



# GROUP EXERCISE CLASSES: January 2 - March 23, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 - 7:00 a.m. Y-Cycling <i>Linda</i>			6:00 - 6:45 a.m. Y-Cycling <i>Serena</i>	
7:00 - 8:00 a.m. Good Morning Yoga <i>Conny</i>	7:15 - 8:00 a.m. Simple Conditioning <i>Anne</i>	7:00 - 8:00 a.m. Good Morning Yoga <i>Conny</i>	7:15 - 8:00 a.m. Simple Conditioning <i>Anne</i>	7:00 - 8:00 a.m. Good morning Yoga <i>Conny</i>	7:45 - 8:45 a.m. Y-Cycling <i>Dan</i> (Ends April 27)
		8:15 - 8:45 a.m. Balanced Fitness <i>Anne</i>			
9:00 - 10:00 a.m. Cardio Step <i>Tamera</i>	9:00 - 10:00 a.m. Interval Training <i>Susan</i>	9:00 - 10:00 a.m. Cardio Fusion <i>Tamera</i>	9:00 - 10:00 a.m. Pilates on the Mat <i>Jane</i>	9:00 - 10:00 a.m. Cardio Fusion <i>Sophie</i>	9:00 - 10:00 a.m. Pilates/Yoga Fusion <i>Conny</i>
10:15 - 11:15 a.m. Dynamic Definition <i>Tamera</i>	10:15 - 11:15 a.m. Forever Fit <i>Tamera</i>	10:15 - 11:15 a.m. Dynamic Definition <i>Tamera</i>	10:15 - 11:15 a.m. Zumba <i>Tamera</i>		10:15 - 11:00 a.m. Country Heat LIVE <i>Cari-Anne</i>
11:30 - 12:00 p.m. Balanced Fitness <i>Anne</i>	11:30 - 12:15 p.m. Zumba Basic <i>Sheri</i>		11:30 - 12:30 p.m. Beyond the Basics Line Dancing <i>Debbie</i>	11:30 - 12:00 p.m. Balanced Fitness <i>Sophie</i>	11:15 - 12:15 p.m. Tai Chi <i>Dave</i>
	12:30 - 1:20 p.m. Petite Ballet <i>Michele</i>		12:30 - 1:00 p.m. Basic Line Dance <i>Debbie</i>		
			1:15 - 2:00 p.m. <i>Room Closed for Preschool Class</i>		
2:00 - 3:00 p.m. Lifetime Fitness <i>Tamera</i>		2:00 - 3:00 p.m. Lifetime Fitness <i>Tamera</i>		2:00 - 3:00 p.m. Lifetime Fitness <i>Tamera</i>	2:40 - 3:40 p.m. Junior Ballet <i>Michele</i>
3:15 - 4:15 <i>Room Closed for Bus Stop Care</i>					
4:30 - 5:00 Body By Hoop <i>Judith</i>	4:00 - 5:00 p.m. Rock Your Flow <i>Dawn</i>	4:00 - 5:00 p.m. Bellydance <i>Wendy</i>	4:00 - 5:15 p.m. Yin Yoga <i>Dawn</i>	4:30 - 5:30 p.m. Zumba <i>Tamera</i>	
5:10 - 5:40 p.m. HIIT <i>Sophie</i>	5:10 - 6:10 p.m. Cardio Step <i>Tamera</i>	5:15 - 6:00 p.m. County Heat LIVE <i>Cari-Anne</i>	5:30 - 6:15 p.m. HIIT <i>Sophie</i>		
5:45 - 6:15 p.m. Core Training <i>Sophie</i>	6:20 - 7:20 p.m. Vinyasa Flow Yoga <i>Amy</i>				
6:30 - 7:30 p.m. Y-Cycling <i>John</i> (Ends April 22)		6:30 - 7:30 p.m. Y-Cycling <i>Serena</i> (Ends April 24)	6:30 - 7:30 p.m. Y-Cycling <i>Monet</i> (Ends April 25)		

**Shaded boxes are specialty classes requiring pre-registration and additional fee.**

- Session lasts 12 weeks- Unlimited participation
- Must be ages 14 & up to participate in a General Fitness Class
- Class Schedule is subject to change if minimum enrollment is not met.
- All classes are held in the Wellness Room unless otherwise noted.
- General Fitness Classes are **FREE** to Annual Members

- **3-Month & Non-Member Pricing:**  
\$110 - 12 week session  
\$ 84 - 12-Class Card - Instructor will punch the card for each class. Cards are non-refundable.
- **Drop in Pricing:**  
\$10 - per 60 min. class  
\$ 8 - per 45 min. class  
\$ 6 - per 30 min. class

Waldo County YMCA  
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The Waldo County YMCA is a 501(c)(3) Charitable Organization

## GROUP EXERCISE CLASSES – General Fitness Classes are free to Annual Members

### **Balanced Fitness** 30 min. *Anne Rothrock/Sophie Pfander*

A comfortable atmosphere for having fun, while improving flexibility, muscle tone, coordination, balance, heart & lung capacity.

Monday & Friday 11:30 a.m. – Noon  
Wednesday 8:15 – 8:45 a.m.

### **Bellydance Workout** 60 min. *Wendy Kasten*

Come see how much fun it can be to work your core in this 8 week progressive session!

Wednesday 4:00 – 5:00 p.m.

### **Body by Hoop** 30 min. *Judith Tingley*

Learn how to use a weighted hula hoop to whittle your waist & tone your thighs & arms!

Monday 4:30 – 5:00 p.m.

### **Cardio Fusion** 60 min. *Tamera Blades & Sophie Pfander*

Step, hi/lo aerobics, kickboxing, intervals and ab work.

Wednesday & Friday 9:00 – 10:00 a.m.

### **Cardio Step** 60 min. *Tamera Blades*

A high-energy aerobic workout using a step platform, ab work & stretching.

Monday 9:00 – 10:00 a.m.

Tuesday 5:10 – 6:10 p.m.

### **Core Training** 30 min. *Sophie Pfander*

Exercises for the abs, back, glutes & thighs.

Monday 5:45 – 6:15 p.m.

### **County Heat LIVE** 45 min. *Cari-Anne Higgins*

This is truly a dance workout anyone can do because the moves are so simple to pick up. Add on moves to create a routine.

Wednesday 5:15 – 6:00 p.m.

Saturday 10:15 – 11:00 a.m.

### **Dynamic Definition** 60 min. *Tamera Blades*

Work your entire body in full range resistance exercises that increase strength, muscle tone, & flexibility.

Monday & Wednesday 10:15 – 11:15 a.m.

### **Forever Fit** 60 min. *Tamera Blades*

Low-impact aerobics, core strengthening & stretching.

Tuesday 10:15 – 11:15 a.m.

### **Good Morning Yoga** 60 min. *Conny Hatch*

An all-levels class, beginners welcome!

Monday, Wednesday & Friday 7:00 – 8:00 a.m.

Tuesday 4:00 – 5:00 p.m.

### **HIIT** 30 min. or 45 min. *Sophie Pfander*

High intensity interval training.

Monday 5:10 – 5:40 p.m.

Thursday 5:30 – 6:15 p.m.

### **Interval Training** 60 min. *Susan Wieman*

Raise your heart rate with a mixture of step aerobics, strength training, abdominal work and stretching.

Tuesday 9:00 – 10:00 a.m.

### **Lifetime Fitness** 60 min. *Tamera Blades*

Age 50+ or beginners. Includes aerobics, muscle strengthening, and stretching. Improve flexibility, muscle tone, coordination, balance, heart & lung efficiency.

Monday, Wednesday & Friday 2:00 – 3:00 p.m.

### **Pilates on the Mat** 60 min. *Jane Veevaert*

Learn creative ways to isolate, strengthen and stretch every muscle of the body in a functional and effective way.

Thursday 9:00 – 10:00 a.m.

### **Pilates/Yoga Fusion** 60 min. *Conny Hatch*

Using a stability ball we combine the core-strengthening and breath work of Pilates focusing on alignment & full-body awareness of yoga.

Saturday 9:00 – 10:00 a.m.

### **Rock Your Flow** 60 min. *Dawn Preston*

This is a Vinyasa Flow yoga class that uses both contemporary and traditional music. This class matches movement with breath, and is adaptable for all levels.

Tuesday 4:00 – 5:00 p.m.

### **Simple Conditioning** 45 min. *Anne Rothrock*

Blending balance, strength, and movement. Movement that matters for active daily living.

Tuesday & Thursday 7:15 – 8:00 a.m.

### **Tai Chi** 60 min. *Dave Hurley*

A soft, non-violent martial art that brings relaxation and develops coordination and balance. All levels welcome!

Saturday 11:15 a.m. – 12:15 p.m.

### **Vinyasa Flow Yoga** 60 min. *Amy Bird*

Using a combined art and wisdom from Yoga, Physical Therapy, Pilates and Dynamic Stretching, this class will emphasize improving core strength, balance, coordination, range of motion, breathe, awareness, and mind body proprioception.

Tuesday 6:20 – 7:20 p.m.

### **Yin Yoga** 75 min. *Dawn Preston*

This practice is designed to help you sit longer, and more comfortably, in meditation by stretching connective tissue around the joints (mainly the knees, pelvis, sacrum and spine). A passive practice, Yin Yoga involves variations of seated and supine poses typically held for 3 to 5 minutes, accessing deeper levels of fascia.

Thursday 4:00 – 5:15 p.m.

### **Zumba** 60 min. *Tamera Blades*

This workout includes dance steps from salsa, cha cha, samba, merengue, cumbia, with added hints of calypso, hip hop and belly dancing.

Thursday 10:15 a.m. – 11:15 a.m.

Friday 4:30 – 5:30 p.m.

### **Zumba Basic** 45 min. *Sheri McHenry*

A fitness program specifically designed to take the exciting Latin and international dance rhythms created in the original Zumba and bring them to the Active Older Adult or the beginner participant. Easy, fun and effective form of dance fitness!

Tuesday 10:15 a.m. – 11:15 a.m.

### **Petite Ballet Dancers (for ages 3 – 5)** *Michele Cox*

Inspired by the classics, this program introduces basic ballet, folk and character steps to the younger dancer.

Tuesday, 12:30 – 1:20 p.m.

Session 1: January 8 – February 12

Session 2: February 19 – March 26

\$40 Annual Members; \$60 3-Month & Non-Members

### **Junior Ballet (for ages 5 – 8)** *Michele Cox*

Where it all begins for boys & girls ages 5-8! Participants will learn foot positions, connecting turns and 3-part jump combinations.

Saturday, 2:40 – 3:40 p.m.

Session 1: January 5 – February 9

Session 2: February 16 – March 23

\$40 Annual Members; \$60 3-Month & Non-Members

### **Move With Me! (6 months – age 4)** *Parent Led – Open Gym Time*

Parent and child activity program. Parents are required to stay with their children and participate in the activities with them.

Monday & Thursday; 9:00 – 10:00 a.m.

Session 1: January 3 – February 7

Session 2: February 14 – March 21

WCY Gym

Free to Annual Members; \$20 3-Month & Non-Members

### **Indoor Y-Cycling** *Instructors vary.*

The Y-Cycling program will help make your fitness goals a reality. You will get a heart pounding, low impact workout, regardless of your fitness level.

Tuesday, 6:00 – 7:00 a.m.

Friday, 6:00 – 6:45 a.m.

Monday, Wednesday & Thursday, 6:30 – 7:30 p.m.

\$4 Annual Members; \$8 3-Month & Non-Members

### **Line Dancing** *Two class options!*

Step by step line dances will be taught by Debbie Pennesi with precise and patient instructions. This is a form of dance for all abilities and ages and does not require a partner. You will learn popular line dances along with the classics, focusing mainly on country with some pop music thrown in for fun!

#### **Basic Line Dancing:**

Session 1: January 24 – February 28

Session 2: March 7 – April 11

Thursday, 12:30 – 1:00 p.m.

\$12 Annual Members; \$17 3-Month & Non-Members

#### **Beyond the Basics Line Dancing:**

Session 1: January 24 – February 28

Session 2: March 7 – April 11

Thursday, 11:30 a.m. – 12:30 p.m.

\$25 Annual Members; \$35 3-Month & Non-Members