


FITNESS CLASSES: Schedule for September 8 – October 5, 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 8:30-9:15am 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		Strength Training w/ Darrell 9-9:55am Studio A		Strength Training w/Darrell 9-9:55am Studio A	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	
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 Yoga w/ Tara 530-6:25pm BGR Zumba w/ Elena 615- 715pm Gym	Strong w/Judi 530-630pm Gym Zumba w/Wendy 530-615pm Studio A	Cardio Sculpt w/ Betsy/Darrell 5:30-6:25pm Studio A Zumba w/ Elena 615-715pm Gym	Strong w/Judi 530-630pm Gym Zumba w/Wendy 530-615pm Studio A	8/21/2018	

Septmeber 8 – October 5 , 2018

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

Pilates- Core strengthening

YOGA - Focuses on relaxation and stretching.

ZUMBA- Latin and International rhythm-infused dance fitness.

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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