



GROUP EXERCISE

Sept 3 - Oct 27, 2019

Class Registration Dates

Y Members: Aug 19

Non members: Aug 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6:00a Octagon WR Laurie	6:00a CYCLING S Liz F	6:00a Octagon WR Kyle	
8:30a Y Dance S Fae	8:30a Simply Stretch YS Lori	8:30a Y Dance S Fae	8:30a Simply Stretch YS Linda M	8:30a Y Dance S Fae
9:15a Yoga YS Lazarra	9:05a Dance Party S Kate A	9:05a Aqua Combo P Dawn	9:15a GENTLE Yoga YS Alison	9:05a Yoga YS Veronica
9:15a Aqua Zumba P Carol G.	9:15a Dig Deep P Lori	9:35a Pilates S Leslie	9:05a Zumba Gold S Carol G.	9:05a Aqua Combo P Laurie
9:35a CYCLING S Laurie	9:30a Octagon WR Kyle	10:45a Cardio Kickbox S Laurie	9:15a Tethered P Laurie	9:35a CYCLING S Sheri
10:40a Pilates (Core) S Cristin	10:05a Gentle H2O P Lori	↑ New Class!! BEGINS 9/11	9:30a Octagon WR Kyle	10:40a Pilates -Ball S
	10:15a Building Strength S Fae		10:05a Gentle H2O P Linda M	
	11:15a Boot Camp S Laurie		10:15a Building Strength S Fae	
NEW CLASS!!! ↓	11:15a Gentle Yoga Alison	4:15p Jr. Barbell Club WR Kyle	11:15a Boot Camp S Nancy	
5:30p FITNESS 101 S Laurie		5:30p MSP WR Kyle		
5:30p Barbell Club WR Todd	CHANGE IN DAY →	5:30p Yoga YS Veronica	5:30p Yoga YS Munna	
5:30p Vinyasa Flow YS Linda	5:30p Boot Camp S Mark	5:30 p Step it Up! S Cristin	5:30p Boot Camp S Kyle	
6:35p Zumba S Jen	6:30p Zumba Toning S Carol G.	6:00p Core and More S Cristin	6:30p Zumba Toning S Jen	6:00p Zumba S Tanya
	6:30p Aqua Zumba P Mark	6:40p Zumba S Carol G.		

SATURDAY	SUNDAY
9:05a Step Interval S Staff	9:15a CYCLING S Liz F.
10:05a Pilates (Core) S Staff	10:30a <u>OCTAGON FAMILY*</u>
11:15a Zumba S Carol G.	12:00p DANCE PARTY S Kellianne
	Starts in OCT FIRST SUNDAY OF THE MONTH! ↓
	3:15p Family Yoga YS
	4:35p Yoga YS STAFF

SPACES: S = Studio YS = Yoga Studio WR = Weight Room P= Pool
 Exercise classes are for 13 years + unless otherwise designated. See class description on reverse side. Proper clean footwear is required for all land classes with the exception of Pilates, yoga and stretch class. Shirts required, no bare chest or sports bras allowed except for in the pool. Youth under the age of 13 are not allowed to join the classes or sit inside or outside of the studios while class is in session. **NOTE:** Schedule and instructor subject to change. Classes may be taken off the schedule due to low attendance.

Octagon / MSP (Mobility, Strength and Power Class)

DATES: Sept 3—Oct 27

Fee for 8 week classes Y Member \$48.00 Program Participant \$96.00

*NO WALK INS FOR OCTAGON CLASS or MSP

Octagon Family NO FEE - Open for ages 10 + and a guardian (members only)

CYCLING: Registration for 8 week is \$8.00 for members. OPTION TO Walk in NO Registration No charge. Program Participant fee for cycling (non member) \$10

KEY:

Registration and fee

YOGA CLASSES

Included with membership

FITNESS 101 AOA

(45 min.) The class starts with a warm up then 15 minutes of cardio 15 minutes of strength and 10 minutes core and cool down. This is a great class for those getting started and those coming back!

Cardio

CARDIO KICKBOX (45min)

A cardio workout that will help you improve endurance and coordination. Integrate punches, kicks and shuffles combos in this class. All levels welcome

Boot Camp: (45 mins)

Calisthenics and body weight exercises with interval training. Class style and content changes, classes designed in a way that pushes the participants !

STRENGTH

Junior Barbell Club: (45min)

Weight lifting in a group ages 11-17. Lead by a Y trainer. Age appropriate Exercises. For young people that want to learn proper lifting technique and good form.

Barbell Club (60min)

Y Members lifting weights together guided by a YMCA Fitness trainer.

Team Work

Step Interval (55min)
Alternating between Cardio Step and strength training.

Core

Pilates (55min) Improve your core muscle strength through mat exercises while focusing on form and technique.

Pilates-Ball (55mins) Intermediate –Adv.

A Pilates core class using the stability ball. This class is challenging, playful and fun !

CORE & MORE (30 mins.)
This class is a great ender or starter for your workout routine. Target your abs, back and glut. Muscles!

Building Strength AOA (45min) For those just starting out & active older adults. Strength, balance & flexibility.

Octagon 13+ 8 weeks
Basic enough for beginners and suitable for active older adults, yet challenging! Ability to adapt intensity levels. Functional training, cardio and strength components. Team work included!

MSP Mobility, Strength & Power (1.25 hrs) A research based, small group fitness class emphasizing progressive mobility, strength and power training. Participants will track their progress on a week to week basis to ensure results. No experience necessary.

Flexibility

YOGA (60min) Classes offer various Yoga techniques, such as Hatha and Vinyasa. Great options allowing any skill level to enjoy.

GENTLE YOGA AOA (60min)

A style of practice that focuses on stretching and breathing, no huge feats of strength or extreme flexibility. You may do standing postures, forward bends, and back strengthening exercises in addition to seated stretches.

YOGA-Vinyasa Flow (70min)

Vigorous class. Previous Yoga experience recommended.

FAMILY YOGA Ages 8+

(45min.) Playful yoga class for all levels. Under 13 must be accompanied by an adult . First Sunday of each month

Simply Stretch AOA (30min)

Start your morning right! Focus on stretching and range of motion.

OCTAGON FAMILY HOUR

(75min) Children ages 10-12 yrs can use the Octagon with a Parent or Guardian over the age of 18. Y Members ONLY

Setting Goals

Y PERSONAL FITNESS COACHING: AOA

Meet your goals with a trainer! \$30.00 per hour for members, register at Y Welcome Center

Zumba (60 mins.) Burn calories by burning up the dance floor. Zumba uses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout.



DANCE PARTY!! (60min)

Cardio dance class to popular music with styles from around the world. Bollywood, Latin, jazz and hip hop! Dance to music that you can sing to. All levels of fitness welcome!

Y DANCE AOA (60min)

Various choreographed dances set to specific music. Easy to learn. And lots of fun!!

DANCE!

CYCLING (55min) Class takes place on Freemotion bikes. We utilize watts, rpm, and speed information from the console to monitor our efforts. Instructor guides the class through interval, strength and endurance rides.

CYCLING FEES OPTION:

YMEMBERS FREE

Non-Member:

\$11 per class

MSP & OCTAGON FEES:

8 week sessions

Registration required

Y Members \$ 48.00

Non-Member \$96.00

(No walk ins)

BARBELL CLUBS:

NO Fee for members!

AOA Suitable but not limited to Active Older Adults

Zumba Toning (60min) AOA
Body-sculpting techniques and Zumba moves all in one class!

ZUMBA Gold AOA (60min)
Modified low impact movements, that get you grooving at your own pace.

AQUA



AQUA FIT AOA

(55min) Get your blood moving and your heart pumping through a variety of combinations. Shallow water workout.

DIG DEEP (45min) AOA

Elevate the heart rate and strengthen the muscles wearing float belts in the deep end of the pool.

Gentle H2O (45min) AOA
Slower exercises and lower impact movements. Great for those with joint issues and arthritis. Shallow water.

Tethered (45min) AOA
Participants are tethered to the lane line with float belts for an instructor led cardio workout. Deep end.

AQUA ZUMBA AOA (60min) Pool party! Invigorating workout, splashing, stretching, twisting and laughing! Shallow water workout.

Registration and fee required for classes listed in gray