



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLASS SCHEDULE

April 2018
Updated April 2

These classes are drop-in and free to Facility Members and those with a Day Pass. See room schedules for open room availability.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>YMCA Closed</p> <p>NEW CLASSES & CHANGES IN APRIL</p> <p>AQUA YOGA Starting earlier on Mondays, 10:15-11:15</p> <p>AQUA INTERVAL New class on - Mon, 9:15 am - Wed, 1 pm</p>	5:15-6:15 am Strength Train Together Kaylene - MPR	5:15-6 am Cardio/Core Melissa - MPR	5:15-6:15 am Strength Train Together Kaylene - MPR			YMCA Closed	
	6-6:30 am Cycle 30 Together Robin - Cycle Studio	6-6:45 am Pilates Katia - MPR	6-7 am Cycle Together Robin - Cycle Studio	6-7 am Yoga Flow Tracie - MPR	6-6:30 am Cycle 30 Together Robin - Cycle Studio		
	6:30-6:45 Core strength				6:30-6:45 Core strength		
		7:30-8:30 am Shallow Water Terry - Pool		7:30-8:30 am Shallow Water Terry - Pool			8-8:45 am Barre Laura - Group X
		8-8:45 am Silver Fitness Fusion Rachelle - Gym		8-8:45 am Silver Fitness Fusion Rachelle - Gym	8:30-9:15 am Functional Fitness Lisa - Gym	7:30-8:30 am Shallow Water Cassie - Pool	8:30-9:30 am Total Body Conditioning Varies - MPR
		8:30-9:30 am Yoga Basics Tracie - MPR	8:30-9:30 am Strong by Zumba™ Tomoko - MPR	8:30-9:30 am Strength Train Together Sara - MPR	9am-9:45 am Pilates Maria - MPR	8:30-9:30 am Strength Train Together Sara - MPR	
		9:00-9:45 am SilverSneakers® Classic Terry - Gym	9:15-10:15 am SilverSneakers® Splash Maria - Pool	9:00-9:45 am SilverSneakers® Classic Terry - Gym	9:15-10:15 am SilverSneakers® Splash Maria - Pool	9-9:45 am SilverSneakers® Circuit Amy - Gym	
		9-10 am Pedaling for Parkinson's Registration required	9:30-10:30 am Cycle Lynette - Cycle Studio	9-10 am Pedaling for Parkinson's Registration required	9:30-10:30 am Cycle Together Ellie - Cycle Studio	9-10 am Pedaling for Parkinson's Registration required	
		9:15-10:15 am Aqua Interval Rachelle - Pool	9:30-10:30 am Fit Forever Terry - Gym	9:45-10:15 am HIIT Sara - Group X	9:30-10:30 am Zumba® Gold Debbie - Gym	9:15-10:15 am Shallow Water Cassie - Pool	9:30-10:30 am Cycle/Core Maria - Cycle Studio
7:50-9:30 am \$ Tri Club \$ Registration required	9:30-10:15 am Toddler Parent Workout Ashley - Group X	9:45-10:30 am Interval Training Maria - MPR	10-11 am Zumba® Tomoko - MPR	9:55-10:35 am Kickboxing Circuit Maria - MPR	9:30-10:15 am Toddler Parent Workout Ashley - Group X	9:45-10:45 am Zumba® Kaylene - MPR	
	10-10:45am Interval Training Sara - MPR	10:45-11:30 am Pilates Maria - Group X		10:45-11:30am TRX Interval Maria - Group X	9:45-10:30 am Circuit Training Maria - MPR		
10:30-11:45 am Yoga Vandana - MPR	10:15-11:15 am Aqua Yoga Pam - Pool	11-11:45 am SilverSneakers® Circuit Cora - Gym	10:30-11:15 am Barre Katia - Group X	11-11:45 am SilverSneakers® Classic Cora - Gym			
	10:30-11:15 am Barre Maria - Group X	11-11:45 am SilverSneakers® Yoga Maria - MPR	11 am-12 pm Aqua Zumba® Tenco - Pool	11-11:45 am SilverSneakers® Yoga Tracie - MPR	10:15-11:15 am Aqua Yoga Cassie - Pool		
	11am-12 pm PiYo Sara - MPR	11:30am-12:30 \$ Metabolic Circuit \$ Registration required	11:15am-12:15 Yoga Flow Tracie - MPR	11:30am-12:30 \$ Metabolic Circuit \$ Registration required	10:45-11:45 am Power Vinyasa Flow Yoga Jennie - MPR	11 am-Noon Strength Train Together Varies - MPR	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Noon-1 pm Strength Train Together Varies - MPR			Noon-1 pm Cycle Together Ellie - Cycle Studio		Noon-1 pm Zumba® Tomoko - MPR	
1:15-2:15 pm Strong by Zumba® Kaylene/Tomoko - MPR		Noon-1 pm Slow Flow Yoga Tracie - MPR		Noon-1 pm Slow Flow Yoga Tracie - MPR	Noon-12:30 pm Cycle 30 Together Ellie - Cycle Studio	
	12:30-1:30 pm Zumba® Toning Sharon - MPR	1:15-2:15 pm Strength Train Together Tomoko - MPR	1-2 pm Aqua Interval Pam - Pool	1:15-2:15 pm Strength Train Together Tomoko - MPR	12:30-1 pm TRX Ellie - Group X	
	4:30-5:15 pm Kickboxing Heather - MPR	4:30-5:30 pm Strength Train Together Heather - MPR	4:30-5:15 pm Circuit Training Melissa - MPR	4:15-4:45pm HIIT Sara - MPR	1:45-3:30 pm \$ The Y Steppers \$ Registration required	
<p>WE OFFER FREE COACHING SESSIONS WITH OUR CERTIFIED WELLNESS COACHES.</p> <p>MAKE YOUR APPOINTMENT TODAY!</p>	5:30-6:15 pm Pilates Maria - MPR			5-6 pm PiYo Sara - MPR		
	6-7 pm Cycle Tiffany- Cycle Studio	6-7 pm Cycle Together Ellie - Cycle Studio	5:45-6:45pm Strong by Zumba™ Kaylene - MPR	6-7 pm Cycle Doug - Cycle Studio	6-7 pm U-Jam Uilani - MPR	
		6-7 pm Yoga Flow Tracie - MPR				
	6:20-7:10 pm TRX Interval Maria - Group X	6:15-7 pm Barre Sara - Group X			6:15-7 pm Barre Sara - Group X	
					6:15-7:15 pm Zumba® Kids Sharon - Rainier	
					6:15-7:15 pm Zumba® Tomoko - MPR	
	6:30-7:30 pm Yoga Flow Jenny - MPR		6-7 pm Cycle Brant - Cycle Studio			
		7:15-8 pm TRX Sara - Group X				
		7:15-8:15 pm Zumba® Kaylene - MPR				
	7:30-9 pm Adult Karate Jim - Group X	7:15-8:15 pm Zumba® Kids Sharon - Rainier		7:30-8:30 pm Strength Train Together Melissa - MPR		
	8-9 pm Zumba® Kaylene - MPR		8-9:30 pm Adult Karate Jim - MPR			

CLASSES & INSTRUCTORS MAY CHANGE DEPENDING ON INSTRUCTOR AVAILABILITY AND CLASS

CLASS DESCRIPTIONS

Adult Karate: Learn self-defense focused on real life applications. This dynamic class focuses on all aspects of traditional Shorin-Ryu Karate, taught by internationally certified black belt instructors. All fitness levels welcome.

Aqua Dance Fusion: A fusion of Latin and international music dance themes. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms. This class also uses resistance training to maximize caloric output, fat burning and total body toning.

Aqua Interval: This class will provide a workout featuring bouts of intensity with periods of active recovery that will get your heart pumping and challenge you. High intensity with low impact!

Aqua Yoga: Blend the benefits of aquatic exercise with the beauty and flow of yoga technique.

Aqua Zumba®: Jump into the Latin-inspired, easy-to-follow, calorie burning, dance fitness party that makes working out a splash!

Barre: Where ballet meets Pilates and Yoga. Barre focuses on a unique combination of dynamic movement and isometric holds, in sequences to strategically transform the body and develop long term postural benefits.

Cardio/Core: A combination of cardio fitness drills with a core focus.

Circuit Training: Provides a total body workout that includes resistance and cardiovascular training by using a variety of exercise methods and equipment.

Core Training: Increase stability and balance by targeting the muscles of the abs and other major muscle groups by using a variety of techniques.

Cycle/Core: The usual Group Cycle experience with a 15 minute core workout to complete your hour.

Cycle: Group Cycle is a great way to get more cardio: interval and endurance training with minimal impact on joints. Cycling is for everyone

Cycle Together: A huge calorie burner, it's a 60-minute cycling experience brought indoors. Chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training.

Cycle 30 Together: This class will get you moving and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness.

Fit Forever: Energetic class for active older adults and younger beginning exercisers; a variety of physical activities including low impact aerobics, strength training, dance, and circuit training.

Functional Fitness: This class is designed to improve balance, movement, strength, and stamina for daily lives. We will use a combination of weights and bands to learn how to move pain free while getting stronger.

HIIT: High intensity interval training, this class alternates periods of short intense anaerobic exercise with less-intense recovery periods. These short, intense workouts provide improved athletic capacity and conditioning.

Interval Training: Designed to provide high/low intensity levels by mixing cardiovascular peaks with muscular strength and endurance conditioning.

Kickboxing: A combination of aerobics and martial art training. Learn basic martial arts and shadowboxing moves. Gloves are recommended but not required.

Kickboxing Circuit: Come sweat and build strength with a combination of aerobics, boxing, and martial art training in a circuit format. Learn basic martial arts and shadowboxing moves that will have you wanting more. Gloves are recommended but not required.

Pilates: Improve strength and flexibility through exercises that enhance your posture and core strength. Exercises are conducted from the floor.

PiYo: PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout.

Power Vinyasa Flow Yoga: Power Vinyasa Flow Yoga is a powerful, energetic form of yoga where you fluidly move from one pose to the next while connecting your breathing to your movements.

Shallow Water: This class is designed for all levels of fitness and includes warm-up, endurance, toning, and stretching.



CLASS DESCRIPTIONS CONTINUED

Silver Fitness Fusion: A combination of choreographed functional fitness movement followed by 15 min light strength training (weights/band/ball). End with stretch/recharge.

SilverSneakers® Circuit: Fitness that increases your cardiovascular and muscular endurance power. Upper body strength work with various equipment is alternated with non-impact aerobic choreography. A chair is available for support.

SilverSneakers® Classic: Move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Splash: Lots of fun and shallow water moves improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard develops strength, balance and coordination.

SilverSneakers® Yoga: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Slow Flow Yoga: A much slower pace with less planks and push-ups than the regular Yoga Flow classes to give wrists and shoulders a rest. This class focuses on breath, longer stretches, more alignment cues and a deeper exploration into certain groups of postures each week. Easy poses are made a bit more challenging, so that challenging poses become easier with practice. All levels welcome.

Strength Train Together: This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

Strong by Zumba™: Introducing music-led interval training! Strong by Zumba™ melds strong, upbeat rhythms with powerful, high intensity cardio and strength conditioning. Think progressive overload, plyometrics, core, and functional training using your own body weight.

Toddler Parent Workout: Bring your little one with you to play, have fun and get active together. Expect to bond while getting stronger! All ages welcome, most appropriate for ages 2-5.

Total Body Conditioning: A class that is specifically targeted for those wishing to improve strength with a total body workout using heavier weight options to maximize the benefit of strength conditioning. This class will certainly get your blood pumping and the muscles flexing.

TRX: TRX training to improve total body conditioning. This class is limited to 12 participants, so it is first come first served.

U-Jam: U-Jam Fitness® takes you around the world from Bollywood to Hip-Hop with an athletic cardio dance workout designed to burn calories, tone your body, and leave you begging for more!

Yoga: Incorporate static and dynamic flexibility movements using postures and positions to increase flexibility, reduce stress and improve strength and posture. All classes end with a five minute restorative relaxations period.

Yoga Basics: Sun salutations and an entry-level vinyasa flow are broken down with modifications for all bodies. The pace is slower and more alignment-focused than the other Yoga Flow classes. Perfect for new yogis and for those with regular practice who appreciate a slower pace while still being challenged.

Yoga Flow: A fun, upbeat hour of yoga to get the blood pumping and the sweat flowing. Poses are linked together dynamically, synchronized with deep, mindful breathing. This class is for all levels, with modifications offered for newer yogis as well as suggestions for variations to challenge the more experienced practitioner.

Zumba®: Ditch the workout and join the party - exercise has never been so fun! Zumba® is a fusion of Latin and International music combined with a heart-pumping cardio workout. By mixing low intensity and high intensity moves, this workout is an interval style, calorie burning, dance fitness party for any fitness level!

Zumba® Kids: Zumba® for the kids, ages 6-11.

Zumba® Gold: Designed for active older adults or the true beginner. This class will address the anatomical, physiological, and psychological needs specific to these populations with a slower Latin beat.

Zumba® Toning: All the fun of Zumba®, using small dumbbells for toning.

