



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Fitness Schedule

July 1-31, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dance Fitness (Darrell)	8:15 - 9:00 AM Studio A		8:15 - 9:00 AM Studio A		8:15 - 9:00 AM Studio A	
Strength Training (Darrell)	9:00 - 9:45 AM Studio A		9:00 - 10:00 AM Studio A		9:00 - 10:00 AM Studio A	
Yoga (Linda Mc)		10:00 - 11:00 AM Studio A		10:00AM - 11:00 AM Studio A		
Baby and Me Yoga (Ruby)	8:00 - 9:00 AM Child Watch Room/Outside (Weather Permitting)		8:00 - 9:00 AM Child Watch Room/Outside (Weather Permitting)			
Yoga (Ruby)					8:00 - 9:00 AM Child Watch Room/Outside (Weather Permitting)	
Tai Chi Chih (Andrew)	10:10 - 11:00 AM Studio A		10:10 - 11:00 AM Studio A		10:10 - 11:00 AM Studio A	
Strong Plus (Elena)		6:00 - 7:00 AM Studio A			6:00 - 7:00 AM Studio A	
Dance Fitness (Amber)		9:00 - 9:55 AM Studio A		9:00 - 9:55 AM Studio A		
Pilates (Lee)	12:00 - 12:45 PM Studio A		12:00 - 12:45 PM Studio A			
Cardio Sculpt (Betsy)	5:30 - 6:25 PM Studio A		5:30 - 6:25 PM Studio A			
Shape Toning (Elena)			6:30 - 7: 30 PM Studio A			
Karate Do (Sensei Olga)		5:00 - 6:30PM Studio A		5:00 - 6:30 PM Studio A		
Zumba (Elena)	6:15 - 7:15 PM GYM			6:15 - 7:15 PM GYM		
Spin (Cecilia)	8:00 - 8:45 AM Spin Room			8:00 - 8:45 AM Spin Room		8:30 - 9:15 AM Spin Room
Tai Chi 24 Form(T/Th), Advanced(M/W/F) (Andrew)	11:00 - 11:50 AM Studio A	11:10AM - 12:00 PM Studio A	11:00 - 11:50 AM Studio A	11:10AM - 12:00 PM Studio A	11:00 - 11:50 AM Studio A	

YMCA FITNESS CLASS DESCRIPTIONS

- **Cardio Sculpt** - Cardio Sculpt is a fun, fairly intense class that combines cardio exercises with muscle sculpting exercises, such as the use of weights and barbells. These classes are designed to get your heart rate up and tone your muscles simultaneously, and usually consist of several different exercise formats during each.
- **Baby and Me Yoga** - Do very basic and fun yoga with your baby (12 Months and younger)
- **Strength Training** - A system of physical conditioning in which muscles are exercised by being worked against an opposing force (as by lifting weights) to increase strength.
- **Spinning** - Is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle.
- **T'AI CHI** -A Chinese martial art and system of calisthenics, consisting of sequences of very slow controlled movements.
- **Pilates** - A system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.
- **Yoga** - A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.
- **Zumba** - An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.
- **Karate Do** - The art of Self-Defense without weapons. Gi is optional. Come in comfortable workout clothes. (Ages 5+)
- **Dance Fitness** - A cardio dance class for all fitness levels.
- **Strong Plus** - Combines body weight, muscle conditioning, cardio and plyometric training moves synchronized to original music that has been specifically designed to match every single move. On Fridays, the class adds some Step Aerobics with weights and dumbbells.
- **Shape Toning** - A class that focuses on certain areas of the body that we want to change, shape and tone. Varying fitness levels welcomed. Weights will be provided but please bring Yoga mat.



Please note: YMCA fitness classes may be cancelled without notice due to lack of participation. In order for a class to remain on the schedule, it must average at least 7 participants per class. If there are less than 5 participants, the instructor may choose not to teach the class that day.