



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



**GROUP FITNESS CLASS SCHEDULE
WINTER I SESSION
MORNING CLASSES
January 2 - February 16, 2019**

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:00-9:00 AM	Pickleball	Y-Walk	Y-Walk 1/2 Gym Pickle Ball 1/2 Gym	Y-Walk	Pickleball	
5:30-6:30 AM		Group Cycle		Group Cycle		
7:00-7:45 AM	Stretch & Tone		Stretch & Tone		Stretch & Tone	
8:00-8:45 AM	Y-Pump	Low Impact Aerobics (Studio) Beachbody PiYo® (Mezzanine)	Y-Pump	Low Impact Aerobics (Studio) Beachbody PiYo® (Mezzanine)	Yoga	
9:00 - 9:45 AM					Zumba® Step	
9:00 - 10:00 AM	Cardio Kickboxing		Cardio Kickboxing			
9:00-9:30 AM		Pilates		Pilates		
9:45 - 10:15 AM					Foam Rolling	
10:30-11:00 AM	Chair Based Fitness		Chair Based Fitness		Chair Based Fitness	

BREAK A SWEAT WITH US



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GROUP FITNESS CLASS DESCRIPTIONS:

BEACHBODY PiYo®: Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You will use body weight to perform a series of continuous, targeted moves to define every single muscle - big and small. This intense, yet low-impact workout will burn calories while you sweat, stretch, and strengthen - all in one empowering PiYo® workout. **Instructor - Staci**

CARDIO KICKBOXING: This class will have you punching and kicking, along with high/low impact motions throughout this workout. Be ready for a calorie burn. **Instructor - Carey**

CHAIR BASED FITNESS (ARTHRITIS FOUNDATION EXERCISE PROGRAM): Have fun while you move through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Chair support offered to safely perform the exercises seated or standing. Non-Member Fee: \$35 per session. **Instructor - Gerry**

FOAM ROLLING: This class is a self-myofascial release (self messaging technique) through the use of a foam roller. Using foam rollers as part of your training program will improve your flexibility, function, performance, and reduce injuries. It is similar to giving yourself a massage using your own body weight to roll around on the foam roller. **Instructor - Staci**

GROUP CYCLE: Group cycling classes combine energizing music with a unique fitness workout for powerful results. You get all of the benefits of aerobic activity, including a great calorie burn and stronger heart and lungs, in a fun and supportive group setting. **Instructor - Mike**

LOW IMPACT AEROBICS: Start your day with a light cardio workout. All moves can be modified to suit your specific fitness needs and goals. **Instructor - Nancy**

STRETCH & TONE: Warm up with a little cardio, and tone with resistance training. Learn all aspects of properly stretching for a total body workout. **Instructor - Carey**

PILATES: A non-impact workout that strengthens the "powerhouse" muscles of the abdomen, hips, lower back and gluteus. It improves posture and stability, as well as coordination and balance. **Instructor - Carey**

YOGA: Renew your mind and body through simple, basic, and gentle movements. Hatha Yoga done in a vinyasa style is perfect for anyone looking to improve flexibility. Great for all fitness levels.

Instructor - Staci

Y-PUMP: Add this workout to your day! This class will build muscle, endurance and challenge your cardiovascular system, along with strength training for total body conditioning. **Instructor - Staci**

Y-WALK: Enjoy walking indoors while socializing with friends! \$30 per session for program participants.

ZUMBA® STEP: Combines the toning and strengthening of step aerobics with the cardio conditioning of Zumba. **Instructor - Staci**