



GROUP EXERCISE

June 24 - Sept 1, 2019

Class Registration Dates

Y Members: June 10

Non members: June 17

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	10:00a RESTORATIVE Yoga YS Ann	9:15a Tethered P Laurie	9:35a CYCLING S Sheri
10:40a Pilates (Core) S Cristin	10:05a Gentle H2O P Lori		9:30a Octagon WR Kyle	10:40a Pilates -Ball S Lita
	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	
	11:15a Gentle Yoga Alison		11:15a Boot Camp S Nancy	
		4:15p Jr. Barbell Club WR Kyle	11:15am Tai Chi YS John B.	
5:30pm Barbell Club WR Todd	5:30p Yoga YS Veronica	5:30p MSP WR Kyle	5:30p Yoga YS Munna	
5:30p Vinyassa 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 OCTAGON FAMILY*
11:15a Zumba S Carol G.	
	12:00p DANCE PARTY S Kellianne
	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. Youth under the age of 13 are not allowed to sit inside or outside of the studios. **NOTE:** Schedule and instructor subject to change. Classes may be taken off the schedule due to consistent low attendance.
Octagon / MSP (Mobility, Strength and power Class)
DATES: June 24 - July 28 July 29—Sept 1
 (No classes on Thursday July 4)
 Fee for 5 week classes Y Member \$30.00 Program Participant \$60.00
 *NO WALK INS FOR OCTAGON CLASS or MSP
Octagon Family NO FEE - Open Play for 10 + and a guardian (members only)
CYCLING: OPEN SUMMER CYCLING ! No registration, no ticket needed

KEY: Registration and fee YOGA CLASSES
Included with membership

Tai Chi AOA (45min)
an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing

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

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 harder than they'd push themselves.

STRENGTH

Octagon 13+ 5 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!

Hiit-Tabata

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

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! Learning to improve your core strength through a variety of exercises on and off the ball.

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

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

MSP Mobility, Strength & Power (1.25 mins) 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 - Restorative AOA (75min) Restore the body at a slower modified pace. In this class you will enjoy relaxation and stretching in a variety of postures.

YOGA-Vinyasa Flow (70min)
Vigorous class. Previous Yoga experience recommended.

Simply Stretch AOA (30min)
Start your morning right! Focus on stretching and range of motion.

FIND THE RIGHT FIT

Barbell Club (60min)
Y Members lifting weights together guided by a Y trainer.

Junior Barbell Club: (45min)
Weight lifting in a group ages 11-17. Lead by a Y trainer.



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.

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

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!

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:
5 week sessions
Registration required
Y Members \$ 30.00
Non-Member \$60.00
(No walk ins)

BARBELL CLUBS:
NO Fee for members!

AOA Suitable but not limited to Active Older

ZUMBA STRONG (60mins.)
High intensity interval training with synced motivational music. This is a strength building class not a dance class. Check schedule for class Saturday at 9am

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

Y DANCE AOA (60min)
Various choreographed dances set to specific music.

AQUA



AQUA COMBO 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.