



Group Fitness Class Schedule

FALL I SESSION

September 11 – October 22, 2017

Fall Kid Care Hours:

Monday - Friday
8:30am - 12:00pm

Monday - Thursday
4:00pm - 7:30pm

FREE with Family Memberships!

All Fitness Classes on this schedule are included in the Y CLASS PASS except Aqua Zumba, Women's Kickboxing & TRX classes.

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.

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

MONDAYS

| | | | |
|-----------------|--------------------|-------------|----------|
| 5:15 - 6:00am | Body Strength | Gym | Becky |
| 7:00 - 8:00am | Barbell Strength | Gym | Meribeth |
| 10:30 - 11:30am | 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 | Group Cycling | Group Ex Rm | Melissa |
| 6:15 - 7:15pm | Women's Kickboxing | Group Ex Rm | Char |

TUESDAYS

| | | | |
|-----------------|---------------|-------------|---------|
| 5:30 - 6:15am | Group Cycling | Group Ex Rm | Melissa |
| 10:30 - 11:15am | Silver Fit | Gym | Becky |
| 12:10 - 12:50pm | Noon Workout | Group Ex Rm | Sam |
| 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

| | | | |
|-----------------|--------------------|-------------|----------|
| 5:15 - 6:00am | TRX Fusion | Group Ex Rm | Becky |
| 7:00 - 8:00am | Body Strength | Gym | Meribeth |
| 9:30 - 10:15am | Chair Yoga | Group Ex Rm | Jean |
| 10:30 - 11:30am | 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 |
| 4:15 - 5:00pm | Kids4Fitness | MPR | Nicole |
| 5:15 - 6:00pm | Group Cycling | Group Ex Rm | Melissa |
| 6:15 - 7:15pm | Women's Kickboxing | Group Ex Rm | Char |
| 6:30 - 7:15pm | Aqua Zumba | Pool | Angela |

THURSDAYS

| | | | |
|-----------------|---------------|-------------|----------|
| 5:30 - 6:15am | Group Cycling | Group Ex Rm | Melissa |
| 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 | Becky |
| 4:15 - 5:00pm | Zumba™ | Gym | Kim |
| 5:15 - 6:00pm | Body Strength | Gym | Lisa |
| 6:15 - 7:30pm | Yoga | Group Ex Rm | Lynn |
| 6:15 - 7:15pm | Dance4Fitness | Gym | Nicole |

FRIDAYS

| | | | |
|---------------|---------------|-------------|---------|
| 5:30 - 6:15am | Group Cycling | Group Ex Rm | Melissa |
|---------------|---------------|-------------|---------|

FALL II GROUP CYCLING REGISTRATION

will be Oct 9 – Oct 15, 2017

Fall Session II runs October 23 – December 3, 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/members only. Pre-registration required.

Take your workout to the next level in this advanced class! Build strength, balance, flexibility and core stability with a variety of challenging exercises using a suspension trainer. This class is appropriate for those who are comfortable in our TRX Fusion class and are ready for more.

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.

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

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. Y CLASS PASSES allowed in this class.

An intense cardio workout for all fitness levels – work at your own pace to create the perfect workout for you!

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.

SILVER FIT – 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.

TRX® FUSION – Limited Space Available. 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!

Women's Kickboxing – Fee Based Class. \$60/members \$90/non-members. Pre-registration required.

The perfect blend of cardiovascular work, muscle conditioning and stress-relief to ensure a complete total body 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.