



# FITNESS CLASS SCHEDULE

begins Sept 3, 2019

|                  | Monday  | Tuesday                                | Wednesday                            | Thursday                               | Friday  | Saturday  |
|------------------|---|--|--------------------------------------|--|---|---|
| <b>MORNING</b>   |   |  |                                      |  |   |   |
| 5 - 6 AM         | Swim Club<br>Self Led<br>Pool                 |  | Swim Club<br>Self Led<br>Pool        |  | Swim Club<br>Self Led<br>Pool                 |   |
| 5:15 - 6:15 AM   | Boot camp<br>Jen<br>Gym                       | Body Pump<br>Marie<br>Studio A         | Boot camp<br>Jen<br>Gym              | Body Pump<br>Marie<br>Studio A         | Boot camp<br>Jen<br>Gym                       |   |
| 6 - 7 AM         | Deep Water<br>Cheryl<br>Pool                  | Deep Water<br>Cheryl<br>Pool           | Deep Water<br>Cheryl<br>Pool         | Deep Water<br>Cheryl<br>Pool           |   | <b>H. A. LYNN STADIUM<br/>WORKOUTS:</b><br>8/31<br>9/14<br>9/28<br>10/12<br>10/26<br>Members & non<br>members welcome!<br>7 -7:45 AM<br>Instructor rotation:<br>Kristin & Hannah  |
| 7 - 8 AM         |   | Yoga<br>Meghan<br>Studio B             |                                      | Yoga<br>Meghan<br>Studio B             |   |   |
| 8 - 8:45 AM      | Body Sculpt<br>Esmeralda<br>Studio A          |  | Body Sculpt<br>Esmeralda<br>Studio A |  | Body Sculpt<br>Esmeralda<br>Studio A          |   |
| 8:15 - 8:45 AM   |   | CXWORX (core)<br>Esmeralda<br>Studio B |                                      | CXWORX (core)<br>Esmeralda<br>Studio B |   |   |
| 8:15 - 8:55 AM   |   | Chair Aerobics<br>Catie<br>Studio A    |                                      | Chair Aerobics<br>Catie<br>Studio A    |   |   |
| 8:15 - 9:15 AM   |   |  |                                      |  |   | Body Pump<br>Esmeralda<br>Studio A  |
| 8:30 - 9:15 AM   | BLAST<br>Kristin<br>Gym                       |  | CIRCUIT<br>Hannah<br>Gym             |  | BLAST<br>Kristin<br>Gym                       |   |
| 8:45 - 9:15 AM   |   |  |                                      | Rollga<br>Rosa<br>Studio B             |   |   |
| 9 - 10 AM        | Step N Sculpt<br>Mary L.<br>Studio A          |  | Step N Sculpt<br>Jolinda<br>Studio A | Line Dancing<br>Mary L.<br>Studio A    | Step N Sculpt<br>Mary L.<br>Studio A          |   |
| 9 - 10 AM        | Shallow H2O<br>Priscella<br>Pool              | Water Wellness<br>Linda<br>Pool        | Shallow H2O<br>Priscella<br>Pool     | Water Wellness<br>Linda<br>Pool        | Shallow H2O<br>Priscella<br>Pool              |   |
| 9:20 - 9:50 AM   |   |  |                                      |  |   | CXWORX (core)<br>Esmeralda<br>Studio A  |
| 10 - 10:40 AM    | Chair Aerobics (10:05)<br>Mary L.<br>Studio A |  |                                      |  | Chair Aerobics (10:05)<br>Mary L.<br>Studio A |   |
| <b>AFTERNOON</b> |   |  |                                      |  |   |   |
| 12 - 12:45 PM    | CXWORX (core)<br>Marie<br>Studio A            |  |                                      |  | Yoga<br>Shawna<br>Studio B                    |   |
| 12 - 1 PM        | AFYAP<br>Juanita<br>Pool                      |  | AFYAP<br>Juanita<br>Pool             |  | AFYAP<br>Juanita<br>Pool                      |   |
| <b>EVENING</b>   |   |  |                                      |  |   |   |
| 5:15 - 6:15 PM   |   | Body Pump<br>Joan<br>Studio A          |                                      | Body Pump<br>Joan<br>Studio A          |   |   |
| 5:15 - 6 PM      | Step Aerobics<br>Marie<br>Studio A            |  | Step Aerobics<br>Marie<br>Studio A   |  |   | <b>Blue - Aqua</b><br><b>Red - Cardio</b><br><b>Gray - Strength/Cardio</b><br><b>Orange - Strength</b><br><b>Pink - Flexibility &amp; Strength</b><br><b>Purple - Mind, Body, Spirit</b><br><b>Green - Fee included</b> |
| 5:30 - 6:15      |   | Aqua Energy<br>Mary D.<br>Pool         |                                      | Aqua Fit<br>Angela<br>Pool             |   |   |
| 6 - 6:45 PM      | TRX<br>Mary D.<br>Gym                         |  | TRX<br>Mary D.<br>Gym                |  |   |   |
| 6:05 - 6:45 PM   | PIYo<br>Marie<br>Studio A                     |  | PIYo<br>Marie<br>Studio A            |  |   |   |
| 6:15 - 6:45 PM   |   | CXWORX (core)<br>Joan<br>Studio A      |                                      | CXWORX (core)<br>Joan<br>Studio A      |   |   |
| 6:50 - 7:20 PM   | Cycle 30<br>Esmeralda<br>Studio A             |  | Cycle 30<br>Esmeralda<br>Studio A    |  |   |   |

All classes are free for members excluding those in green. Classes subject to change at any time.  
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ARTHRITIS FOUNDATION YMCA AQUATIC PROGRAM (AFYAP) (B,I,A) : Fun and easy exercises in water to increase or maintain range of motion and flexibility while promoting joint protection.

AFYAP: (B,I) Pool: (Arthritic Foundation & Y Aquatic Program): Designed for those with arthritis and similar conditions. Low impact, refreshing, and meant to keep you moving!

AQUA ENERGY: Using the shallow end and creating our own energy, you will get a great cardio and strength workout using the water's resistance. This is an excellent option for everyone and low impact and gentle on joints.

BLAST: (I, A) (Gym) A high intensity workout that will make you build strength, stamina and cardiovascular endurance while burning tons of calories. This class focuses on proper lifting technique, body mechanics and efficiency utilizing different types of equipment and a variety of movements that will make you sweat!

BODYPUMP®: (B, I, A) (Fitness Studio) Anyone looking to get lean, toned, and fit FAST, this is for you. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the moves and techniques pumping out encouragement, motivation and great music.

BODY SCULPT (B, I, A) (Fitness Studio) Through the use of dumbbells, stability balls, rubber tubing, bands, and an individual's own body weight, body sculpt focuses on overall strength, stabilization, and flexibility.

CHAIR CARDIO & STRENGTH (B, I) (Fitness Studio) Have fun while moving 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, and small inflatable balls are offered for resistance and a chair is used for seated and/or standing support. Great for seniors!

CXWORX: (B, I, A): A short, 30 minute class from Les Mills that will challenge your core! Tighten, tone, and strengthen your core in a new, fresh, and intense class!

DEEP WATER EXERCISE: A deep-water class ideal for aerobic and muscle conditioning. Water belts and floatation devices such as barbells and noodles are used to provide a great workout with no impact. Shallow water exercise may be incorporated into this class at the instructor's discretion.

Instructor's Choice: (B, I, A): Use your lunch break to come get a quick strength or core class with a rotation of instructors. You can expect cycling, core, yoga, or another strength workout to give you a boost of energy for the second half of your day!

LINEDANCING (B, I, A) (Fitness Studio) You never need a partner for our line dancing class, but feel free to bring along your friends to enjoy the music and atmosphere. Not only will you look good dancing, but you will also get a fantastic workout!

PIYO® LIVE (B, I, A) (Fitness Studio) Feel the combined effects of Yoga and Pilates. This class incorporates traditional yoga poses while adding in elements of Pilates to improve endurance, flexibility, body awareness and coordination.

Running Club: (B, I, A): Meet at the YMCA front entrance during the spring & summer months for our outdoor running club! This club is open and free to members and non members! We will have 2 routes available – a shorter, one mile run and a longer, 3 mile run. Feel free to walk or run!

Rollga: Enjoy a low impact stretch and recovery class using a foam roller. Perform different stretches, foam rolling, and a meditation to end each class for a mind/body experience.

SHALLOW H2O: Using the resistance of the water, this class provides an aerobic and stretching workout adaptable to all ages and fitness levels. You get a great workout without the impact of the land aerobics.

STEP AEROBICS (B, I, A) (Fitness Studio) High intensity aerobic workout utilizing the STEP bench. Choreography is moderate to complex. This class is designed for participants who want to increase their cardiovascular fitness.

STEP AND SCULPT (B, I) (Fitness Studio): Segments of step aerobics and weight training to increase your heart rate and tone muscles. Weight training is done with hand weights and tubing. Abdominal exercise and stretching is also included.

Swim Club: Have some fun while making new friends and getting some exercise. We will provide a self-led and self-paced workout three times a week working on technique, endurance, and fitness all while swimming. No sign up required. All skill levels are welcomed!

TRX® (B, I, A) (Small Gym): Use elevated TRX straps to perform limitless number of movements. Workouts vary from class to class and might integrate different aspects of H.I.I.T. training and circuits by using suspension trainers as well as dumbbells, bands, and balls!

WATER WELLNESS (B, I, A) (pool): An aqua class designed to improve flexibility while getting your heart rate up! Each class includes cardio, strength training, and balance.

YOGA (B, I, A) (Fitness Studio) Experience the mind/body connection through a series of postures, creating a continuous flow, accompanied by deep breathing. Focus on strength, flexibility, and posture.

B- beginner I –intermediate A-advanced

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