



# WALDO COUNTY YMCA GROUP EXERCISE CLASSES

September 8 - November 30, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 – 7:00 a.m. Circuit/Interval <i>Petra</i>		6:00 – 7:00 a.m. 360 <i>Glen</i>		
7:00 – 8:00 a.m. Good Morning Yoga <i>Conny</i>	7:15 – 8:00 a.m. SAIL <i>Cathryn</i>		7:15 – 8:00 a.m. SAIL <i>Cathryn</i>	7:00 – 8:00 a.m. Good Morning Yoga <i>Conny</i>	7:45 – 8:00 a.m. Y-Cycling <i>Dan</i> <i>Starts 10/19</i>
		8:15 – 8:45 a.m. Going Strong <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. Zumba <i>Kristen</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>		
11:30 a.m. – Noon Going Strong <i>Anne</i>	11:30 a.m. – 12:15 p.m. Zumba Basic <i>Sheri</i>		11:30 a.m. – 12:30 p.m. Beyond the Basics Line Dancing <i>Debbie</i>	11:30 – Noon Going Strong <i>Sophie</i>	11:15 – 12:15 p.m. Tai Chi <i>Dave</i> <i>Starts 9/21</i>
	12:30 – 1:20 p.m. Petite Ballet <i>Michele</i>		12:30 – 1:00 p.m. Basic Line Dance <i>Debbie</i>		
2:00 – 3:00 p.m. Lifetime Fitness <i>Tamera</i>		2:00 – 3:00 p.m. Lifetime Fitness <i>Tamera</i>	1:15– 2:00 Room closed for preschool class	2:00 – 3:00 p.m. Lifetime Fitness <i>Tamera</i>	2:40 – 3:40 p.m. Junior Ballet <i>Michele</i>
4:30 – 5:00 p.m. Body by Hoop <i>Judith</i> <i>Starts 11/4</i>		4:00 – 5:00 p.m. Belly Dancing <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 – 6:15 p.m. Dynamic Definition <i>Sophie</i>			<b>NEW!</b> <b>Sunday Class</b> 1:00 – 2:00 p.m. Zumba <i>Kirsten</i>
5:45 – 6:15 p.m. Core Training <i>Sophie</i>					
6:30 – 7:30 p.m. Y-Cycling <i>John</i> <i>Starts 10/21</i>	6:20 – 7:20 p.m. Vinyasa Flow Yoga <i>Amy</i>	6:30– 7:30 p.m. Y-Cycling <i>Serena</i> <i>Starts 10/16</i>			

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

### Helpful Information:

- General fitness classes are FREE to Annual Members.
- Specialty classes have an additional fee (see page 15).  
⇒ Class fee must be paid before attending classes, bring receipt of payment for class admittance.
- Participants may register two weeks prior to the start of any program except cycling (cycling returns in the fall).
- Instructors & class times are subject to change, based on availability and number of participants.
- Classes are held in our Wellness Room unless otherwise noted.
- Must be ages 14 & up to participate in a General Fitness Class.

### Pricing:

- General Fitness Classes are **FREE** to Annual Members.
- Specialty Classes require pre-registration & additional fee.
- **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

## GROUP EXERCISE CLASSES - General Fitness Classes are FREE to Annual Members

### **360** 60 min. *Glen Veevaert*

Strength, cardio, and core training in a non-choreographed format. All fitness levels welcome.

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

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 & tone your thighs & arms!

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

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

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

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

### **Circuit/Interval Training** 60 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.

### **Dynamic Definition** 60 min. *Tamera Blades/Sophie Pfander*

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.

### **Going Strong** 30 min. *Anne Rothrock/Sophie Pfander*

A total body workout combining elements of cardio, muscle conditioning, balance and flexibility.

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

An all-levels class, beginners welcome!

### **Hatha Yoga** 60 min. *Polly Ireland*

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

### **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, abdominal work and stretching.

### **Lifetime Fitness** 60 min. *Tamera Blades/Sophie Pfander*

Age 50+ or beginners. Includes aerobics, muscle strengthening, balance, and stretching.

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

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

### **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 and Dynamic Stretching, this class will emphasize improving core strength, balance, coordination, range of motion, breathe, awareness, and mind body proprioception.

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

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** 60 min.

*Tamera Blades/Sheri McHenry/Kristen Klenk/Kirsten Fogg*

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

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

Latin and international dance rhythms created for the Active Older Adult or the beginner participant. Easy, fun and effective form of dance fitness!

## SPECIALTY CLASSES - Additional Fee Required

### **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.

See schedule for days and times.

### **Line Dancing** *Debbie Pennesi*

This is a form of dance for all abilities and ages and does not require a partner. You will learn popular line dances step by step, focusing mainly on country with some pop music thrown in for fun!

### **Basic Line Dancing** 30 min.

September 12 – October 17

Thursday 12:30 – 1:00 p.m.

Annual Members \$12 / 3 Month & Non Members \$17

### **Beyond the Basics Line Dancing** 60 min.

September 12 – October 17

Thursday, 11:30 a.m. – 12:30 p.m.

Annual Members \$25 / 3 Month & Non Members \$35

### **SAIL** 45 min. *Cathryn Harjung*

Stay Active and Independent for Life; a strength, balance and fitness program for ages 65+

September 3 – September 26

Tuesday & Thursday

7:15 – 8:00 a.m.

Annual Members Free / 3 Month & Non Members \$20

### **Petite Ballet Dancers (for ages 3 – 5)** 50 min. *Michele Cox*

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

Session 1: September 10 – October 15

Session 2: October 22 – November 26

Tuesdays, 12:30 – 1:20 p.m.

Annual Members \$40 / 3 Month & Non Members \$60

### **Junior Ballet (for ages 5 – 8)** 60 min. *Michele Cox*

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

Session 1: September 14 – Oct. 19

Session 2: Oct. 26 – Nov. 30

Saturday, 2:40 – 3:40 p.m.

Annual Members \$40 / 3 Month & Non Members \$60



**Pancake Triple Stack Road Race  
Sunday, September 15, 2019**

	Start Time:	Fee:	Register:
1 Mile Kids Run (children 10 & under)	8:30 a.m.	\$ 5	Front Desk
5K run/walk	9:30 a.m.	\$ 20	www.active.com
10K run	9:30 a.m.	\$ 35	www.active.com

Race starts and ends at Belfast Area High School · 98 Waldo Avenue