



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE WINTER 2018

January 2 - March 24, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 - 8:00 a.m. Good Morning Yoga <i>Conny</i>	6:00 - 7:00 a.m. Y-Cycling <i>Linda</i>	7:00 - 8:00 a.m. Good Morning Yoga <i>Conny</i>	6:00 - 7:00 a.m. Y-Cycling <i>Linda</i>	7:00 - 8:00 a.m. Good Morning Yoga <i>Conny</i>	7:45 - 8:45 a.m. Y-Cycling <i>Dan</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 <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> Begins 1/23	11:30 - 12:30 p.m. Pilates/Yoga Fusion <i>Conny</i>	11:30 - 12:30 p.m. Beyond the Basics Line Dancing <i>Debbie</i> 1/11- 2/15, 2018	11:30 - 12:00 p.m. Balanced Fitness <i>Anne</i>	11:15 - 12:15p.m. Tai Chi <i>Dave</i>
	12:30 - 1:20 p.m. Petite Ballet <i>Michele</i>	Watch for details on our upcoming SUPERBOWL OF FITNESS event February 10, 2018			
2:00 - 3:00 p.m. Lifetime Fitness <i>Tamera</i>	1:30 - 2:30 p.m. Line Dance Basics <i>Debbie</i> 1/9 - 2/6, 2018	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>
4:30 - 5:00 p.m. Body By Hoop <i>Judith</i> Begins 2/5	4:00 - 5:00 p.m. Belly Dancing <i>Wendy</i> 1/9 - 2/27, 2018	4:00 - 4:45 p.m. Country Heat LIVE <i>Cari-Anne</i>	4:00 - 5:00 p.m. Yin Yoga <i>Dawn</i>	4:30 - 5:30 p.m. Zumba <i>Tamera</i>	All classes are held in the Wellness Room unless otherwise noted
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>	5:15 - 6:15 p.m. Challenge <i>Glen</i>	Note: Specialty Classes Require Registration	Class Schedule is subject to change if minimum enrollment is not met
5:45 - 6:15 p.m. Core Training <i>Sophie</i>				FACILITY HOURS	
6:30 - 7:30 p.m. Y-Cycling <i>Serena</i>	6:15 - 7:15 p.m. Vinyasa Flow Yoga <i>Amy</i>	6:30 - 7:30 p.m. Y-Cycling <i>Monet</i>	6:30 - 7:30 p.m. Y-Cycling <i>Robyn</i>	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.

S → Denotes Specialty Class. Dates vary. Please see individual class description for specific dates and pricing.

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 & Aquatic Fitness
Classes are INCLUDED in your
YMCA ANNUAL MEMBERSHIP!

GENERAL FITNESS CLASSES

Balanced Fitness 30 min. *Anne Rothrock*

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

Bellydance Workout 60 min. *Wendy Kasten*

January 9- February 27, 2018 Come and see how much fun it can be to work your core in this 6 week progressive session.

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.

Challenge 60 min. *Glen Veevaert*

A mix of aerobics, agility & strength/core. Options for all levels of intensity & impact.

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. *Amy Bird*

Using a combined art and wisdom from yoga, Physical Therapy, Pilates & Dynamic Stretching, this class offers a fresh perspective on functional fitness. With an emphasis on improving core strength, balance, coordination, range of motion, breathe, awareness & mind and body proprioception.

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 (Begins 1/23, 2018)*

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 dancing.



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.

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

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: January 11- February 15, 2018
Day & Time: Thursday, 11:30 a.m. - 12:30 p.m.

Line Dance Basics

Dates: January 9 - February 13, 2018
Day & Time : Tuesday 1:30 -2:30 p.m.

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

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: January 8 - February 12, 2018

Session 2 Dates: February 19 - March 26, 2018

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

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

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: January 6 - February 10, 2018

Session 2 Dates: February 17 - March 24, 2018

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

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

IF YOU THINK
YOU CAN
YOU'RE RIGHT

