


# FITNESS CLASSES: Schedule for October 5 - November 1, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Express Fitness w/ Irene</b> 530-615am Studio A	<b>Strong Plus w/ Elena</b> 530-615am Studio A	<b>Express Fitness w/ Irene</b> 530-615am Studio A	<b>Strong Plus w/ Elena</b> 530-615am Studio A		
<b>Spin &amp; Weights w/ Cecilia</b> 7:30-8:15am Spin Rm		<b>Spin &amp; Weights</b> 7:30-8:15am Spin Rm		<b>Spin &amp; Weights w/ Cecilia</b> 7:30-8:15am Spin Rm	<b>Strong Plus w/Elena</b> 8-9am Studio A
<b>Strength Training w/Darrell</b> 9-9:55am Studio A	<b>Zumba w/ Wendy</b> 9-9:55am Studio A	<b>Strength Training w/ Darrell</b> 9-9:55am Studio A  <b>Flow Yoga w/ Tara</b> 10-11am Studio A	<b>Zumba w/ Wendy</b> 9-9:55am Studio A	<b>Strength Training w/Darrell</b> 9-9:55am Studio A	<b>Advanced Tai Chi w/ Andrew</b> 9:30-10:20am Studio A  <b>Bootcamp w/ Natalie</b> 9-10am BGR
<b>Tai Chi w/ Cher</b> 10-11am Studio A <b>Tai Chi w/ Cher</b> 11-11:45am Studio A	<b>Yoga w/ Linda</b> 10-11am Studio A	<b>Tai Chi 24 Form</b> 10am-11am BGR	<b>Yoga w/ Linda</b> 10-11am Studio A	<b>Tai Chi w/ Cher</b> 10-11 am Studio A <b>Tai Chi w/ Cher</b> 11-11:45am Studio A	
<b>Pilates w/ Lee</b> 12:15-12:45pm		<b>Pilates w/ Lee</b> 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> 
<b>Cardio Sculpt w/Betsy/Darrell</b> 5:30-6:25pm Studio A  <b>Pound w/Kristin</b> 5:30-6:15pm Gym  <b>Yoga w/ Tara</b> 530-6:25pm BGR  <b>Zumba w/ Elena</b> 615- 715pm Gym	<b>Strong 30 w/Judi</b> 5:30-6pm BGR  <b>Dance Fitness w/Amber</b> 530-630pm Studio A	<b>Cardio Sculpt w/ Betsy/Darrell</b> 5:30-6:25pm Studio A  <b>Pound w/Kristin</b> 5:30-6:15pm Gym  <b>Zumba w/ Elena</b> 615- 715pm Gym	<b>Strong 30 w/Judi</b> 5:30-6pm BGR  <b>Dance Fitness w/Amber</b> 530-630pm Studio A	10/01/2019	

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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 stretching. **Yoga Flow**–Level 1-2 vigorous hatha vinyasa flow style class

**ZUMBA**– Latin and International rhythm-infused dance fitness.

**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, body-weight exercises and agility moves.

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

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

**Pilates**–Focuses on core strength

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.