

2019 FALL FITNESS SCHEDULE
(All classes in Aerobics Room unless stated otherwise)

	Monday	Tuesday	Wednesday	Thursday	Friday
Abs, Back & Buns (Noon)		12:15-12:45pm-AMBER		12:15-12:45pm-AMBER	
Active Older Adults/Silver Sneakers	8:00-9:00am-JESSICA	8:00-9:00am-JESSICA	8:00-9:00am-JESSICA	8:00-9:00am-JESSICA	8:00-9:00am JESSICA
HITT To Get Fit	6:30-7:30pm-JESSICA		6:30-7:30PM-JESSICA		
Power Pump	5:30-6:30pm-MICHELLE		5:30-6:30pm-MICHELLE		
Sculpt It Up		6:30-7:30pm-KRIZTENA		6:30-7:30pm-KRIZTENA	
Slimnastics/Bike	9:00-10:00am-MARYBETH		9:00-10:00am MARYBETH		9:00-10:00am MARYBETH
Slimnastics		9:00-10:00am- MARYBETH		9:00-10:00am- MARYBETH	
Step (Noon)	12:15-12:45pm-JITKA		12:15-12:45pm-JITKA		SEE ZUMBA BELOW
Y Power Ball	5:00-5:30pm-JUDY		5:00-5:30pm-JUDY		
Zumba		5:30-6:30PM - JULIA		5:30-6:30pm- JULIA	12:15-12:45 JULIA
Yoga – New Room		5:30-6:30pm KRIZTENA		5:30-6:30pm KRIZTENA	
WATER AEROBICS					
Aqua Motion	9:00-9:45am-MAVIS		9:00-9:45am-MAVIS		9:00-9:45 am - MAVIS
Aquasize		9:00–9:45 am - NEAL		9:00–9:45 am - NEAL	
AquaSalsa		9:45-10:30 AM - ELIZABETH		9:45-10:30 AM - ELIZABETH	
AquaSalsa		6:45-7:45 pm - ELIZABETH		6:45 – 7:45 pm - ELIZABETH	
Slow & Easy	9:45-10:30am-HILDA		9:45-10:30am-HILDA		

PERSONAL TRAINING BY APPOINTMENT WITH JESSICA JONES – CONTACT THE SERVICE FOR MORE INFO

Y Paddle Board	6-7pm –		6-7pm		
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PERSONAL TRAINING: For members that want to meet with a trainer to guide them through a workout. Trainer is certified and will tailor sessions to meet your goals and physical condition.

ABS, BACK & BUNS: Designed to improve core strength and tone the body. Focus on core muscles, strengthen, increase flexibility, improve balance and posture

ACTIVE OLDER ADULT: Low impact aerobic class for men and women 55 and over. Cardio workout, light strength training, and stretching to improve overall wellbeing and physical fitness.

AQUASIZE: low-impact water aerobics using floatation aids in shallow end of pool. Exercise in water provides buoyancy, taking away most or all impact on bones, joints, and muscles. Allowing you to work longer and burn more calories.

AQUASALSA: High intensity water aerobic class set to Latin music. Increase cardio endurance, improve flexibility and muscle tone.

SLOW AND EASY AQUASIZE: Co-created by the Arthritis Foundation and the YMCA to offer a low-impact class for those suffering from arthritis or any other debilitating illness that may need a slower pace.

POWER PUMP: Weight lifting set to music, using light barbells while performing high repetition lifts. Teaches proper lifting techniques, designed to firm, tone, strengthen, and define arms, shoulders, abs, chest, back and legs.

SCULPT IT UP!: Quick warmup followed by 3 rounds of strength and cardio mixed together. Mix of routines to focus on various muscle groups. Builds stamina, tone and define muscles, develop strength, increase heart and lung capacity.

SLIMNASTICS: Combines cardio, balance, strength, and total body toning. Variety of exercises to improve fitness level. No equipment needed, just a fun attitude and lively music!

NOON STEP: High intensity aerobics choreographed to music that uses a step platform to target all major muscle groups. Beginner to advanced depending on your own level and how high you make your step platform.

YOGA: Comprehensive system for well-being including physical, mental, emotional, and spiritual. Safe and effective way to increase physical activity, endurance, strength, flexibility, and balance, focusing on posture, breathing, and relaxation.

ZUMBA: High intensity aerobics choreographed to Latin music featuring Latin inspired moves for total body workout. Tone and sculpt entire body. Dancing is not required, if you can laugh and move at the same time!

Y POWERBALL: 30 minute, quick, calorie blasting and body sculpting workout using a stability ball to improve core fitness, abdominal strength, and leg fitness. Fusion of cardio strength and stability.

HIIT TO BE FIT: High Intensity Interval Training workout for maximum benefit. Fun and explosive movement to increase heart rate and high caloric burn. Includes moderate level intensity exercises with dumbbells and body weight exercises.