



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TRX 6:15am Patti	Cycling 6:15am Patti	TRX 6:15am Patti	Cycling 6:15am Patti	TRX 6:15am Patti	Child Watch 8:00-2:00pm
MX4 7:15am Patti	MX4 7:15am Patti	MX4 7:15am Patti	MX4 7:15am Patti	MX4 7:15am Patti	Cycling 8:15am Craig
Ab lab 8:00am Patti		Ab lab 8:00am Patti		Ab lab 8:00am Patti	BODYPUMP 8:15am Charly
Into Action w/Stretch 8:35am Patti	Tai Chi (FF) 8:30am Russ	Into Action w/Stretch 8:35am Patti	Tai Chi (FF) 8:30am Russ	Into Action w/Stretch 8:35am Patti	Gentle Yoga (FF) 9:30am Cheryl
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 8:45-12:00pm	Zumba 10:45am Charly
Boot Camp 10:00am Patti	Beginning Tai Chi (FF) 9:20am Russ	Boot Camp 10:00am Patti	Beginning Tai Chi (FF) 9:20am Russ	Boot Camp 10:00am Patti	REACH Ages 7-13 11:50am Ages 13+ 1:00pm
Silver Sneakers (FF) 10:15am Charly	Into Action 10:15am Charly	Silver Sneakers (FF) 10:15am Charly	Into Action 10:15am Charly	Silver Sneakers (FF) 10:15am Charly	
Stretch 11:15am Charly	Silver Sneakers (FF) 11:30am Charly	Stretch 11:15am Charly	Silver Sneakers (FF) 11:30am Charly	Stretch 11:15am Charly	
				Zumba Gold (FF) 11:15am Sue	
Cycling 12:00pm Diane		Cycling 12:00pm Diane		Cycling 12:00pm Diane	
MX4 12:00pm Patti	MX4 12:00pm Patti	MX4 12:00pm Patti	MX4 12:00pm Rachel	MX4 12:00pm Patti	
MX4 12:30pm Patti	MX4 12:30pm Patti	MX4 12:30pm Patti	MX4 12:30pm Rachel	MX4 12:30pm Patti	
	Yoga (FF) 1:00pm Charly		Yoga (FF) 1:00pm Charly		
	Shotokan Karate (FF) 4:30pm Louis		Shotokan Karate (FF) 4:30pm Louis		
Child Watch 5:00-7:30pm	Child Watch 4:30-7:30pm	Child Watch 5:00-7:30pm	Child Watch 4:30-7:30pm		
BODYPUMP 5:30pm Charly	Boot Camp 5:30pm Patti	BODYPUMP 5:30pm Charly	Boot Camp 5:30pm Patti		
	Yoga (FF) 5:30pm Connie		Yoga (FF) 5:30 pm Charley		
Zumba (FF) 6:35pm Sue	BODYCOMBAT (FF) 6:35pm Charly	Zumba (FF) 6:35pm Christiana	Gentle Yoga (FF) 6:35pm Craig		
			BODYCOMBAT (FF) 6:35pm Charly		

CLASS LOCATIONS:
Spin Studio

Gym
Specialty Fitness Room
Racquetball Court
Child Watch

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.



CLASS DESCRIPTIONS

AB LAB	A core workout that targets the abdominal, oblique and spinal muscles.			
CHILD WATCH	On-site child care for children, age 6 months to 12 years old - included with Family and Single Family Memberships.			
	MONDAY/WEDNESDAY	TUESDAY/THURSDAY	FRIDAY	SATURDAY
	8:45-12:00 PM 5:00-7:30 PM	8:45-12:00 PM 4:30-7:30 PM	8:45-12:00 PM	8:00-2:00PM
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.			
BODYCOMBAT	Develop coordination, burn calories, and get a whole body workout with Karate, Taekwondo, Boxing, and Capoeira inspired moves. BODYCOMBAT is a high-energy, non-contact workout.			
BODYPUMP	Develop lean, athletic muscle with the encouragement, motivation and great music of BODYPUMP. You'll leave this total body barbell workout feeling challenged and motivated!			
BOOT CAMP	This high-intensity boot camp mixes calisthenics and bodyweight exercises with cardio and strength training to improve your speed, power and agility.			
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.			
MX4	Discover 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. Advance sign up encouraged.			
SHOTOKAN KARATE (FF)	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 (FF)	Using chairs, this comprehensive class includes low-impact cardiovascular conditioning to improve balance, coordination, manual dexterity and agility (both physical and mental). Appropriate for seniors and beginners.			
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 (FF)	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.			
BEGINNING TAI CHI (FF)	An introduction to our Tai Chi class, offered September 24 th through November 26 th . Once you completed this class you will be ready to join the ongoing Tai Chi class.			
TRX	The TRX Suspension Training System delivers a total body workout, leveraging gravity and your body weight to perform hundreds of exercises.			
GENTLE YOGA (FF)	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. It is an excellent introduction to the Yoga world.			
HATHA YOGA	In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance is the goal.			
YOGA (FF)	Students will explore a wide range of poses designed to increase flexibility, strength and balance while improving posture, coordination and focus. This class is for ongoing yoga students, newer students looking for a challenge, and practitioners that are wanting to deepen their understanding of the yoga philosophy as well.			
ZUMBA (FF)	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 (FF)	Perfect for active older adults who are looking for a modified Zumba class that recreates the original dance/fitness routines.			
REACH	Realistic Education Addressing Conditioning & Health is a fitness and health class specifically designed for youth and young adults with autism and developmental disabilities. It is an upbeat, educational, movement based class. Our goal is to foster independence, lifelong healthy living habits, grow social circles and provide a true to life gym experience.			