



Group Fitness Class Schedule

SUMMER I SESSION

June 5 – July 16 , 2017

Summer Kid Care Hours:

Monday – Friday
8:00am – 11:30am

Monday – Thursday
4:00pm – 7:00pm

FREE with Family Memberships!

All Fitness Classes on this schedule are included in the Y CLASS PASS except Aqua Zumba, Advanced TRX & TRX Fusion.

Water Exercises Classes Available!

Check the pool schedule for current days and times. Participants must register and pay an additional fee for Water Exercise classes.

Water Ex. classes are not included with the Y Class Pass.

Members may participate in a fee based or pre – registration based class on a drop in basis IF there is availability for \$5.00/class.

Non members may come to a non fee based class that is free for Members for \$8.00/class. Non members may come to a fee based class if there is availability, for \$13.00/class.

Any schedule changes will be noted at our Member Services Desk.

MONDAYS

| | | | |
|-----------------|-------------------|-------------|----------|
| 5:30 – 6:15am | Group Cycling | Group Ex Rm | Melissa |
| 8:30 – 9:25am | Barbell Strength | Gym | Meribeth |
| 10:30 – 11:30am | Intermediate Yoga | Group Ex Rm | Jean |
| 12:10 – 12:50pm | Noon Workout | Group Ex Rm | Sam |
| 4:15 – 5:00pm | Zumba™ | Gym | Kim |
| 5:15 – 6:00pm | Aqua Zumba | Pool | Angela |
| 5:15 – 6:00pm | Group Cycling | Group Ex Rm | Karen |

TUESDAYS

| | | | |
|-----------------|---------------|-------------|----------|
| 5:15 – 6:00am | Body Strength | Gym | Becky |
| 9:30 – 10:15am | Silver Fit | Gym | Michelle |
| 10:30 – 11:15am | Silver Fit | Gym | Michelle |
| 12:10 – 12:50pm | Pilates | Group Ex Rm | Julie |
| 4:15 – 5:00pm | TRX Fusion | Group Ex Rm | Sam |
| 5:15 – 6:00pm | Body Strength | Gym | Lisa |
| 6:15 – 7:00pm | Zumba™ | Gym | Jessica |

WEDNESDAYS

| | | | |
|-----------------|-------------------|-------------|----------|
| 5:30 – 6:15am | Group Cycling | Group Ex Rm | Melissa |
| 8:30 – 9:25am | Body Strength | Gym | Meribeth |
| 9:30 – 10:15am | Chair Based Yoga | Group Ex Rm | Jean |
| 10:30 – 11:30am | Intermediate Yoga | Group Ex Rm | Jean |
| 12:10 – 12:50pm | Noon Workout | Group Ex Rm | Sam |
| 4:15 – 5:00pm | Advanced TRX | Group Ex Rm | Jana |
| 5:15 – 6:15pm | STRONG by Zumba™ | Gym | Brie |
| 5:15 – 6:00pm | Group Cycling | Group Ex Rm | Karen |

THURSDAYS

| | | | |
|-----------------|-------------------|-------------|----------|
| 5:15 – 6:00am | TRX Fusion | Group Ex Rm | Becky |
| 9:30 – 10:15am | Silver Fit | Gym | Michelle |
| 10:30 – 11:15am | Silver Fit | Gym | Meribeth |
| 12:10 – 12:50pm | Noon Workout | Group Ex Rm | Michelle |
| 5:00 – 6:00pm | Intermediate Yoga | Group Ex Rm | Tina |
| 5:15 – 6:00pm | Kids4Fitness | Gym | Nicole |
| 6:15 – 7:15pm | Dance4Fitness | Gym | Nicole |

FRIDAYS

| | | | |
|---------------|-------------------|-------------|---------|
| 5:30 – 6:15am | Group Cycling | Group Ex Rm | Melissa |
| 8:30 – 9:30am | Intermediate Yoga | Group Ex Rm | Tina |

SUMMER II GROUP CYCLING & ADV TRX REGISTRATION

will be July 3 – July 9, 2017

Summer II Session runs July 17 – August 27, 2017

FREE FOR MEMBERS

Note: Non-members may purchase a day pass or Y class pass to attend cycling if there is a bike available.

CLASS DESCRIPTIONS

ADVANCED TRX– Fee Based Class. \$35/7 week session. Members Only.

Advanced TRX is a progression style TRX strength and endurance workout that is designed for those looking for a class that is that "next level of fitness". In this small group training setting, you will be actively using the TRX Suspension Trainer.

AQUA Zumba™–Fee Based Class. \$30/members \$50/non-members. Pre-registration required.

This class is perfect for those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine.

BARBELL STRENGTH–Free for Y members! Y CLASS PASSES allowed in this class.

Join us as we raise the bar in this strength training class designed for all fitness levels.

BODY STRENGTH–Free for Y members! Y CLASS PASSES allowed in this class.

It's a toning and conditioning class and is for just about everybody who wants to add strength training into their aerobic workout.

CHAIR YOGA–Free for Y members! Y CLASS PASSES allowed in this class.

A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

DANCE4FITNESS–Free for Y members! Y CLASS PASSES allowed in this class.

Come join us for a fun and energetic dance workout to a variety of music genres! This workout also incorporates light weights and a core workout segment!

GROUP CYCLING–Limited Space Available. Free for Y members! Pre-registration required or call the Y to check bike availability. An intense cardio workout for all fitness levels – work at your own pace to create the perfect workout for you!

INTERMEDIATE YOGA–Free for Y members! Y CLASS PASSES allowed in this class.

This class is designed for beginners through intermediate students. Participants will be guided through postures in a vinyasa style, beginning with basic poses, while allowing for more challenging poses based on your practice level. Props are encouraged.

KIDS4FITNESS–Free for Y members! Y CLASS PASSES allowed in this class.

This high energy class includes a fiercely FUN cardio workout made especially for kids! Kids will have a blast dancing and exercising to pop, rock, and hip-hop music!

NOON WORKOUT–Free for Y members! Y CLASS PASSES allowed in this class.

This is a total body toning class for everyone looking for a great workout over the noon hour.

PILATES–Free for Y members! Y CLASS PASSES allowed in this class.

A blend of strength and flexibility training to improve posture, reduce stress and create long, lean muscles.

SILVER FIT (Previously Silver Sneakers)–Free for Y members! Y CLASS PASSES allowed in this class.

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.

STRONG by Zumba™–Free for Y members! Y CLASS PASSES allowed in this class.

By using simple dance steps and the HIIT method of training, this is an athletic, conditioning style workout and well-suited for those who love to move but are not comfortable in a full-out dance class! Please bring a mat with you to class.

TRX® FUSION–Limited Space Available. 10 person limit. Pre-registration required. Free for Y members, Non-Members will be charged the \$8.00 Day Pass Rate. 45 minutes of circuits, TRX, and hard work. You'll split your time between the TRX straps and floor work. This class will provide lots of variety and a great workout!

Zumba™– Free for Y members! Y CLASS PASSES allowed in this class.

Join the Party! A fusion of Latin dance moves and cardio exercises to create a fun, easy to follow, spicy workout to great Latin music.