



Group Fitness Class Schedule

WINTER II SESSION

January 15 – February 25, 2018

Winter 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 TRX Fusion & Tai Chi.

Aqua Zumba & Water Exercise 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.

GROUP FITNESS

classes are a **GREAT** way to meet people, **BOOST** your motivation and add **VARIETY** to your workouts.

MONDAY

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

TUESDAY

5:30 - 6:15am	Group Cycling	Group Ex Rm	Melissa
10:30 - 11:15am	Silver Fit	Gym	Nicole
11:30am - 12:30pm	Tai Chi	MPR	Kim
12:10 - 12:50pm	Noon Workout	Group Ex Rm	Sam
4:15 - 5:00pm	TRX Fusion	Group Ex Rm	Sam
5:15 - 6:00pm	PiYo	Gym	Krissy
6:15 - 7:00pm	Zumba™	Gym	Jessica

WEDNESDAY

5:15 - 6:00am	TRX Fusion	Group Ex Rm	Becky
7:00 - 8:00am	Body Strength	Gym	Meribeth
9:15 - 10:15am	Chair/Beginner 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

THURSDAY

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	Nicole
11:30am - 12:30pm	Tai Chi	MPR	Kim
12:10 - 12:50pm	PiYo	Group Ex Rm	Krissy
4:15 - 5:00pm	Zumba™	Gym	Kim
5:15 - 6:00pm	Group Cycling	Group Ex Rm	Melissa
6:15 - 7:00pm	Strength & Stretch	Group Ex Rm	Becky

FRIDAY

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

8:00 - 8:45am	Body Strength	Gym	Becky
9:00 - 9:45am	Group Cycling	Group Ex Rm	Karen

SPRING I GROUP CYCLING REGISTRATION February 12 - 18, 2018

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

Spring I Session runs February 26 - April 8, 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

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 full-body strength and conditioning class for all levels. You'll get it all in this class – a workout for your upper body, lower body and core!

Chair/Beginner 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!

Noon Workout - Free for Y members! Y CLASS PASSES allowed in this class.

This is a total body workout offering a wide variety of exercises for everyone wanting 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.

Strength & Stretch – Free for Y members! Y CLASS PASSES allowed in this class.

Carve out some quiet time in your day. Relieve your muscles and your mind from any stress that you might be carrying. Don't worry about calories burned, just clear your head and enjoy a series of basic yoga poses, core strengthening exercises and stretches.

Tai Chi – Pre-registration required. Y members: \$60 / Non-members: \$90

Tai= big or great. Chi= ultimate energy. Tai Chi is an ancient form of Chinese exercises consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. Say goodbye to sweating, puffing and panting and say hello to feeling cool, calm, refreshed and energized.

TRX® Fusion - *Limited Space Available.* Pre-registration required. Free for Y members, Non-Members will be charged the \$8 Day Pass Rate. 45 minutes of circuits and hard work. You'll split your time on & off the TRX suspension trainer. This class will provide lots of variety and a great full-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.