

YWCA Fitness Schedule

The Drop-in Nursery is provided from Monday - Friday 8 - 10:30 a.m. and Monday – Thursday from 5 - 7 p.m.
Classes are held in the Aerobics Room or Multipurpose Room A and are included with your membership unless otherwise indicated.

Effective 5/27/10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.	Body Blast w/Lynnette	Cycling w/Lynnette	Body Blast w/Lynnette	Cycling w/Lynnette	
8:15 a.m.	Body Blast w/Mary		Body Blast w/Mary		Body Blast w/Mary
8:30 a.m.		Cycling w/ Lynnette		Cycling w/ Lynnette	
9 a.m.		Mindful Hatha Yoga w/May		Mindful Hatha Yoga w/May	
9:30 a.m.	Circuit Training with Pilates w/Angie	Second Wind w/Angie	Yoga and Pilates w/Angie	Second Wind w/Angie	Zumba w/Angie
10:30 a.m.	Silver Sneakers MSROM w/Angie	Silver Sneakers Yoga Stretch w/Angie	Silver Sneakers MSROM w/Angie	Silver Sneakers Yoga Stretch w/Angie	Silver Sneakers MSROM w/Angie
11:30 a.m.	Silver Sneakers MSROM w/Tony		Silver Sneakers MSROM w/Tony		Silver Sneakers MSROM w/Tony
5:15 p.m.	Cycling w/Susan	30 Minute Abs & Core w/Cliff	Cycling w/Susan	30 Minute Abs & Core w/Cliff	
5:30 p.m. Multi A	Power Yoga w/Jessica	Hatha Flow Yoga w/May	Power Yoga w/Jessica	Hatha Flow Yoga w/May	
6:00 p.m.		Body Blast w/ Cliff		Body Blast w/Cliff	
6:30 p.m.	Cardio Kickbox w/Jessica		Cardio Kickbox w/Jessica		

Saturday: 9:15 a.m. Cycling w/Christy & Susan

Fitness Class Descriptions

All classes are co-ed and open to all ages and abilities. Classes are 45-50 minutes, unless otherwise stated.

30 minute Abs & Core – A fun, fast-paced core strengthening class targeting your abdominals, obliques, lower back, glutes, and hip flexors. **30 minutes**

Body Blast – Barbells and free weights; burns calories while developing muscle strength and full body toning. A great compliment to your cardio routine!

Cardio Kickbox – Cardio class combines rhythmic moves and kickboxing techniques to help improve your endurance, agility, and physical appearance.

Circuit Training w/ Pilates – Strength/Cardio exercises completed one right after the other, with little rest in between! Do each exercise for a specified amount of time, then move to the next. Pilates moves include core strengthening and stretching poses for all levels of fitness.

Cycling – 24 bikes and clips! Don't be intimidated!!! No rhythm? No problem! Cycling is a low-impact workout that burns more calories per hour than many other classes!

Hatha Flow Yoga – The bridge between Classic Hatha and Vinyasa Flow Yoga. It allows each student to flow through a series of moderately challenging poses. Suitable for students with some yoga experience. **90 minutes**

Mindful Hatha Yoga - Joyful union of mind and body. Asana (poses), Pranayama (breathing), relaxation and meditation. **90 minutes**

Power Yoga – Fitness-based style of free flow Vinyasa Yoga designed to increase both strength and flexibility at the same time.

Second Wind – An enticing blend of stretching with weight resistance and low-impact cardio. Everything you need to live a long and healthy life!

SilverSneakers® MSROM – “Muscle, Strength and Range of Movement” using hand weights, tubes, balls and a chair for seated and/or standing support to improve everyday living skills.

SilverSneakers® Yoga Stretch – Move your body through poses using a chair for support. Designed to improve balance, range of motion and flexibility. Reduces stress and improves mental clarity.

Yoga and Pilates – Class combines both Yoga and Pilates movements to assist participants in gaining flexibility and range of motion along with improved core strength and balance.

Zumba® – Latin rhythms mixed with red-hot international dance steps. Zumba is Spanish slang for *to move fast and have fun*.