



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE SPRING 2018

March 26 - June 16, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00 - 6:45 a.m. Circuit/Interval Training <i>Petra</i> (starts 5/16)			
7:00 - 8:00 a.m. Good Morning Yoga <i>Conny</i>		7:00 - 8:00 a.m. Good Morning Yoga <i>Conny</i>		7:00 - 8:00 a.m. Good Morning Yoga <i>Conny</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> S	11:30 - 12:00 p.m. Balanced Fitness <i>Anne</i>	11:15 - 12:15 p.m. Tai Chi <i>Dave</i>
2:00 - 3:00 p.m. Lifetime Fitness <i>Tamera</i>	12:30 - 1:20 p.m. Petite Ballet <i>Michele</i> S	2:00 - 3:00 p.m. Lifetime Fitness <i>Tamera</i>		2:00 - 3:00 p.m. Lifetime Fitness <i>Tamera</i>	2:30 - 3:30 p.m. Junior Ballet <i>Michele</i> S
	1:30 - 2:30 p.m. Line Dance Basics <i>Debbie</i> April 17 - May 22 S				All classes are held in the Wellness Room unless otherwise noted.
4:30 - 5:00 p.m. Body By Hoop <i>Judith</i>	4:00 - 5:00 p.m. Vinyasa Flow Yoga <i>Dawn</i>		4:00 - 5:00 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 - 6:15 p.m. Cardio Fusion <i>Sophie</i>	5:30 - 6:15 p.m. Country Heat LIVE <i>Cari-Anne</i>	FACILITY HOURS	
5:45 - 6:15 p.m. Core Training <i>Sophie</i>	Class Schedule is subject to change if minimum enrollment is not met.	Denotes Specialty Class. <i>Dates Vary See Class Descriptions.</i> S	Note: Specialty Classes Require Registration.	Monday-Thursday 5:00 a.m. - 9:00 p.m. Friday 5:00 a.m. - 6:00 p.m. Saturday 7:30 a.m. - 5:00 p.m. Sunday Noon - 5:00 p.m.	

General Fitness Classes for Adults

Most sessions last 12 weeks unless otherwise noted- Unlimited participation
General Fitness Class participants must be 14 & older

3 - Month & Non - Members General Fitness Class Pricing:

\$110 - 12 week session \$10 - Drop-in fee (per 60-min class)
\$ 84 - 12 class card \$ 6 - Drop-in fee (per 30-min class)

General Fitness and Aquatic Fitness Classes are **INCLUDED** in your **YMCA ANNUAL MEMBERSHIP!**

GENERAL FITNESS CLASSES

Balanced Fitness 30 min. Anne Rothrock & Serena Cole

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

Body By Hoop 30 min. Judith Tingley

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

Cardio Fusion 60 min. Tamera Blades & Sophie Pfander

Workouts will incorporate step, hi/lo aerobics, kickboxing, intervals & ab work.

Cardio Step 60 min. Tamera Blades

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

Circuit/Interval Training 45 min. Petra Hartlova

A mix of strength & cardio at a moderate to high intensity.

Core Training 30 min. Sophie Pfander

Exercises for the abs, back, glutes & thighs.

Country 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!

Dynamic Definition 60 min. Tamera Blades

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

Forever Fit 60 min. Tamera Blades

Low-impact aerobics, core strengthening & stretching.

Good Morning Yoga 60 min. Conny Hatch

An all-levels class, beginners welcome!

HIIT 30 min. Sophie Pfander

High intensity interval training.

Interval Training 60 min. Susan Wieman

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

Lifetime Fitness 60 min. Tamera Blades

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

Pilates on the Mat 60 min. Jane Veevaert

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

Pilates/Yoga Fusion 60 min. Conny Hatch

This class, using a stability ball, combines the core-strengthening and breath work of Pilates with focus on alignment & full-body awareness of Yoga.

Tai Chi 60 min. Dave Hurley

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

Vinyasa Flow Yoga 60 min. Dawn Preston

Students coordinate movement with breath to flow from one pose to the next.

Yin Yoga 60 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.

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 beginner participant. Easy, fun and effective form of dance fitness!

Zumba 60 min. Tamera Blades

This work out includes dance steps from salsa, cha cha, samba, merengue, cumbia with added hints calypso, hip-hop & belly

SPECIALTY FITNESS CLASSES

Instructors & class times are subject to change, based on availability & number of participants. You may register two weeks prior to the start of any program (Y-Cycling is 1 week prior). Class fee must be paid before attending classes - no refunds - bring your receipt for payment from the Front Desk to enter the class. Must be 15 or older to participate in Indoor Y-Cycling.



S Indoor Y-Cycling Instructors & times vary see fitness schedule; Can sign up 1 week in advance of class. 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.

Fee per class: \$4 per class/ Annual Members
or \$40 cycle-card is available
\$8 per class/ 3 month & Non-Member

S Line Dancing 60 min. Debbie Pennesi

Two Levels of Classes Available! Step by step line dances will be taught with precise and patient instruction. 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!

Beyond the Basics

Dates: April 19 - May 24, 2018
Day & Time: Thursday, 11:30 a.m. - 12:30 p.m.

Line Dance Basics

Dates: April 17 - May 22, 2018
Day & Time: Tuesday 1:30 - 2:30 p.m.

Fee per Program: \$25 Annual Members
\$35 3-Month & Non-Members

S Petite Ballet Dancers (for ages 3 - 5) Michele Cox

Inspired by the classics, the program introduces basic ballet, folk & character steps to the younger dance. Princes & Princesses welcome!

Session 1 Dates: April 10 - May 15, 2018

Session 2 Dates: May 22 - June 26, 2018

Day & Time: Tuesday, 12:30 - 1:20 p.m.

Session Fee: \$40 Annual Members
\$60 3-Month & Non-Members

S Junior Ballet (for ages 5 - 8) Michele Cox

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

Session 1 Dates: April 7 - May 12, 2018

Session 2 Dates: May 19 - June 23

Day & Time: Saturday 2:30 - 3:30 p.m.

Session Fee: \$40 Annual Members
\$60 3-Month & Non-Members

- Specialty Classes require registration at our Front Desk
- Classes must be prepaid in order to register.
- No refunds.

