



Group Fitness Class Schedule

FALL II SESSION

October 22 – December 3, 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	Karen
6:15 - 7:15pm	Women's Kickboxing	Group Ex Rm	Char

TUESDAYS

5:30 - 6:15am	Group Cycling	Group Ex Rm	Melissa
12:10 - 12:50pm	Noon Workout	Group Ex Rm	Sam
4:15 - 5:00pm	TRX Fusion	Group Ex Rm	Sam
5:15 - 6:00pm	Step & Sculpt	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
9:15 - 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	Dance4Fitness	Group Ex Rm	Nicole
5:15 - 6:00pm	Group Cycling	Group Ex Rm	Karen
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
12:10 - 12:50pm	PiYo	Group Ex Rm	Krissy
4:15 - 5:00pm	Zumba™	Gym	Kim
5:15 - 6:00pm	Body Strength	Gym	Lisa
6:15 - 7:30pm	Yoga	Group Ex Rm	Lynn

FRIDAYS

5:30 - 6:15am	Group Cycling	Group Ex Rm	Melissa
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WINTER GROUP CYCLING REGISTRATION

November 20 - 26, 2017

Members must register to be put on the roster rotation if
wanting a guaranteed spot in class.

Winter Session runs December 4, 2017 - January 14, 2018

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

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.

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.

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

Combine the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. You'll crank up the speed for a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

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.