


# FITNESS CLASSES: Schedule for June 11 – July 22, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Express Fitness w/ Irene 530-615am		Express Fitness w/ Irene 5:30-6:15am		
Spin & Weights w/ Cecilia 8:30-9:30am Spin Rm		Spin & Weights w/ Cecilia 8:30-9:15am Spin Rm		Spin & Weights w/ Cecilia 8:30-9:30am Spin Rm	
Strength Training w/Darrell 9:00-9:55am  Strong w/Wendy 9-10am Gym	Zumba w/ Wendy 9-9:55am Studio A	Strength Training w/Darrell 9:00-9:55am  Strong w/Wendy 9-10am Gym	Zumba w/ Wendy 9-9:55am Studio A	Strength Training w/Darrell 9:00-9:55am  Strong w/Wendy 9-10am Gym	Zumba w/ Keana <b>10am-11am Studio A</b>
Tai Chi w/ Cher 10-11am Studio A Tai Chi Energy 1&2 w/ Cher 11-11:45am Studio A	Yoga w/ Linda 10-11am Studio A	Tai Chi for Rehab and Arthritis w/ Cher 10am-11am BGR	Yoga w/ Linda 10-11am Studio A	Tai Chi w/ Cher 10-11 am Studio A Tai Chi Energy 1&2 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> 
Tai Chi for Rehab and Arthritis w/ Cher 4:15pm-515pm BGR	Qigong w/Jim 4-5pm BGR		Qigong w/Jim 4-5pm BGR	Tai Chi for Rehab and Arthritis w/ Cher 4:15pm-515pm BGR	
Cardio Sculpt w/ Betsy 5:30-6:30pm Studio A  Zumba w/ Elena 6-7pm Gym	P90x w/ Betsy 530pm-630pm Studio A  6:30pm Studio A Zumba w/ Keana 5:40-6:30pm Gym	Cardio Sculpt w/ Betsy 5:30-6:30pm Studio A  Zumba w/ Elena 6-7pm Gym	P90x w/ Betsy 530pm-630pm BGR  Strong w/Elena 530- 630pm Studio A  Zumba w/ Keana 5:40-6:30pm Gym		

6/12/17

**June 10—July 22, 2017**  
**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.

**Pilates**- Focuses on core and balance

**SPIN & WEIGHTS** - Cardio class with a great 10-minute weight session included.

**T'AI CHI** - Improves health, inner balance, as well as physical balance.

**Qigong**- Intergration of physical postures, breathing techniques and focused intentions. **NEW!!!**

**Express Fitness**- A quick full body workout, with weights, cardio and body weight exercises. 30-45 minutes

**YOGA** - Focuses on relaxation and stretching.

**Zumba**- Latin and International rhythm-infused dance fitness.

**Flow Yoga**- A moving yoga designed to warm and stretch the body

**P90X**- Cardio, upper and lower body weights, and abs

**Zumba Strong-HIIT workout driven by music.**

**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**