



AUGUST 2021 GROUP EXERCISE CALENDAR

- Schedule is subject to change. All classes are dependent upon 3 participants per class.
- Classes can be attended by member 12 yrs of age & older
- Classes are FREE with Y membership

MON	TUES	WED	THURS	FRI	SAT
BOOT CAMP 5:30-6:15A Carol			BOOT CAMP 5:30-6:15A Carol		SPIN 8:00-8:45A Lisa
SILVER SNEAKERS YOGA 9:30-10:15A Karen	SILVER SNEAKER CLASSIC 9:30-10:15A Sandy	SILVER SNEAKERS YOGA 9:30-10:15A Karen	SILVER SNEAKER CLASSIC 9:30-10:15A Sandy	SILVER SNEAKERS YOGA 9:30-10:15A Karen	BOXING & FUNCTIONAL STRENGTH 9:30-10:30A Bart
				SILVER SNEAKER CLASSIC 10:30-11:15A Sandy	Ripped 10:45-11:30A Jessica (no class 8/28)
DANCE FITNESS 4:30-5:15P Virtuagym Class		DANCE FITNESS 4:30-5:15P Virtuagym Class		DANCE FITNESS 4:30-5:15P Virtuagym Class	
	YOGA 5:30-6:30P Lekisha (no class 8/24)				
BOXING & FUNCTIONAL STRENGTH 6:30-7:30P Bart	STEP CIRCUIT 6:45-7:30P Lisa	6:45-7:15P 8/4 Country Dance Aerobics -Carol 8/11 Spin-Lisa 8/18 Country Dance Aerobics -Carol 8/25 Spin-Lisa	TABATA 6:45-7:30P Lisa		

Class Color Code

Mind/Body	Strength	Cycling
Cardio	Dance	AOA (Active Older Adults)

BOXING & FUNCTIONAL STRENGTH

Participants will be shown basic boxing techniques and encouraged to move and groove at their own comfort and skill level. Range of motion, balance, and stability will be greatly stressed. Not only for those living with dementia, Parkinson's and similar debilitating illness, but also for those who wish to prevent such ailments. Functional fitness is a classification of training that prepares the body for real-life movements and activities. Movements such as squatting, reaching, pulling, and lifting will be made easier with functional fitness.

TABATA

Tabata class will consist of 20 seconds of work followed by 10 seconds of recovery, 7 rounds. You can expect each class to use a variety of equipment, such as lighter weights, jump ropes, resistance bands, or stability balls. This class is for all fitness levels. Timed exercises help boost metabolism, both during activity but also on rest days. This type of training helps increase lean muscle mass in a shorter amount of time.

SILVERSNEAKERS YOGA

Designed for Active Older Adults. Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation for reduced stress & mental clarity.

DANCE FITNESS

Each week our class will feature a virtual fitness class through our Virtuagym app. These dance workouts will be held at the YMCA through this virtual instructor leading. Raise your heartrate, get a full body workout, and have lots of fun with this great class!

SPIN

Spin, or Indoor Cycling focuses on endurance, strength, intervals, and recovery. Participants use a stationary exercise bicycle with a weighted flywheel. Instructor leads the group through sprints, hills, and simulates a ride alternating resistance and speed. The class may also include light weights for arm work. This class helps build cardiovascular endurance and stamina. It helps boost the mood and increase blood flow to help with issues such as high blood pressure and heart disease. Works lower muscle groups such as hamstrings, glutes and calves. Bike selection is on a first come, first served basis.

YMCA HOURS

Mon-Thurs 5am-9pm
Fri 5am-7pm
Sat 7am-5pm
Sun 1pm-5pm

*24/7 access to the Wellness Center is available during hours the facility is closed

BOOT CAMP

Total body workout! Use resistance and cardio training techniques to improve endurance and help build strength.

Ripped

High intensity style program designed to utilize free weights, band resistance and body weight exercises.

STEP CIRCUIT

Using a step platform for this class, participants will alternate cardio and strength exercises such as squats, lunges, and abdominal crunches. This class is designed to build strength and reduce body fat while increasing cardiovascular health. It is low impact and easy on the joints, targets upper and lower body muscle groups including core work.

SILVERSNEAKERS CLASSIC

Designed for Active Older Adults. Increase muscle strength and range of movement, and improve activities for daily living. Participants use a chair for seated exercises and standing support.

COUNTRY DANCE AEROBICS

Love Country Music and Dancing? This class is for you! Aerobic dancing helps to keep the arteries clear and blood vessels healthy. Performing this dance regularly will keep your cholesterol level in check. Another benefit of aerobic dancing is that it reduces stress and uplifts your mood.

YOGA

Improve your strength, flexibility and posture. Participants will learn to focus on your mind, body and spirit. Personal mats are encouraged. Incorporating yoga into your routine can help enhance your health and reduce symptoms of stress, depression and anxiety.

Total Body with Tammy will resume in September

CHILD WATCH HOURS

Mon-Thurs 4pm-7:30pm
Fri 4pm-7pm
Sat 9am-12pm

FREE TO MEMBERS

\$5.00 per visit, per child for non-members