit Sculpt HE
9:30-10:25am Low Impact AR
10:30-11:30am Intermediate Yoga HE
12:00-1:00pm Total Conditioning AR
5:30-6:15pm Kettlebells YG
5:30-6:30pm Step & Tone AR
6:40-7:40pm Cardio Kick & Shake AR

Wednesday **Location**

5:30-6:20am Cycling CY
6:40-7:20am Cycling CY
8:30-9:30am Water Aerobics DP
8:45-9:30am Chair Yoga (AOA) HE
9:00-10:00am Y Pump AR
10:30-11:15am Dance Fit (AOA) AR
9:35-10:35am Introductory Yoga HE
11:30-12:00pm Low Impact AR
11:30-12:15pm Aqua Flexible (AOA) SP
12:00-1:00pm Co-Ed Fitness (AOA) AR
5:30-6:30pm Step Mix AR
6:00-7:00pm Cycling CY
6:30-7:15pm Water Aerobics DP
6:35-7:00pm Get Sexy Back AR
7:05-8:00pm Pound: Rockout.Workout™ AR

Thursday **Location**

6:00-7:00am Water Boot Camp SP
8:15-9:05am Kickboxing AR
8:30-9:30am Water Fit DP
9:15-10:15am Cardio Circuit AR
9:35-10:35am Intermediate Yoga HE
10:45-11:45am AOA Cycle Stretch CY
12:00-1:00pm Total Conditioning AR
5:30-6:25pm Core-Cycle-Sculpt HE CY
5:30-6:30pm Cardio Kick & Shake AR

Friday **Location**

5:30-6:20am Cycling CY
6:40-7:20am Cycling CY
8:30-9:30am Water Aerobics DP
9:00-10:00am Circuit Sculpt AR
11:30-12:00pm Low Impact AR
11:30-12:15pm Aqua Flexible (AOA) SP
12:00-1:00pm Co-Ed Fitness (AOA) AR
5:30-6:15pm Cardio-Mix AR

Saturday **Location**

8:00-8:45am Cycling Mix CY AR
9:00-10:00am Cycling CY
9:00-10:00am Water Aerobics DP
10:00-11:00am Hip Hop Funk and Pop AR
10:00-11:00am Restorative Yoga HE

KEY

AOA - Active Older Adult
CY - Cycling Room
SP - Shallow Pool
AR - Aerobics Room
HE - Health Enhancement Room
WC - Wellness Center
DP - Deep Pool
FH - Field House - Large Gym
YG - Youth Gym - Carpeted Gym

EXERTION LEVEL - see back of page

- ★ - LIGHT level of exertion/difficulty
- ★★ - MODERATE level of exertion/difficulty
- ★★★ - HIGH level of exertion/difficulty

NO FEE for Y-Members for Group Exercise Classes.

Members age 14 and up are welcome.

Non-Y Member Adults purchase a day/guest pass and you're a member for the day!

Space is Limited.

All classes are co-ed.

AOA Cycle Stretch: A great cardio workout for all levels using the spin bikes. Ending with a series of stretches to increase your flexibility. 🌀

Aqua-Flexible Coed class taught in the shallow warm water pool, 89°. Designed to minimize stress on the joints and improve flexibility. 🌀

Butts & Guts: Focuses on all core (abdominals and low back) muscles along with your gluts. 🌀🌀

Cardio Circuit: Get your heart pumping in this class by switching moves and intensity levels. A great way to condition your heart and lungs while burning fat. 🌀🌀🌀

Cardio Mix: Cardio Mix - anything cardio might happen in this class - floor aerobics, kickboxing, cardio circuit or step aerobics. Mixed in with the cardio is some sculpt & tone. A great way to fire up your metabolism and burn fat. 🌀🌀

Cardio Kick & Shake: An aerobics based class featuring traditional kickboxing moves to increase the health of your heart and lungs. You'll burn fat while you're shakin it to some great music. Easy to follow. Great for all fitness levels. 🌀

Circuit Sculpt: Anything goes in this class. You will use a variety of different exercises to sculpt and tone your entire body. Get ready to push it to the next level. 🌀🌀🌀

Co-Ed Fitness: Coed and includes stretching and toning. Free weights, exercise bands, exercise balls are utilized. 🌀

Core-Cycle-Sculpt: A combination of weights and cardio will leave you energized. Interval training on the bike, followed by strength training and abdominal training - shredding fat from your body. 🌀🌀-🌀🌀🌀

Cycling, Indoor: A series of cycling drills which may include climbing, sprinting, intervals, and more to create a great cardiovascular workout. This class can be modified for all fitness levels-work at your own intensity. 🌀🌀🌀

Cycling Mix: A combination of cycling intervals mixed with band, weight and core training. Every day will challenge you in new ways. 🌀🌀🌀

Dance-Fit Learn a variety of dances for fun and fitness. Dances include line, party, country, folk, square, ballroom patterns and more. Have fun while improving your balance and coordination. This class will also provide a low intensity aerobic workout (walking speed). "If you can walk, you can dance". 🌀

Get your Sexy Back, Arms & Shoulders: A fun strength class that will use a variety of equipment and exercises to concentrate on upper body muscle groups. 🌀🌀

Hip Hop Funk and Pop: Workout to a choreographed dance that includes a little hip hop, a little pop, a lot of cardio and whole lot of fun! 🌀🌀

Kettlebells: Combines strength training, mobility and cardiovascular endurance. The classes last 45 minutes with an emphasis on a high-intensity workout while maintaining correct form. 🌀🌀🌀

Kickboxing: Kickboxing is a high energy workout incorporating boxing/martial arts style moves. This class will include upper and lower body muscle strengthen, through a series of punches and kicks, and a vigorous cardiovascular workout. 🌀🌀🌀

Low Impact: Aimed at those who may have an injury, be a beginner to workouts or just need a change in their activity. This class is set to slower music with a much lower level of intensity. 🌀

Pound: Rockout.Workout™ is a full-body cardio jam session, combining resistance with constant drumming. This class will strengthen and sculpt infrequently used muscles. 🌀🌀
Equipment for 15 participants

Step and Tone: This class offers a great one hour workout that includes cardio and strength training. Class consists of 30 minutes of step combinations to get your heart rate up followed by some intense upper and lower body strength conditioning. 🌀🌀

Step Mix: Fresh, creative patterns layered seamlessly into familiar step choreography. Smooth transitions and choreography make this a fun, exciting and challenging workout for all levels. 🌀🌀

Total Conditioning: Timed super sets to burn fat and build endurance, boost metabolism and energy levels, plus tone and sculpt a lean fit body. 🌀🌀

Water Aerobics: Water based class with a variety of intensity levels. Fun, energetic and held to contemporary music. 🌀🌀

Water Boot Camp: Your hair will get wet in this aquatics workout in the shallow pool combining cardio and strength components using the kickboards, body weight and water dumbbells. 🌀

Water Fit: Water based class geared toward our active older adults, however anyone is welcome! This is a low intensity water class. 🌀

Water Walking: No Instructor—walk at your speed—forward, backward, sideways. See Shallow Pool Schedule 🌀-🌀🌀🌀

Y Pump: Muscle toning and strengthening using, squats, lunges, crunches, balls, bands, dumbbells, and more. You will go through a full body workout leaving no muscle groups out. 🌀🌀

Yoga: Taught from a Hatha foundation using instruction of various yoga disciplines consisting of physical exercises, meditation, breathing techniques and relaxation to build strength, balance and peace of mind. 🌀🌀

Yoga—chair: offers a variety of safe movements with restorative breathing exercises to promote stress reduction and mental clarity. Yoga increases flexibility, strength and balance and helps you relax. 🌀

Yoga, Intro Coed class creates balance through developing both strength and flexibility while focusing on breathing. Poses are modified as needed. Small Class Size 🌀

Yoga, Restorative focus on enhancing body & breath awareness, deep stretching, and calming poses. As the pace is very slow moving dress warmly but in clothes that promote flexibility. 🌀

Yes, its true! January 2, 2017 and forward:

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