


FITNESS CLASSES: Schedule for January 6-February 16, 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|---|
| | Express Fitness w/ Irene 530-615am (Nicole is subbing) | | Express Fitness w/ Irene (Nicole is subbing) 530-615am | | |
| Spin & Weights w/ Cecilia 8:30-9:30am Spin Rm | | Spin & Weights w/ Cecilia 8:40-9:25am Spin Rm | | Spin & Weights w/ Cecilia 8:30-9:30am Spin Rm | Strong w/Elena 8-9am Studio A |
| Strength Training w/Darrell 9-9:55am Studio A Strong w/ Wendy 9-10am BGR | Zumba w/ Megan 9-9:55am Studio A | Strength Training w/ Darrell 9-9:55am Studio A Strong w/ Elena 9-10am BGR | Zumba w/ Megan 9-9:55am Studio A | Strength Training w/Darrell 9-9:55am Studio A Latin Dance w/ Paola 9-10am Studio B | Advanced Tai Chi w/ Andrew 9:30-10:20am Studio A |
| Tai Chi w/ Cher 10-11am Studio A Tai Chi w/ Cher 11-11:45am Studio A | Yoga w/ Linda 10-11am Studio A Qigong w/ Jim 11-12pm BGR | Tai Chi for Rehab w/ Cher 10am-11am BGR | Yoga w/ Linda 10-11am Studio A Qigong w/ Jim 11-12pm BGR | 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 5:30-6:30pm Studio A Zumba w/ Elena 6-7pm Gym Pound w/ Wendy 630-715pm Studio A | Zumba w/ Paola 530-615pm Studio A Strong w/Judi 530-630pm Gym | Cardio Sculpt w/ Betsy/Darrell 5:30-6:30pm Studio A Zumba w/ Elena 6-7pm Gym Pound w/ Wendy 630-715pm Studio A | Zumba w/ Paola 530-615pm Studio A Strong w/Judi 530-630pm Gym | 12/30/2017 | |

January 6– February 16, 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.

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

Quick Fit– A quick full body workout, with weights, cardio and body weight exercises. 30-45 minute express workout.

YOGA – Focuses on relaxation and stretching.

ZUMBA– Latin and International rhythm-infused dance fitness.

Latin Dance– Learn some Latin dance moves while getting a great cardio workout.

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.

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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