



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:00am Strength Works Patti <i>Specialty Fitness</i>	6:15-7:00am Cycling Cheryl <i>Studio</i>	6:15-7:00am Strength Works Patti <i>Specialty Fitness</i>	6:15-7:00am Cycling Cheryl <i>Studio</i>	6:15-7:00am Strength Works Patti <i>Specialty Fitness</i>	
8:25-8:55am Ab Lab Patti <i>Gym</i>	8:30-9:15am Tai Chi (FF) Russ <i>Gym</i>	8:25-8:55am Ab Lab Patti <i>Gym</i>	8:30-9:15am Tai Chi (FF) Russ <i>Gym</i>	8:25-8:55am Ab Lab Patti <i>Gym</i>	8:15-9:00am Cycling Craig <i>Studio</i>
8:45-11:00am Child Watch	8:45-11:00am Child Watch	8:45-11:00am Child Watch	8:45-11:00am Child Watch	8:45-11:00am Child Watch	
	8:45-9:45am Boot Camp Patti <i>Specialty Fitness</i>		8:45-9:45 am Boot Camp Patti <i>Specialty Fitness</i>		
9:00-10:05am NEW! Into Action/ Stretch Charly <i>Gym</i>	9:20-9:50am Meditation (FF) Russ <i>Gym</i>	9:00-10:05am NEW! Into Action/ Stretch Patti <i>Gym</i>	9:20-9:50am Meditation (FF) Russ <i>Gym</i>	9:00-10:05am NEW! Into Action/ Stretch Patti <i>Gym</i>	9:15 – 10:15am Gentle Yoga (FF) Cheryl <i>Gym</i>
	10:00-10:45am Beginning Tai Chi (FF) Russ <i>Gym</i>		10:00-10:45am Beginning Tai Chi (FF) Russ <i>Gym</i>		
10:15-11:00am Silver Sneakers (FF) Charly <i>Gym</i>	10:00-10:50am Into Action Charly <i>Specialty Fitness</i>	10:15-11:00am Silver Sneakers (FF) Charly <i>Gym</i>	10:00-10:50am Into Action Charly <i>Specialty Fitness</i>	10:15-11:00am Silver Sneakers (FF) Charly <i>Gym</i>	10:30-11:30am Shotokan Karate Louis <i>Gym</i>
	11:00-11:45am Silver Sneakers (FF) Charly <i>Gym</i>	11:15-12:15 pm Zumba Gold (FF) Sue <i>Gym</i>	11:00-11:45am Silver Sneakers (FF) Charly <i>Gym</i>	11:15-12:15 pm Zumba Gold (FF) Sue <i>Gym</i>	11:30-12:30pm REACH Session I <i>Gym</i>
11:15-11:45 am Stretch Charly <i>Gym</i>		11:15-11:45 am Stretch Charly <i>Studio</i>		11:15-11:45 am Stretch Charly <i>Studio</i>	11:30-2:00pm Child Watch
12:00-12:45pm Cycling Diane <i>Studio</i>		12:00-12:45pm Cycling Diane <i>Studio</i>		12:00-12:45pm Cycling Diane <i>Studio</i>	
1:30-6:15pm Open Gym (FF) <i>Gym Reserved for Recreational Basketball</i>	1:00-1:45pm Yoga (FF) Charly <i>Studio</i>	1:30-6:15pm Open Gym (FF) <i>Gym Reserved for Recreational Basketball</i>	1:00-1:45pm Yoga (FF) Charly <i>Studio</i>	1:30-6:15pm Open Gym (FF) <i>Gym Reserved for Recreational Basketball</i>	1:00-2:00pm REACH Session II <i>Gym</i>
	4:30-6:00pm Shotokan Karate (FF) Louis <i>Gym</i>		4:30-6:00pm Shotokan Karate (FF) Louis <i>Gym</i>		
5:00-7:45pm Child Watch	5:00-7:45pm Child Watch	5:00-7:45pm Child Watch			
5:30-6:30pm Strength Works Patti <i>Specialty Fitness</i>	5:30-6:30pm Yoga (FF) Lynn <i>Studio</i>	5:30-6:30pm Strength Works Patti <i>Specialty Fitness</i>	5:30-6:30pm Yoga (FF) Lynn <i>Studio</i>		
6:30-7:30pm Zumba (FF) Janet <i>Gym</i>	6:30-7:30pm NEW! Zumba (FF) Charly <i>Gym</i>	6:30-7:30pm Zumba (FF) Christiana <i>Gym</i>	6:15-7:30 PM Gentle Yoga (FF) Craig <i>Gym</i>		

Classes marked with (FF) are Family Friendly Classes. Children and youth, age 8-12, may participate in activities with the supervision of a responsible adult, age 18 or older.



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MX4	7:15-7:45am Patti	NEW! 7:15-7:45am Patti	7:15-7:45am Patti	NEW! 7:15-7:45am Patti	7:15-7:45am Patti
	12:00-12:30pm Patti	12:00-12:30pm Autumn	12:00-12:30pm Patti	12:00-12:30pm Autumn	12:00-12:30pm Patti
	12:30-1:00pm Patti	12:30-1:00pm Autumn	12:30-1:00pm Patti	12:30-1:00pm Autumn	12:30-1:00pm Patti
		NEW! 5:30 – 6:00 PM Patti		NEW! 5:30 – 6:00 PM Patti	

CLASS DESCRIPTIONS

AB LAB	A high-energy core workout that targets the abdominal, oblique and spinal muscles. Crunch it into your busy schedule and get results that you'll be AB-solutely crazy about.
CHILD WATCH	On-site child care for children age 6 months to 12 years old, is included with Family and Single Family Memberships.
	MONDAY - THURSDAY
	8:45-11:00am 5:00-7:30pm
	FRIDAY
	8:45-11:00am
	SATURDAY
	11:30-2:00PM
CYCLING	Get in great shape and build your endurance in one of the Y's cycling classes! The ultimate low impact, high energy, calorie burning workout! Arrive 10 minutes early to get set up.
BOOT CAMP	This high-intensity boot camp mixes calisthenics and bodyweight exercises with cardio and strength training to improve your speed, power and agility. Designed to push participants harder than they'd push themselves in an environment of teamwork.
INTO ACTION	A popular interval class that is designed to increase muscular strength, range of movement through a variety of body weight exercises, cardio and strength training. It is intended to be different all the time, keeping you guessing and pushing yourself.
MEDITATION	Join us in learning the practice of mindfulness or "vipassana" meditation in order to quiet the mind and body, while building awareness that allows you to be simply present in the moment. Meditation has been proven to improve mood, immune function, brain activity, cardio efficiency, memory and more!
MX4	Discover MX4 Small Group Training for a fresh, motivating exercise experience that delivers results you can see. New workouts each week will help you improve cardiovascular fitness, power, strength and endurance in a way that's right for your body and abilities. Limited to four participants per class.
OPEN GYM	Join your fellow Y members in the gym for recreational basketball and pickup games!
SHOTOKEN KARATE	Martial arts as a form of self-defense, philosophy and physical conditioning, balance and a series of well-being. This class teaches the basic stances, covers, kicks and punches of Kenpo and Shotokan Karate.
SILVER SNEAKERS	Using chairs and music from Sinatra, Swing and the Supremes, this comprehensive class includes low-impact cardiovascular conditioning, muscular strength work, flexibility work and range-of-motion exercises. There are also exercises designed to improve balance, coordination, manual dexterity and agility (both physical and mental). Appropriate for seniors and beginners.
STRENGTH WORKS	With a mix of strength and cardio fitness, this class will push you to the next level of your fitness journey.
STRETCH	This class will help increase flexibility by stretching every part of your body and leave you feeling invigorated. Improve your range of motion, posture and mobility by performing energizing stretches.
TAI CHI	Find relaxation through movement. Tai Chi is an ancient Chinese tradition that today is practiced as a graceful form of non-competitive, gentle physical exercise. It involves a series of movements performed in a slow, focused manner, accompanied by deep breathing.
GENTLE YOGA	Join us to experience slow, gentle posture along with deeper yogic practices such as conscious breathing, using mantras, chanting and guided meditation. This practice offers students a therapeutic approach to moving one's body. This class will have a strong focus on alignment and the use of props. It is an excellent introduction to the Yoga world.
YOGA	This class is for ongoing yoga students and for newer students looking for a challenge. Students will explore a wider range of poses designed to increase flexibility, strength and balance while improving posture, coordination and focus. This class is for practitioners that are wanting to deepen their understanding of the yoga philosophy as well.
ZUMBA	Fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. The routines feature interval training sessions where fast and slow rhythms are combined to get your heart pumping.
ZUMBA GOLD	Perfect for active older adults who are looking for a modified Zumba class that recreates the original dance/fitness routines. Set to Latin and international rhythms, moves you at a lower intensity.
REACH	Realistic Education Addressing Conditioning & Health –The REACH program is a fitness and health class specifically designed for youth and young adults with autism and developmental disabilities. It is an upbeat, educational and movement based class our members look forward to each week. Our goal is to foster independence, lifelong healthy living habits, grow social circles and provide a true to life gym experience.

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