



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S GET FIT TOGETHER

2020 Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 Cycling 7:00-7:45 am		 Cycling 7:00-7:45 am		
 Water Fitness 8:00-8:45 am		 Water Fitness 8:00-8:45 am		 Water Fitness 8:00-8:45 am	
 Silversneakers Classic 9:15-10:00 am		 Chair Pilates 9:15-10:00 am		 Silversneakers Classic 9:15-10:00 am	 HIIT 9:00-9:30 am
 Silversneakers Splash 10:15-11:00 am		 Silversneakers Splash 10:15-11:00 am		 Silversneakers Splash 10:15-11:00 am	
 Pilates 11:15-Noon		 Pilates 11:15-Noon		 Pilates 11:15-Noon	
 Body Toning 5:30-6:30 pm	 Boot Camp 5:30-6:30 pm	 Body Toning 5:30-6:30 pm	 Boot Camp 5:30-6:30 pm		

CHILD WATCH Monday -Thursday 5:00-7:00 pm Free to YMCA Members

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

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.



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!



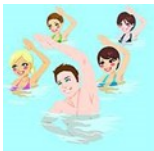
Pilates (45 minutes) Pilates mat work is a system of stretching and strengthening exercises designed to work the body as a whole, focusing on the abdominal, lower back, and gluteal muscles.



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.



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. HIIT is used by athletes and everyday exercise enthusiasts to reach performance goals and enhance fitness and well-being.



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.



Pound (Seasonal) (60 Minutes) is a full-body, cardio workout, combining light resistance and continual simulated drumming. The workout incorporates cardio, isometric movements and Pilates to strengthen and sculpt muscles

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