

# WALDO COUNTY YMCA GROUP AND AQUA EXERCISE CLASSES

January 4 - March 31, 2021  
Subject to change.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

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

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

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

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

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

8:15 - 9:15 a.m.  
Y-CYCLING  
Dan  
W.R. & Zoom

“Strength does not come from physical capacity.  
It comes from an indomitable will” Mahatma Gandhi

8:30 - 9:30 a.m.  
ZUMBA  
Kristen  
Gymnasium

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

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

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

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

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

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

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

2:00 - 3:00 p.m.  
LIFETIME FITNESS  
Tamera  
W.R. & FB Live

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

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

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

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

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

5:00 - 5:30 p.m.  
HIIT  
Sophie  
W.R. & FB Live

5:00 - 6:00 p.m.  
CARDIO STEP  
Tamera / W.R.

5:00 - 6:00 p.m.  
FUNCTIONAL  
FITNESS  
Jane / W.R.

5:30 - 6:00 p.m.  
CORE TRAINING  
Sophie  
W.R. & FB Live

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

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

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

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

**REGISTRATION:**  
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.

Zoom login information available at our Front Desk.

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

 = additional fee

## GROUP EXERCISE AND AQUA EXERCISE CLASSES DESCRIPTIONS

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

**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: January 7 - February 11 \$25 Annual Member / \$35 - 3 Month & Non Member

Session 2: February 18 - March 25 \$12.50 Annual Member / \$17 - 3 Month & Non Member

.....

### 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.

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

.....