



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP FITNESS SCHEDULE

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MX4</b>	7:15-7:45am Patti	7:15-7:45am Patti	7:15-7:45am Patti	7:15-7:45am Patti	7:15-7:45am Patti
	12:00-12:30pm Patti	12:00-12:30pm Patti	12:00-12:30pm Patti	12:00-12:30pm Rachel	12:00-12:30pm Patti
	12:30-1:00pm Patti	12:30-1:00pm Patti	12:30-1:00pm Patti	12:30-1:00pm Rachel	12:30-1:00pm Patti
		5:30 – 6:00 PM Will		5:30 – 6:00 PM Will	
	6:00 – 6:30 PM Will		6:00 – 6:30 PM Will		

## CLASS DESCRIPTIONS

<b>AB LAB</b>	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.												
<b>CHILD WATCH</b>	On-site child care for children age 6 months to 12 years old, is included with Family and Single Family Memberships.												
	<table border="1"> <thead> <tr> <th>MONDAY/WEDNESDAY</th> <th>TUESDAY/THURSDAY</th> <th>FRIDAY</th> <th>SATURDAY</th> </tr> </thead> <tbody> <tr> <td>8:45-12:00 PM</td> <td>8:45-12:00 PM</td> <td>8:45-12:00 PM</td> <td>11:30-2:00PM</td> </tr> <tr> <td>5:00-7:30 PM</td> <td>4:30-7:30 PM</td> <td></td> <td></td> </tr> </tbody> </table>	MONDAY/WEDNESDAY	TUESDAY/THURSDAY	FRIDAY	SATURDAY	8:45-12:00 PM	8:45-12:00 PM	8:45-12:00 PM	11:30-2:00PM	5:00-7:30 PM	4:30-7:30 PM		
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<b>CYCLING</b>	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.												
<b>BITTY SPORTS</b>	Six weeks of learning and fun for kids ages 3-5, plus parent involvement. This instructor led class emphasizes skill development, sportsmanship, and building parent-child relationships.												
<b>BOOT CAMP</b>	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.												
<b>INTO ACTION</b>	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.												
<b>MEDITATION</b>	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!												
<b>MX4</b>	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.												
<b>OPEN GYM</b>	Join your fellow Y members in the gym for recreational basketball and pickup games!												
<b>SHOTOKEN KARATE</b>	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.												
<b>SILVER SNEAKERS</b>	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.												
<b>STRENGTH WORKS</b>	With a mix of strength and cardio fitness, this class will push you to the next level of your fitness journey.												
<b>STRETCH</b>	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.												
<b>TAI CHI</b>	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.												
<b>TRX</b>	The TRX Suspension Training system leverages gravity and your body weight to perform hundreds of exercises. TRX delivers a total body workout, increase muscular endurance, benefits people of all ages and fitness levels and provides a group training environment.												
<b>GENTLE YOGA</b>	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.												
<b>YOGA</b>	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.												
<b>ZUMBA</b>	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.												
<b>ZUMBA GOLD</b>	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.												
<b>REACH</b>	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.												