

GROUP EXERCISE

Body Blast - Weight lifting class guaranteed to make you sweat and increase body tone and all over strength.

BallFit - Improve balance, posture and flexibility. Increase energy and stamina. Non-stop, flowing core exercises for all ages and abilities.

Body Shaping - Focus on muscular strength and endurance for the beginner to advanced weight trainer. Christian Music.

Movers & Shakers - Develop strength and conditioning and work on your balance and flexibility.

Low Impact Fitness - Slower-paced workout. Work at your own pace under supervision of a qualified instructor.

Fitness 1.0 - Warm up with range of motion, easy cardio routine, leg workout, stretch, and an upper body workout with light weights. Great fun.

Turbo Kick® - A fusion of kickboxing, a little groove and loads of fun. Guaranteed high energy workout.

Ultimate Striders - Join the walking club that meets at the YMCA and walks outside rain or shine. Great exercise and fellowship.

Elite Force (Bootcamp) You're guaranteed a killer workout! No matter what your current condition, you'll be challenged to take it to the next level.

Arthritis Foundation Exercise - keep joints flexible, muscles strong and help reduce the pain and stiffness associated with arthritis.

Get Going Kids - Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they're at it?

Drenched - Guaranteed workout that will make you sweat. No excuses.

Cardio Express - Get your cardio workout done in 45 minutes. Great fun for everyone.

ZUMBA® - Exhilarating, effective, easy-to-follow, Latin inspired, calorie burning dance fitness.

Women's Circuit Training

Burn fat and build muscle during this 45 minute circuit training class. Great for beginners or women on the go.

M - Member
PM - Program Member
Must enroll monthly.

HEALTHY LIVING

Improving the nation's health and well being.



R.I.P.P.E.D. - It's a workout that masterfully combines an easy yet effective cardiovascular routine interlaced with weights and resistance. It's a combination that drives up your endurance and gets your body moving.

Hoop Camp - Fun way to strengthen and tone your upper and lower body with a weighted hula hoop.

PiYo™ - is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

#	Class	Times	Days	Fee	Instr.
Morning classes					
7203	Body Blast	6:00 - 7:00 am	T	Free to Members	Ron
7204	Body Blast	6:00 - 7:00 am	TH	Free to Members	Ron
7205	BallFit	7:00 - 7:45 am	M/W/F	Free to Members	Cheryl
7206	Body Shaping	7:50 - 9:00 am	M/W/F	Free to Members	Gail
7207	Movers & Shakers	8:00 - 9:00 am	T/TH	Free to Members	Shirley
7208	Turbo Kick®	8:30 - 9:30 am	Sat	Free to Members	Nickie B
7209	Zumba® 1.0	9:00 - 10:00 am	M	Free to Members	Akemi
7210	Drenched	9:00 - 10:00 am	M	Free to Members	TBA
7211	Turbo Kick®	9:05 - 10:05 am	T	Free to Members	Deborah
7212	Zumba®	9:05 - 10:05 am	W	Free to Members	Deborah
7213	Zumba® Gold	9:00 - 10:00 am	TH	Free to Members	Patti
7214	R.I.P.P.E.D. NEW	9:05 - 10:05 am	F	Free to Members	Nickie
7215	Ultimate Striders	9:30 - 11:00 am	T/TH	Free to Members	Judy
7216	Low Impact Fitness	10:15 - 11:30 am	M/W/F	Free to Members	Gloria
7217	Fitness 1.0	10:30 - 11:15 am	T/TH	Free to Members	Nanette/ Christine
7218	Arthritis Foundation Exercise (see flyer for session dates)	1:00 - 2:00 pm	T/TH	Free to Members	Rita
7251	Zumba®	1:45 - 2:45 pm	T/TH	Free to Members	Summer/ Deborah
7250a	Get Going Kids NEW	3:30 - 4:30 pm (FUN ZONE)	M-F	Free to Members	TBA
7305	Teen Fitness NEW	3:15 - 4:00 pm	M/W	Free to Members	Jamie
Evening classes					
7252	Turbo Kick®	4:15 - 5:15 pm	T	Free to Members	Nickie
7253	Hoop Camp NEW	4:15 - 5:00 pm	TH	Free to Members	TBA
7409	PiYo™ NEW	5:45 - 6:30 pm	TH	Free to Members	Nanette
7254	Cardio Express	4:30 - 5:15 pm	M/W	Free to Members	Sandy
7255	Turbo Kick®	5:30 - 6:30 pm	M/W	Free to Members	Angela
7257	Zumba® (court #3)	6:00 - 7:00 pm	M/W	Free to Members	Connie
7256	Zumba®	6:00 - 7:00 pm	F	Free to Members	Akemi
7258	Elite Force	6:40 - 7:40 pm	T/TH	Free to Members	Jamie
Women's Circuit					
7302	Intro Circuit Training	8:00 - 8:45 am	M/W/F	Free to Members	Michelle
7303	Intro Circuit Training	9:00 - 9:45 am	M/W/F	Free to Members	Michelle
7304	Circuit for Teen Girls (ages 12-17)	3:15 - 4:00 pm	T/TH	Free to Members	Nanette/ Jamie



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YOGA

Water Yoga - Beginning to intermediate participants. Stretch and relax.

Hatha Yoga 1.0 - Begin your mind/body experience with this energizing the body and deepening body and breath awareness through postures that build strength and flexibility and balance.

Hatha Yoga 2.0 - Increase your flexibility with this moderately paced yoga class that combines fundamentals from Hatha yoga with Sun Salutation. Promotes balance, relaxation, and stress reduction while progressively increasing your strength and flexibility.

Chair Yoga - Stretch and tone your body with this very gentle introductory yoga class using chairs for seated poses and standing poses for improved strength and flexibility.

MySore Yoga - A self-led variation of Ashtanga yoga, done without a teacher calling out the poses. Students practice at their own pace and level of ability, but in the company of other students and with the encouragement and advice of a teacher as needed.

PiYo™ - is a unique class designed to build strength & gain flexibility.

Yoga Schedule				
#	Class	Day/Time	Fee	Instr.
Morning				
7401	MySore Yoga	TH 9:30 - 11:00 am	Free to Members	OPEN
7410	MySore Yoga	Sat. 10:00 - 12:00 pm	Free to Members	OPEN
7402	Chair Yoga	TTH 11:20 - 12:20 pm	Free to Members	Judy
Afternoon				
7403	Hatha Yoga 1.0	M 12:30 - 1:30 pm	Free to Members	Jaymee
7404	Hatha Yoga 2.0	T 12:30 - 1:30 pm	Free to Members	Summer
7405	Hatha Yoga 2.0	W 12:30 - 1:30 pm	Free to Members	Jaymee
7406	Hatha Yoga 1.0	TH 12:30 - 1:30 pm	Free to Members	Andrea
7407	Hatha Yoga 1.0	F 12:30 - 1:30 pm	Free to Members	Jaymee
Evenings				
7408	Hatha Yoga 1.0	T 5:30 - 6:30 pm	Free to Members	Jaymee
7409	PIYO™	TH 5:45 - 6:30 pm	Free to Members	Nanette
Water Yoga				
7126	Water Yoga	MW 12:30 - 1:10 pm	Free to Members	Rita

Y-Cycling



Classes are held in Multipurpose room			
Morning			
7467	T	7:00 - 8:00 am	Free to Members
7468	TH	7:00 - 8:00 am	Free to Members
7454	M	8:00 - 9:00 am	Free to Members
7455	W	8:00 - 9:00 am	Free to Members
7456	F	8:00 - 9:00 am	Free to Members
Afternoon			
7459	W	11:30 - 12:30 pm	Free to Members
7460	TH	11:30 - 12:30 pm	Free to Members
Evenings			
7462	M	5:30 - 6:30 pm	Free to Members
7463	W	6:00 - 7:00 pm	Free to Members
Saturdays			
7465	Sat	8:15 - 9:15 am	Free to Members
7466	Sat	9:30 - 10:30 am	Free to Members

Y-Cycling

Indoor Cycling in group exercise class using stationary bikes. Varying class formats including endurance, strength, stroke mechanics, speed and above all fun!

Join staff members:
Shirley, Ron, Marty, Michelle, & Christine for a ride today!

Great for weight loss, better sleep, and overall health.

There are only 11 spots available per class. Sign up at the Membership Desk to reserve a spot in a class each month. Standby cards will be available 15 minutes before start of class. If you are not at your bike before start of class, your spot will be given to a standby.

Bring water bottle & towel.
Arrive at least 5 minutes before start of class.