

Effective Tuesday, September 8, 2020

Updated September 2, 2020  
Subject to change

	At the Y: Pavilion	Zoom	FB Live	At the Y: Parking Lot	At the Y: Field	At the Y: Back Patio	
<b>MONDAY</b>							
7:00 - 7:45 a.m.	<b>SIMPLE CONDITIONING w/Anne:</b> Blending balance, strength and movement. Movement that matters for active daily living.					Y Pavilion	
9:00 - 10:00 a.m.	<b>MYSTERY CLASS w/Tamera:</b> Step, hi/low aerobics, intervals & sculpting.					Y Pavilion	FB Live
5:00 - 6:00 p.m.	<b>HIIT &amp; CORE w/Sophie:</b> High intensity interval training.					Y Pavilion	FB Live
<b>TUESDAY</b>							
6:00 - 7:00 a.m.	<b>BOOT CAMP w/Petra:</b> Cardio, strength & core training in a non-choreographed format.					Y Pavilion	
7:30 - 8:30 a.m.	<b>HYBRID BARRE w/Susan:</b> Ballet inspired moves with elements of Pilates, yoga, strength training and aerobics.					Y Pavilion	
7:00 - 8:00 a.m.	<b>INSIGHT MEDITATION w/Amy:</b> Sit comfortably 20-25 minutes, followed by sharing & questions. Meeting ID: 2791379398 / password: rain					Zoom	
5:00 - 6:00 p.m.	<b>CARDIO STEP w/Tamera:</b> An aerobic workout using a step platform.					Y Pavilion	
<b>WEDNESDAY</b>							
6:00 - 7:00 a.m.	<b>OUTDOOR WALK GROUP w/Glen:</b> we'll start and end at the Y.					Y Back Patio	
6:30 - 7:15 a.m.	<b>SIMPLE CONDITIONING w/Anne:</b> Blending balance, strength and movement. Movement that matters for active daily living.					Y Pavilion	
9:00 - 10:00 a.m.	<b>DYNAMIC DEFINITION w/Sophie:</b> Work your entire body in full range resistance exercises to increase strength, muscle tone & flexibility.					Y Pavilion	FB Live
11:30 a.m. - 12:45 p.m.	<b>ZUMBA® w/Kristen OR Tamera:</b> Dance steps taken from salsa, cha cha, tango, merengue, calypso, hip-hop & belly dancing. Beginning September 9, the live class will be held at the Y. Meeting ID. 86398241109 / password: WCYzumba20					Y Parking Lot	Zoom
5:00 - 6:00 p.m.	<b>FUNCTIONAL FITNESS w/Jane:</b> A mix of cardio, strength and Pilates.					Y Back Patio	
<b>THURSDAY</b>							
6:00 - 7:00 a.m.	<b>BOOT CAMP w/Glen:</b> Cardio, strength & core training in a non-choreographed format.					Y Back Patio	
9:00 - 10:00 a.m.	<b>BODY WEIGHT WORKOUT w/Sophie:</b> Includes kickboxing, plyometrics and core work.					FB Live	
<b>FRIDAY</b>							
7:00 - 7:45 a.m.	<b>SIMPLE CONDITIONING w/Anne:</b> Blending balance, strength and movement. Movement that matters for active daily living.					Y Pavilion	
9:00 - 10:00 a.m.	<b>INSIGHT MEDITATION w/Amy:</b> Sit comfortably 20-25 minutes, followed by sharing & questions. Meeting ID: 2791379398 / password: rain					Zoom	
9:00 - 10:00 a.m.	<b>CARDIO FUSION w/Sophie:</b> Step, kickboxing, intervals and strength training.					Y Pavilion	FB Live
4:30 - 5:30 p.m.	<b>ZUMBA® w/Tamera:</b> Dance steps taken from salsa, cha cha, tango, merengue, calypso, hip-hop & belly dancing.					Y Parking Lot	
<b>SATURDAY</b>							
11:00 a.m. - Noon	<b>TAI CHI w/Dave:</b> A soft non-violent martial art that brings relaxation and develops coordination and balance. All levels are welcome.					Y Field	

- Per CDC & Governor guidelines we are limited to 12 participants for in person classes.
  - Registration is required EXCEPT to participate via Zoom and FB Live classes. You must belong to our Y Fitness FB group for FB Live classes (see below).
  - To register call 207.338.4598 up to 24 hours prior to the class. You must speak with the Front Desk to register - please do not leave a message. Call on Friday or Saturday to register for Monday classes.
- Please come dressed and bring a water bottle, mat/blanket, sunscreen, bug spray, etc.
- Thank you for your continued support and understanding through these unprecedented times. We will continue to move forward and bring you the best programming we are able to under the latest CDC & Governor guidelines.

**PLEASE JOIN OUR FB FITNESS GROUP FOR LIVE CLASSES.**

1. Search "Waldo County YMCA Fitness" on www.facebook.com or open your app.
2. Click Join Group.
3. Sit back and wait for our page administrators to approval your request.



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