



FITNESS CLASS SCHEDULE

April 12, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30 – 6:15	Morning GRIT John Outside*		Morning GRIT John Outside*		Morning GRIT John Outside*		
6:00 – 7:00	Deep Water Cheryl Pool	Deep Water Cheryl Pool	Deep Water Cheryl Pool	Deep Water Cheryl Pool			
7:00 – 8:00		Yoga Meghan Studio A		Yoga Meghan Studio A			
7:30 – 8:30						Running Club Laurie Y Front doors	
8:15 – 9:15	Body Sculpt Esmeralda Studio A		Body Sculpt Esmeralda Studio A		Body Sculpt Esmeralda Studio A	BODY PUMP® Esmeralda Studio A	
8:15 – 9:10		Les Mills Core® Esmeralda Studio A		Les Mills Core® Esmeralda Studio A			
8:30 – 9:15			BLAST Kristin Virtual		BLAST Kristin Big Gym		BLAST Kristin Virtual
8:45 – 9:30			TRX Circuit Hannah Big Gym				
9:10 – 9:40				Rollga @** Rosa Studio B			
9:00 – 10:00	Shallow H2O Priscella Pool	Shallow H2O Linda Pool	Shallow H2O Priscella Pool	Shallow H2O Linda Pool			
9:00 – 10:00				Line Dancing Mary L. Big Gym			
9:30 – 10:30	Body Combat® Mandy Studio A				Body Combat® Mandy Studio A		
10:15 – 11:15	Chair Aerobics Mary L. Big gym				Chair Aerobics Mary L. Big gym		
AFTERNOON							
1:00 – 2:00	AFYAP Juanita Pool		AFYAP Juanita Pool		AFYAP Juanita Pool		
EVENING							
5:00 – 5:45			Turbo Hannah Studio A				
5:15 – 6:00	Cycle Esmeralda Studio A						
5:15 – 6:15		BODY PUMP® Esmeralda Studio A					
5:30 – 6:30				Power & Strength Laurie Studio A			
5:45 – 6:15				Fat Guy Yoga Rich Studio B			
6:15 – 7:00	TRX-treme Sarah Big Gym						
6:30 – 7:00		Les Mills Core® Esmeralda Studio A					
6:30 – 7:30				Body Combat® Mandy Studio A			
7:10 – 8:10		Restore Yoga Jen Studio B					
						<p>Blue – Aqua Red – Cardio Gray – Strength/Cardio Orange – Strength Pink – Flexibility & Strength Purple – Mind, Body, Spirit Green – Senior focused Yellow – Virtual</p> <p>*Morning GRIT will be outside weather permitting. Meet in the lower SW parking lot. The large gym will be used in inclement weather. **Rollgas are provided!</p>	



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

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

BODYCOMBAT: A high-energy martial arts-inspired workout that is totally non-contact. Come to burn stress and lots of calories!

BODYPUMP®: 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: Through the use of dumbbells, stability balls, rubber tubing, bands, and an individual's own bodyweight, body sculpt focuses on overall strength, stabilization, and flexibility.

Chair Aerobics: Have fun while moving to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Handheld weights, elastic tubing, and small inflatable balls are used for resistance and a chair is used for seated and/or standing support. Great for seniors!

Cycle: A great cardiovascular workout! Ride hills, sprints, and long, steady stretches all while on a stationary bike.

Deep Water: A great option for anyone looking for no impact exercise! Expect a full body workout using all muscle groups. Those coming should be comfortable and confident in 10 foot deep water.

Les Mills Core: A 45 minute class from Les Mills that will challenge your core! Tighten and strengthen your core in a fresh yet intense class!

Line Dancing: You never need a partner for our line dancing class, but feel free to bring along your friends to enjoy the music and atmosphere. Low impact and low intensity, but a super fun hour formatted for seniors.

Fat guy yoga: Exactly how it sounds! A yoga class designed for males (or females!) who know they need some more recovery time. Take an hour each week to focus on stretching, breathing, and giving your body a break from the normal routine of a hardworking man!

Morning GRIT: Get your day started utilizing a variety of exercises, equipment, and types of training to improve physical health, build muscle, and jump start good energy to carry you through the day! Expect to be outside for the majority of classes, but will utilize the large gym in case of poor weather.

Power & Strength: A high intensity, high energy class focusing on strength training using barbells, dumbbells, and other equipment.

Running Club: Meet at the YMCA front entrance for our outdoor running club! This club is open and free to members and non members! 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. Rollgas will be provided!

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.

TRX CIRCUIT /TRX-treme: Body weight Resistance training using TRX suspension straps paired with a variety of other exercises to create circuits. Full body training each week!

TURBO: Cardio kickboxing paired with strength intervals will give you a powerful workout in only 40 minutes! High energy and set to upbeat music, you'll leave drenched in sweat!

Yoga: Experience a mind/body connection through a series of postures, creating a continuous flow, accompanied by deep breathing. Strength, flexibility, and posture will be improved and you'll leave feeling relaxed and refreshed.

Restore Yoga: Gift yourself 60 minutes of physical exercise, relaxation, breath control, and meditation. You will truly experience connecting the mind, body, and spirit in this relaxing, yet energetic class.