



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



**GROUP FITNESS CLASS SCHEDULE**  
**SUMMER I SESSION**  
**MORNING CLASSES**  
 June 3 - July 13, 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)  Pound® (Mezzanine)		Low Impact Aerobics (Studio)  Pound® (Mezzanine)	Y-Pump	
8:00 - 9:00 AM			Yoga			
9:00 - 9:30 AM		Pilates		Pilates		
9:00 - 9:45 AM	Beachbody Core De Force®				Beachbody Core De Force®	
9:15 - 10:00 AM			Barre Above®			
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:**

**BARRE ABOVE®:** A workout that fuses Yoga, Pilates, Strength Training, and Ballet. This pattern of exercise helps to improve strength, balance, flexibility and posture. **Instructor - Carey**

**BEACHBODY CORE DE FORCE®:** Core De Force® is a high-energy, non-contact group fitness class that mixes MMA-inspired cardio drills with explosive power moves for a full-body conditioning workout.

**Instructor - Meredith**

**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 - Carey, 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**

**POUND®:** This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and pilates inspired movements. Using Ripstix®, lightly weighted drumsticks for exercising.

POUND® transforms drumming into an incredibly effective way of working out. **Instructor - Kim**

**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.