



Group Fitness Class Schedule

SUMMER II SESSION

July 17 – August 27 , 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.

SPECIAL OFFERING! SELF DEFENSE CLASS!
DAY: TUESDAYS
DATES: JULY 25, AUG 1, AUG 8, AUG 15
TIMES: 5:15 – 6:15PM
 Registration available by phone, online, or in person
 \$20 Y members
 \$32 non-members

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

MONDAYS

5:30 – 6:15am	Group Cycling	Group Ex Rm	Melissa
7:00 – 8:00am	Barbell Strength	Gym	Meribeth
10:30 – 11:30am	Intermediate Yoga	Group Ex Rm	varies
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
10:30 – 11:15am	Silver Fit	Gym	Jennifer
12:10 – 12:50pm	Pilates	Group Ex Rm	Jennifer
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
7:00 – 8:00am	Body Strength	Gym	Meribeth
10:30 – 11:30am	Intermediate Yoga	Group Ex Rm	varies
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
7:00 – 7:45am	Silver Fit	Gym	Meribeth
10:30 – 11:15am	Silver Fit	Gym	Steven
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

FALL I GROUP CYCLING REGISTRATION
 will be Aug 14 – Aug 20, 2017

Fall Session I runs September 11 – October 22, 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.

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.