



GROUP EXERCISE CLASSES: March 25 - June 15, 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. Simple Conditioning <i>Anne</i>	7:00 – 8:00 a.m. Good Morning Yoga <i>Conny</i>	7:15 – 8:00 a.m. Simple Conditioning <i>Anne</i>	7:00 – 8:00 a.m. Good morning Yoga <i>Conny</i>	
		8:15 – 8:45 a.m. Balanced Fitness <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. Pilates/Yoga Fusion <i>Conny</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 – 12:00 p.m. Balanced Fitness <i>Anne</i>	11:30 – 12:15 p.m. Zumba Basic <i>Sheri</i>		11:30 – 12:30 p.m. Beyond the Basics Line Dancing <i>Debbie</i>	11:30 – 12:00 p.m. Balanced Fitness <i>Sophie</i>	11:15 – 12:15 p.m. Tai Chi <i>Dave</i>
	12:30 – 1:20 p.m. Petite Ballet <i>Michele</i>				
			1:15 – 2:00 p.m. <i>Room Closed for Preschool Class</i>		
2:00 – 3:00 p.m. Lifetime Fitness <i>Tamera</i>		2:00 – 3:00 p.m. Lifetime Fitness <i>Tamera</i>		2:00 – 3:00 p.m. Lifetime Fitness <i>Tamera</i>	2:40 – 3:40 p.m. Junior Ballet <i>Michele</i>
	4:00 – 5:00 p.m. Hatha Yoga <i>Polly</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>		5:30 – 6:15 p.m. HIIT <i>Sophie</i>	Shaded boxes are specialty classes requiring pre-registration and additional fee	
5:45 – 6:15 p.m. Core Training <i>Sophie</i>					

- Session lasts 12 weeks- Unlimited participation
- Must be ages 14 & up to participate in a General Fitness Class
- Class Schedule is subject to change if minimum enrollment is not met.
- All classes are held in the Wellness Room unless otherwise noted.
- General Fitness Classes are **FREE** to Annual Members

- **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

Balanced Fitness 30 min. Anne Rothrock/Sophie Pfander

A comfortable atmosphere for having fun, while improving flexibility, muscle tone, coordination, balance, heart & lung capacity.

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 45 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

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.

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. or 45 min. Sophie Pfander

High intensity interval training. High impact on Monday and a low impact option on Thursday.

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

Age 50+ or beginners. Includes aerobics, muscle strengthening, and stretching. Improve flexibility, muscle tone, coordination, balance, heart & lung efficiency.

Pilates on the Mat 60 min. Jane Veevaert

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

Pilates/Yoga Fusion 60 min. Conny Hatch

Using a stability ball we combine the core-strengthening and breath work of Pilates focusing on alignment & full-body awareness of yoga.

Simple Conditioning 45 min. Anne Rothrock

Blending balance, strength, and movement. Movement that matters for active daily living.

Tai Chi 60 min. Dave Hurley

A soft, non-violent martial art that brings relaxation and develops coordination and balance. All levels welcome!

360 60 min. Glen Veevaert

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

Yin Yoga 75 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). 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

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

A fitness program specifically designed to take the exciting Latin and international dance rhythms created in the original Zumba and bring them to the Active Older Adult or the beginner participant. Easy, fun and effective form of dance fitness!

Petite Ballet Dancers (for ages 3 - 5) Michele Cox

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

Tuesday, 12:30 - 1:20 p.m.

May 14 - June 18

\$40 Annual Members; \$60 3-Month & Non-Members

Junior Ballet (for ages 5 - 8) Michele Cox

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

Saturday, 2:40 - 3:40 p.m.

May 11 - June 15

\$40 Annual Members; \$60 3-Month & Non-Members

Move With Me! (6 months - age 4)

Parent Led - Open Gym Time

Parent and child activity program. Parents are required to stay with their children and participate in the activities with them.

Monday & Thursday; 9:00 - 10:00 a.m.

Session 1: March 25 - May 2

Session 2: May 6 - June 13

WCY Gym

Free to Annual Members; \$20 3-Month & Non-Members

Line Dancing

Step by step line dances will be taught by Debbie Pennesi 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!

Beyond the Basics Line Dancing:

Session 1: April 11 - May 16

Session 2: May 23 - June 27

Thursday, 11:30 a.m. - 12:30 p.m.

\$25 Annual Members; \$35 3-Month & Non-Members