



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fitness Schedule

## November 1- 30, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Strong Plus</b> (Elena)		6:00 - 7:00 AM Studio A		6:00 - 7:00 AM Studio A		8:15 - 9:00 AM Studio A
<b>Step N' Dance</b> (Darrell)	8:15 - 8:45 AM Studio A		8:15 - 8:45 AM Studio A		8:15 - 8:45 AM Studio A	
<b>Strength Training</b> (Darrell)	9:00: - 10:00 AM Studio A		9:00 - 10:00 AM Studio A		9:00 - 10:00 AM Studio A	
<b>Yoga</b> (Linda & Ruby)	9:00 - 10:00 AM BGR	10:00 - 11:00 AM Studio A		10:00 - 11:00 AM Studio A	9:00 - 10:00 AM BGR	
<b>Tai Chi</b> (Cher & Andrew)	10:00 - 11:00 AM 11:00 - 11:45 AM BGR or BBC				10:00 - 11:00 AM 11:00 - 11:45 AM BGR or BBC	10:00 - 10:50 AM Studio A or BBC
<b>Tai Chi 24 Form</b> (Cher)			10:00 - 11:00 AM BGR			
<b>Spin</b> (Judi)		12:00 PM- 1:00 PM Spin room		12:00 PM - 1:00 PM Spin room		
<b>Pilates</b> (Lee)	12:15 - 12:45 PM Studio A		12:15 - 12:45 PM Studio A			
<b>Cardio Sculpt</b> (Betsy)	5:30 - 6:25 PM Studio A		5:30 - 6:25 PM Studio A			
<b>Yoga Flow</b> (Tara)		6:00 AM - 7:00 AM courtyard or BBG	10:00: - 11:00 AM Studio A			
<b>Karate Do</b> (Sensei Olga)		5:30 - 6:25 PM Studio A		5:30 - 6:25 PM Studio A		9:00 - 10:30 AM in BGR
<b>Zumba</b> (Elena)	6:15 - 7:15 PM GYM		6:15 - 7:15 PM GYM			
<b>*BBC= Basketball court(outside)</b>	<b>* BBG = Battle ground</b>					

# 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.
- **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.
- **Spin & Weights** - Spin & Strength is a dynamic, fast-paced interval workout, designed to be the perfect start to your whole body workout.
- **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.
- **T'AI CHI 24 Form** -A Chinese martial art and system of calisthenics, consisting of sequences of very slow controlled movements.(24 unique 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.
- **Yoga Flow** - Level 1-2 vigorous hatha vinyasa flow style class.
- **Zumba** - An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.
- **Dance Fitness** - Great Cardio workout set to music. Dance your stress away.
- **Strong** - A music driven high intensity interval training class that incorporates cardio, boxing, kickboxing, bodyweight exercises and agility moves.
- **Express Fitness** - Full body workout including cardio, weights and body weight exercises.
- **Step Aerobics** - A type of aerobics that involves stepping up on to and down from a portable block.
- **Karate Do** - The art of Self-Defense without weapons. Gi is optional. Come in comfortable workout clothes. (Ages 5+)



**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.