


# FITNESS CLASSES: Schedule for March 31– May 11, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cardio Sculpt</b> w/Nicole 530-615am Studio A	<b>Express Fitness</b> w/ Irene 530-615am Studio A	<b>Cardio Sculpt</b> w/Nicole 530-615am Studio A	<b>Express Fitness</b> w/ Irene 530-615am Studio A		
<b>Spin &amp; Weights</b> w/ Cecilia 8:30-9:30am Spin Rm		<b>Spin &amp; Weights</b> w/ Cecilia 8:40-9:30am Spin Rm <b>Strong</b> w/ Elena 9am- 10am BGR		<b>Spin &amp; Weights</b> w/ Cecilia 8:30-9:30am Spin Rm	<b>Strong</b> w/Elena 8-9am BGR
<b>Strength Training</b> w/Darrell 9-9:55am Studio A	<b>Zumba</b> w/ Paola 9-9:55am Studio A	<b>Strength Training</b> w/ Darrell 9-9:55am Studio A	<b>Zumba</b> w/ Paola 9-9:55am Studio A	<b>Strength Training</b> w/Darrell 9-9:55am Studio A  <b>Zumba</b> w/ Paola 9-9:55am Studio B	<b>Advanced Tai Chi</b> w/ Andrew 9:30-10:20am Studio A
<b>Tai Chi</b> w/ Cher 10-11am Studio A  <b>Tai Chi</b> w/ Cher 11-11:45am Studio A	<b>Yoga</b> w/ Linda 10-11am Studio A  <b>Qigong</b> w/ Jim 11-12pm BGR	<b>Tai Chi for Rehab</b> w/ Cher BGR 10am-11am BGR	<b>Yoga</b> w/ Linda 10-11am Studio A  <b>Qigong</b> w/ Jim 11-12pm BGR	<b>Tai Chi</b> w/ Cher 10-11 am Studio A  <b>Tai Chi</b> w/ Cher 11-11:45am Studio A	<b>Pound 10am</b> w/Wendy Gym (bring yoga mat)
					<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> 
<b>Cardio Sculpt</b> w/Betsy/ Darrell 5:30-6:25pm Studio A  <b>Yoga</b> w/ Tara 530-6:25pm Studio B  <b>Pound</b> w/ Wendy 530-615pm Gym (bring mat)  <b>Zumba</b> w/ Elena 615- 715pm Gym	<b>Spin</b> w/Margaret 530-630pm Spin Rm  <b>Strong</b> w/Judi 530-630pm Studio A  <b>Zumba</b> w/Wendy 530- 615pm Studio A	<b>Cardio Sculpt</b> w/ Betsy/Darrell 5:30-6:25pm Studio A  <b>Pound</b> w/ Wendy 530-615pm Gym (bring mat)  <b>Zumba</b> w/ Elena 615-715pm Gym	<b>Spin</b> w/Margaret 530-630pm Spin Rm  <b>Strong</b> w/Judi 530-630pm Studio A  <b>Zumba</b> w/Wendy 530- 615pm Studio A	3/21/18	

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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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