

# WALDO COUNTY YMCA GROUP AND AQUA EXERCISE CLASSES

November 2 - December 31, 2020 (Effective 11.9.2020)

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

6:00 - 7:00 a.m.  
 ENTRY LEVEL YOGA  
 Glen / W.R.

6:00 - 7:00 a.m.  
 360 FIT  
 Glen / W.R.

7:45 - 8:30 a.m.  
 GOING STRONG  
 Anne / W.R.

7:45 - 8:45 a.m.  
 HYBRID BARRE  
 Susan / W.R.

7:45 - 8:30 a.m.  
 GOING STRONG  
 Anne / W.R.

7:45 - 8:45 a.m.  
 PILATES  
 Jane / W.R.

7:45 - 8:30 a.m.  
 GOING STRONG  
 Anne / W.R.

8:00 - 9:00 a.m.  
 Y-CYCLING  
 Dan  
 Gymnasium Left

Exercise is important for your physical and mental health.  
 To help reduce the spread, face coverings are now **REQUIRED** in classes.  
 Please also join us as we continue to physically distance,  
 sanitize and vigilantly wash our hands.

9:45 - 10:45a.m.  
 ZUMBA  
 Kristen  
 Gymnasium Right

10:00 - 11:00 a.m.  
 CARDIO FUSION  
 Tamera / Gymnasium

10:00 - 11:00 a.m.  
 DYNAMIC  
 DEFINITION  
 Sophie / Gymnasium

10:00 - 11:00 a.m.  
 CARDIO FUSION  
 Sophie /Gymnasium

11:30 - 12:15 p.m.  
 DANCE BEATS  
 Sheri / W.R.

11:30 - 12:45 p.m.  
 ZUMBA®  
 Tamera / Gymnasium

11:30 - 12:30 p.m.  
 LINE DANCING  
 Debbie / W.R.

11:00 a.m. - Noon  
 TAI CHI  
 Dave / W.R.

**START DATES:**  
 Look for the specific  
 date of your favorite  
 classes returning  
 throughout the  
 month.

**CLASS LIMITS:**  
 Wellness room 9  
 Outside 12  
 Gymnasium 15

**REGISTRATON:**  
 required EXCEPT  
 to participate via Zoom  
 and FB Live classes.  
 You must belong to  
 our Y Fitness FB  
 group for FB Live  
 classes (see back).

**Call 207.338.4598**  
 up to 24 hours prior  
 to the class.

**LEGEND:**  
 W.R. = Wellness  
 Room

= additional fee

2:00 - 3:00 p.m.  
 LIFETIME FITNESS  
 Tamera / W.R.

2:00 - 3:00 p.m.  
 LIFETIME FITNESS  
 Tamera / Sophie  
 W.R.

1:15 - 2:00 p.m.  
 CHILDCARE / W.R.

2:00 - 3:00 p.m.  
 LIFETIME FITNESS  
 Tamera / Sophie  
 W.R.

3:45 - 4:15 p.m.  
 CHILDCARE / W.R.

4:00 - 5:00 p.m.  
 YIN YOGA  
 Dawn / W.R.

5:15 - 5:45 p.m.  
 HIIT  
 Sophie / Gymnasium

5:15 - 6:15 p.m.  
 CARDIO STEP  
 Tamera /  
 Gymnasium

5:15 - 6:15 p.m.  
 FUNCTIONAL  
 FITNESS  
 Jane / W.R.

4:30 - 5:30 p.m.  
 ZUMBA  
 Tamera / Gymnasium

5:45 - 6:15 p.m.  
 CORE TRAINING  
 Sophie / Gymnasium

6:30 - 7:30 p.m.  
 Virtual Cycling  
 Serena / Zoom

## GROUP EXERCISE AND AQUA EXERCISE CLASSES DESCRIPTIONS

### AQUA FITNESS CLASSES ARE TEMPORARILY ON HOLD UNTIL FURTHER NOTICE PER CDC, COMMUNITY SPORTS AND GOVERNOR MILL GUIDELINES.

**360 FIT** (60 min. Glen Veevaert): Strength, cardio, and core training in a non-choreographed format All fitness levels welcome.

**CARDIO FUSION** (60 min. Tamera Blades or 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.

**CORE TRAINING** (30 min. Sophie Pfander) Exercises for the abs, back, glutes & thighs.

**DANCE BEATS** (45 min. Sheri McHenry): A variety of dance rhythms created for the Active Older Adult or beginner participant. Easy, fun & effective form of dance fitness!

**DYNAMIC DEFINITION** (60 min. Sophie Pfander): Work your entire body in full range resistance exercises that increase strength, muscle tone & flexibility.

**ENTRY LEVEL YOGA** (60 min. Glen Veevaert) A low-key approach to breathing, movement, balance, and flexibility combining mat and standing poses. Emphasis on present moment and body awareness.

**FUNCTIONAL FITNESS** (60 min. Jane Veevaert) A mix of cardio, strength and Pilates.

**GOING STRONG** (45 min. Anne Rothrock): Blending balance, strength, and movement. Movement that matters for active daily living.

**HIIT** (30 min. Sophie Pfander): High intensity interval training.

**HYBRID BARRE** (60 min. Susan Wieman): Ballet inspired moves with elements of Pilates, yoga, strength training and aerobics.

**LIFETIME FITNESS** (60 min. Tamera Blades or Sophie Pfander): Age 50+ or beginners. Includes aerobics, muscle strengthening, and stretching. Improve flexibility, muscle tone, coordination, balance, heart & lung efficiency.

**PILATES** (60 min. Jane Veevaert) Learn creative ways to isolate, strengthen and stretch every muscle of the body in a functional and effective way. Pilates exercises will enhance core strength and promote flexibility and muscular control.

**TAI CHI** (60 min. Dave Hurley): A soft, non-violent martial art that brings relaxation and develops coordination and balance.

**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). This passive practice, involves variations of seated and supine poses typically held for 3 to 5 minutes, accessing deeper levels of fascia.

**ZUMBA** (60 min. Tamera Blades or Kristen Klenk): Includes dance steps from salsa, cha cha, samba, merengue, cumbia, with added hints of calypso, hip hop and belly dancing.

### SPECIALTY CLASS DESCRIPTIONS:

**INDOOR Y-CYCLING** (60 min.. Instructors vary): Make your fitness goals a reality with a heart pounding, low impact workout, regardless of your fitness level. Call 207.338.4598 for the Zoom link and password. ....

In person classes require additional fee of: \$4 Annual Member / \$8 - 3 Month & Non Member

**LINE DANCING** (60 min. Debbie Pennesi): Step by step line dances 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! *(Minimum of 6 participants to hold class)*

Session 1: October 15 - November 19 \$25 Annual Member / \$35 - 3 Month & Non Member

Session 2: December 3 - December 17 \$12.50 Annual Member / \$17 - 3 Month & Non Member

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### WCY GROUP EXERCISE FACEBOOK GROUP

We have created a private Facebook Group Fitness page to help connect further with our Annual and 3 Month Members. We are posting live classes (that can be viewed over and over) plus tips and encouragement to help further your fitness journey.

JOIN IN A FEW EASY STEPS:

1. Visit [www.facebook.com](http://www.facebook.com) or open your app.
2. Click Join Group
3. Search "Waldo County YMCA Fitness"
4. Sit back and wait for our page administrators to approval your request.

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