



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2018 GROUP EXERCISE CLASSES

September 10 – December 29, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 – 7:00 a.m. Y-Cycling <i>Linda</i>		6:00 – 7:00 a.m. Y-Cycling <i>Linda</i> <i>Ends Oct. 25</i>	6:00 – 7:00 a.m. Y-Cycling <i>Serena</i> <i>Begins Nov. 2</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> <i>Begins Oct. 31</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> <i>Begins Oct. 20</i>
		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. Pilates/Yoga Fusion <i>Conny</i> <i>Begins October 31</i>	11:30 – 12:30 p.m. Beyond the Basics Line Dancing <i>Debbie</i> <i>Session 1: Sept. 27 – Nov. 1</i> <i>Session 2: Nov. 8 – Dec. 20</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> <i>Session 1: Sept. 11 – Oct. 16</i> <i>Session 2: Oct. 23 – Nov. 27</i>	Making excuses burns ZERO calories per hour-unknown			
2:00 – 3:00 p.m. Lifetime Fitness <i>Tamera</i>	1:30 – 2:30 p.m. Basic Line Dancing <i>Debbie</i> <i>Session 1: Sept. 25 – Oct. 30</i> <i>Session 2: Nov. 6 – Dec. 11</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> <i>Session 1: Sept. 15 – Oct. 20</i> <i>Session 2: Oct. 27 – Dec. 1</i>
4:30 – 5:00 Body By Hoop <i>Judith</i>	4:00 – 5:00 p.m. Hatha Yoga <i>Polly</i>	4:00 – 5:00 p.m. Bellydance Workout <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>			New to a class? Modifications are given for all fitness levels! But, not all classes are for everyone. Please review the class descriptions before starting out! The Y's instructors and trainers are available for consultation!	
6:30 – 7:30 p.m. Y-Cycling <i>John</i> <i>Begins Oct. 22</i>		6:30 – 7:30 p.m. Y-Cycling <i>Serena</i> <i>Begins Oct. 31</i>	6:30 – 7:30 p.m. Y-Cycling <i>Robyn/Monet</i> <i>Begins Nov. 1</i>		

- 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

Shaded boxes are specialty classes requiring registration and additional fee.

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.

Hatha Yoga 60 min. *Polly Ireland*

An all-levels class that stresses safe alignment and balances strength with flexibility.

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.

Wednesday 11:30 a.m. – 12:30 p.m.

Saturday 9:00 – 10:00 a.m.

Simple Conditioning 45 min. *Anne Rothrock*

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

Tuesday 7:15 – 8:00 a.m.

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: September 11 – October 16

Session 2: October 23 – November 27

\$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: September 15 – October 20

Session 2: October 27 – December 1

\$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: September 10 – October 25

Session 2: October 29 – December 13

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, Thursday & Friday, 6:00 – 7:00 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: September 25 – October 30

Session 2: November 6 – December 11

Tuesday, 1:30 – 2:30 p.m.

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

Beyond the Basics Line Dancing:

Session 1: September 27 – November 1

Session 2: November 8 – December 20

Thursday, 11:30 a.m. – 12:30 p.m.

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