

WALDO COUNTY YMCA GROUP AND AQUA EXERCISE CLASSES

November 2 - December 31, 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|---|
| | 5:00 - 6:00 a.m. MASTERS SWIM Angela /Lap Pool | | 5:00 - 6:00 a.m. MASTERS SWIM Angela /Lap Pool | | |
| | | 6:00 - 7:00 a.m. ENTRY LEVEL YOGA Glen / W.R. | 6:00 - 7:00 a.m. 360 FIT Glen / W.R. | | |
| 8:00 - 8:45 a.m. GOING STRONG Anne / W.R. | | 8:00 - 8:45 a.m. GOING STRONG Anne / W.R. | 8:00 - 9:00 a.m. PILATES Jane / W.R. | 8:00 - 8:45 a.m. GOING STRONG Anne / W.R. | 8:00 - 9:00 a.m. Y-CYCLING Dan Gymnasium Left |
| 8:15 - 9:00 a.m. AQUA ZUMBA Angelica /Therapy Pool | 8:00 - 9:00 a.m. HYBRID BARRE Susan / W.R. | 8:15 - 9:00 a.m. AQUA ZUMBA Angelica /Therapy Pool | | 8:15 - 9:00 a.m. AQUA FIT Eryn / Therapy Pool (Begins 11/6) | |
| PLEASE JOIN US IN PROTECTING THE COMMUNITY BY WEARING A FACE COVERING IN ALL NON PROGRAM AREAS. | | | | | 9:45 - 10:45a.m. ZUMBA Kristen Gymnasium Right (Begins 11/7) |
| 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. |
| | | | 1:15 - 2:00 p.m. CHILDCARE / 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 = in pool = in pool and additional fee |
| 2:00 - 3:00 p.m. LIFETIME FITNESS Tamera / W.R. | 2:00 - 3:00 p.m. POWER AQUA Donna / Lap Pool | 2:00 - 3:00 p.m. LIFETIME FITNESS Tamera / Sophie W.R. | 2:00 - 3:00 p.m. POWER AQUA Donna / Lap Pool | 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. (Begins Nov. 5) | | |
| 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

- 360 FIT** (60 min. Glen Veevaert): Strength, cardio, and core training in a non-choreographed format All fitness levels welcome.
- AQUA FIT** (60 min. Eryn Thostenson): Come join us for a splash of fun in the pool for an exciting mystery workout - we never know what we will get! A mix of yoga, stretching, cardio, strength training and intervals will lead us through a roughly 45 minute workout, followed by a gentle stretch to get ready for the day.
- AQUA ZUMBA®** (45 min, Angelica Bunker): Blends the Zumba philosophy with natural water resistance. Not only will you have less impact on your joints, but you can also have fun while enjoying an effective workout for all ages and body types.
- 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.
- POWER AQUA** (60 min. Donna Shute): For those who want to feel the burn, Power Aqua is a more intense aerobic workout in shallow and deep water, using noodles and weights to isolate muscles and increase intensity.
- 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.): 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

MASTERS SWIM (60 min. Angela Parks): Workouts have a variety of levels to accommodate almost any ability. We recommend that you be in lap swimming shape, where you are able to swim laps at a comfortable pace, for at least 30-45 minutes. Focus points will be provided for the group as a whole, while the coach will offer individual comments on stroke technique and help motivate you to achieve your goals. There are opportunities to compete; they are encouraged, though not required. Coach Angela Parks has 23+ years of experience ranging from age-group swim lessons through senior coaching.

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 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.