


FITNESS CLASSES: Schedule for June 23 – August 3, 2018

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 8:15-9:15am Spin Rm		Spin & Weights w/ Cecilia 8:15-9:15am Spin Rm Strong w/ Elena 9am-10am BGR Cancelled until July 18		Spin & Weights w/ Cecilia 8:15-9:15am Spin Rm	Strong w/Elena 8-9am BGR Cancelled until July 21
Strength Training w/Darrell 9-9:55am Studio A Pound 9-9:45am w/ Wendy Gym	Zumba w/ Wendy 9-9:45am Studio A	Strength Training w/ Darrell 9-9:55am Studio A	Zumba w/ Wendy 9-9:45am Studio A	Strength Training w/Darrell 9-9:55am Studio A Pound 9-9:45am w/ Wendy Gym	Advanced Tai Chi w/ Andrew 9:30-10:20am 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	
					<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 Yoga w/ Tara 530-6:25pm Outside Pound w./ Kristen 530-615pm Gym Zumba w/ Elena 615- 715pm Gym	Strong w/Judi 530-630pm Studio B Zumba w/Paola/Wendy 530-615pm Studio A	Cardio Sculpt w/ Betsy/Darrell 5:30-6:25pm Studio A Pound w./ Kristen 530-615pm Gym Zumba w/ Elena 615-715pm Gym	Strong w/Judi 530-630pm Studio B Zumba w/Paola/Wendy 530-615pm Studio A	6/27/2018	

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YMCA FITNESS CLASS DESCRIPTIONS

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

YOGA – Focuses on relaxation and stretching.

ZUMBA– Latin and International rhythm-infused dance fitness.

Pound– Rockin cardio workout with weighted drumsticks

Strong– A music driven high intensity interval training class that incorporates cardio, boxing, kickboxing, body-weight exercises and agility moves.

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

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.
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