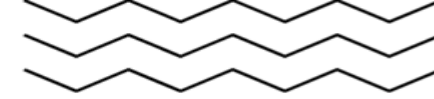


FITNESS CLASS SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6am Functional Fitness – Sarah	6am Functional Fitness - Sarah	6am Functional Fitness – Sarah	6am Functional Fitness - Sarah	9am Awesome Abs – Betsy
6am Spin - Heidi	8am Bootcamp - Peni	6am Spin – Heidi	8am Bootcamp - Peni	9:30am Cardio Plus-- Betsy
8:30am Yoga - Betsy	8:30am Yoga - Brenda	8:30am Yoga – Brenda	8:30am Yoga - Brenda	10:30am Ageless Grace- Leslee
9:30am Pilates - Betsy	9:45am Strong and Fit- Peggy	9:30am Cardio Plus - Betsy	9:45am Strong and Fit- Peggy	11:30am Functional Fitness – Sarah
11am Functional Fitness- Sarah	11am Functional Fitness- Sarah	11am Functional Fitness - Sarah	11am Functional Fitness -Sarah	
5:30pm Functional Fitness- Michael	12pm Spin-Rob	5:30pm Functional Fitness - Michael	12pm Spin - Rob	ALL Classes included with a YMCA membership!
6:30pm Functional Fitness - Michael	5:30pm Bootcamp - Peggy		5:30pm Bootcamp - Peggy	
	7pm Zumba – Julie-		7pm Zumba – Julie	Punch Passes Available

Yoga

Yoga connects the breath, body and mind through poses and movements designed to strengthen, lengthen and tone your physical body.

Yoga can improve your strength, balance and flexibility.

Strong and Fit

Weights gives you three-dimensional strength training in 1 hour action-packed session. A stronger core improves athletic performance, enhances movement health, and helps prevent back pain. Coaching and motivating music will push you through integrated exercises that use your body weight, weight plates, squats, lunges, presses, a towel, and a platform. The program strengthens everything from your shoulders to your hips, including the back, glutes, and abdominals, and uses a circuit-training approach.

Functional Fitness

Functional fitness is a type of exercise that mimics the movements we make in everyday life, such as lifting, pushing, twisting, and reaching.

The goal is to train the body to handle the demands of daily life by improving strength, flexibility, and mobility. A functional workout focuses on moving groups of muscles at a time with more than one type of joint as part of that movement.

BootCamp

Boot camp workouts are intense, fast-paced, and comprehensive workouts that target all major muscle groups.

They combine cardio, strength training, and speed exercises, and often include calisthenics, running, jumps, and other high-intensity aerobic movements.

Awesome Abs

These exercises only require your bodyweight and maybe a mat, and can get challenging quickly.

Cardio Plus

Cardio exercise, also known as aerobic exercise, is any rhythmic activity that increases your heart rate and breathing, and improves your blood flow.

It can help you burn calories and fat, and it's important for your heart health.

Spin

A spin workout, also known as indoor cycling, is a group exercise that involves riding a stationary bike to music while an instructor guides you through different speeds and resistance levels. The goal is to improve your strength, speed, and endurance, and the class can be an intense cardio workout that burns hundreds of calories in a single session.

Pilates

Pilates is a type of exercise that involves precise movements, controlled breathing, and muscle engagement to strengthen and tone muscles.

Pilates exercises are inspired by yoga, ballet, and calisthenics, and can be done on a mat or with equipment like a reformer.

Ageless Grace

Ageless Grace® is a highly effective brain fitness program that keeps participants moving and thinking through the power of play. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. The movements are designed to be performed seated in a chair, standing near or behind a chair, down on the floor, or standing to engage the brain, develop core muscle strength and flexibility, and stimulate the organs and body systems. Almost anyone can do them, regardless of most physical conditions.

Zumba

Zumba is designed to move your body and fuel your spirit with popular and on-trend music and moves. No experience is needed for Zumba.

If there is a different class you would like to have and participate in, please leave your feedback with the front desk