






















FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## LET'S GET FIT TOGETHER

## 2021 Group Exercise Schedule

	7:00 a.m.	8:00 a.m.	9:00 a.m.	10:00 a.m.	11:00 a.m.	5:30 p.m.
<b>Monday</b>		 Water Fitness 8:00-8:45 am	 Silversneakers Classic 9:15-10:00 am	 Silversneakers Splash 10:15-11:00 am	 Pilates 11:30-12:15pm	 Boot Camp 5:30-6:30 pm
<b>Tuesday</b>	 Cycling 7:00-8:00 am					 Body Toning 5:30-6:30 pm
<b>Wednesday</b>		 Water Fitness 8:00-8:45 am	 Silversneakers Circuit 9:15-10:00 am	 Silversneakers Splash 10:15-11:00 am	 Pilates 11:30-12:15pm	 Boot Camp 5:30-6:30 pm
<b>Thursday</b>	 Cycling 7:00-8:00 am					 Body Toning 5:30-6:30 pm
<b>Friday</b>		 Water Fitness 8:00-8:45 am	 Silversneakers Classic 9:15-10:00 am	 Silversneakers Splash 10:15-11:00 am	 Pilates 11:30-12:15pm	
<b>Saturday</b>			 HIIT WATCH FACEBOOK PAGE FOR VIRTUAL LIVE SCHEDULE	FITNESS CLASSES ARE AVAILABLE ON OUR FACEBOOK PAGE "SWITZERLAND COUNTY YMCA FITNESS GROUP"	Classes listed may not always appear on the schedule. Must have 3 participants to conduct the class. Classes may be cancelled for lack of participation or instructor availability.	

# Group Fitness Class Descriptions



**Boot Camp** (60 minutes) You won't find any dance moves in this high intensity, sweat-inducing workout. If you are up for the challenge, join us for conditioning drills, high intensity cardio and strengthening exercises. Modifications offered for beginning/intermediate.



**Body Toning** (60 minutes) This hour long class is based on strength training. Participants will use a variety of equipment to work on full body strengthening.



**Chair Pilates** (45 Minutes) Chair Pilates classes are an adaption of Pilates for the active older adult or those with restrictions. It will be similar to Pilates, but the authenticity of the basic Pilates movements will be lessened as the exercises themselves are modified for use with a chair. Nonetheless, this is a terrific option for those requiring a bit more assistance.



**Cycling** (45 minutes) Cycling allows you to train and challenge your aerobic fitness level in a group setting. Instructors will use music to guide your ride. Please arrive 5 to 10 minutes before class to set up your bike. It is recommended to bring water and a towel!



**HITT** (30 Minutes) High-Intensity Interval Training. It is a great class to add variety to your exercise plan while taking your fitness to the next level. It can be a cardio-respiratory and/or resistance training technique that alternates brief speed/power and recovery intervals to increase the overall intensity of your workout. HITT is used by athletes and everyday exercise enthusiasts to reach performance goals and enhance fitness and well-being.



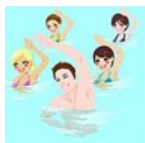
**Pilates** (45 minutes) Pilates mat work is a system of stretching and strengthening exercises designed to work the body as a whole, focusing on the abdominal, lower back, and gluteal muscles.



**Silversneakers Classic** (45 Minutes) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld 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** (45 minutes) Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required. A Silversneakers kickboard and other aquatic equipment is used to improve strength, balance and coordination



**Water Fitness/Aerobics** (45 minutes) Water aerobics classes are good for those with arthritis or joint pain, because it is easier on your joints. In this class you will use the natural resistance and buoyancy of water against your body. You will start in the shallow water and finish the class in the deep water.



**Yoga** (60 Minutes) A 5,000 year old practice known to build strength, flexibility and balance along with concentration, relaxation and creativity. The mind, body and spirit workout you've been searching for!

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