


FITNESS CLASSES: Schedule for December 26 – February 3, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	P90X w/ Wendy 5:45-6:30am Studio A		P90X w/ Wendy 5:45-6:30am Studio A		
CRT w/ Darrell 8am-8:55am Spin & Weights w/ Cecilia 8:30-9:30am Spin Rm		CRT w/ Darrell 8am-8:55am Spin & Weights w/ Cecilia 8:30-9:30am Spin Rm		CRT w/ Darrell 8am-8:55am Spin & Weights w/ Cecilia 8:30-9:30am Spin Rm	
Strength Training w/Darrell 9:05-9:55am	Zumba w/ Wendy 9-9:55am Studio A	Strength Training w/Darrell 9:05-9:55am	Zumba w/ Wendy 9-9:55am Studio A	Strength Training w/Darrell 9:05-9:55am	Zumba w/ Keana 10am-11am Studio A
Tai Chi Chih w/ Cher 10-11am Studio A Tai Chi Chih for Health w/ Cher 11-11:45am Studio A	Yoga w/ Linda 10-11am Studio A		Yoga w/ Linda 10-11am Studio A	Tai Chi Chih w/ Cher 10-11 am Studio A Tai Chi Chih for Health w/ Cher 11-11:45am Studio A	
Pilates w/ Lee 12:15-12:45pm Starts January 3, 2017		Pilates w/ Lee 12:15-12:45pm Starts January 3, 2017			<p>All classes shown on this schedule are free to Y Members. Guests may participate in any class with a Day Pass or Punch Card purchased at the Front Desk.</p> 
Tai Chi Chih for Recovery w/ Cher 4:15pm-5:15pm BGR				Tai Chi Chih for Recovery w/ Cher 4:15pm-5:15pm BGR	
Cardio Sculpt w/ Betsy/Darrell 5:30-6:30pm Studio A Zumba w/ Elena 6-7pm Studio B	Zumba w/ Keana 5:40-6:25pm Studio A	Cardio Sculpt w/ Betsy/Darrell 5:30-6:30pm Studio A Kickfit w/ Carrie 5:30-6:30pm Studio B Zumba w/ Elena 6-7pm Gym	Zumba w/ Keana 5:40-6:25pm Studio A		

12/15/16

December 26– February 3, 2017
YMCA FITNESS CLASS DESCRIPTIONS

CARDIO SCULPT- Burn fat and tone your entire body with cardio and weight intervals.

CRT (Cardio Resistance Training) - a modern twist on Step Aerobics, with some dance moves mixed in for a great cardio workout and some strength training for a total body workout.

STRENGTH TRAINING- Total body workout using weights and body weight.

Pilates- Focuses on core and balance

KICKFIT - Choreographed kickboxing fitness class.

SPIN & WEIGHTS - Cardio class with a great 10-minute weight session included.

T'AI CHI CHIH - Joy in motion. No impact. Works on balance and core.

T'AI CHI CHIH for HEALTH- Movements focus on health related issues.

T'AI CHI CHIH FOR RECOVERY- Movements focus on injury rehabilitation

YOGA - Focuses on relaxation and stretching.

ZUMBA- Latin and International rhythm-infused dance fitness.

P90X- Cardio and weight workout choreographed for maximum results

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.

ChildWatch is available

**Monday - Friday 8am-1pm
Monday & Wednesday 4:15-7:45pm
Tuesday & Thursday 4:15-8:45pm**

Free for YMCA members.

ChildWatch is available on a first come first served basis.