


FITNESS CLASSES: Schedule for January 5 – February 1, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Express Fitness w/ Elena 530-615am Studio A		Express Fitness w/ Elena 530-615am Studio A		
Spin & Weights w/ Cecilia 8:30-9:15am Spin Rm		Spin & Weights w/ Cecilia 8:30-9:15am Spin Rm		Spin & Weights w/ Cecilia 8:30-9:15am Spin Rm	Strong w/Elena 8-9am BGR
Strength Training w/Darrell 9-9:55am Studio A	Jazz-Strength Fusion w/ Erica 9-955am Studio A	Strength Training w/ Darrell 9-9:55am Studio A NEW!!!!!! Flow Yoga w/ Tara 10-11am Studio A	Jazz-Strength Fusion w/ Erica 9-955am Studio A	Strength Training w/Darrell 9-9:55am Studio A	Advanced Tai Chi w/ Andrew 9:30-10:20am Studio A Bootcamp w/ Natalie 9-10am BGR
Tai Chi w/ Cher 10-11am Studio A Tai Chi w/ Cher 11-11:45am Studio A	Yoga w/ Linda 10-11am Studio A	Tai Chi for Rehab w/ Cher BGR 10am-11am BGR	Yoga w/ Linda 10-11am Studio A	Tai Chi w/ Cher 10-11 am Studio A Tai Chi w/ Cher 11-11:45am Studio A	
Pilates w/ Lee 12:15-12:45pm		Pilates w/ Lee 12:15-12:45pm			<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> 
Cardio Sculpt w/Betsy/Darrell 5:30-6:25pm Studio A Pound w/Kristin 5:30-6:15pm Gym Yoga w/ Tara 530-6:25pm BGR Zumba w/ Elena 615- 715pm Gym	NEW!!!! Strong 30 w/Judi 5:30-6pm BGR 30 minutes!!!! NEW!! Zumba Plus w/Wendy 530-630pm Studio A	Cardio Sculpt w/ Betsy/Darrell 5:30-6:25pm Studio A Pound w/Kristin 5:30-6:15pm Gym Zumba w/ Elena 615-715pm Gym	NEW!!!! Strong 30 w/Judi 5:30-6pm BGR 30 minutes!!!! NEW!! Zumba Plus w/Wendy 530-630pm Studio A	12/26/2018	

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YMCA FITNESS CLASS DESCRIPTIONS

Bootcamp– Total body cardio workout with body weight, boxing, agility and strength training

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

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

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

T'AI CHI – Improves health, inner balance, as well as physical balance

Pilates– Core strengthening

YOGA – Focuses on relaxation and gentles tretching. **Yoga Flow**–Level 1-2 vigorous hatha vinyasa flow style class

ZUMBA– Latin and International rhythm–infused dance fitness. **Zumba Plus**– Zumba plus weights, core, body weight exercises and much more for a total body workout.

Strong– A music driven high intensity interval training class that incorporates cardio, boxing, kickboxing, body-weight exercises and agility moves. **Try the new evening 30 minute version with Judy!!**

Express Fitness– Full body workout including cardio, weights and body weight exercises.

Jazz-Strength Fusion– Dance fitness with a fusion of strength training.

Pound– Great rockin cardio workout set to heart pounding music. Uses lightly weighted drumsticks for a full body workout.

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.