



Central YMCA's Group Fitness Schedule

January 2nd – March 31st, 2018

No Classes on January 1st. No Evening Classes on Friday, March 30th.

Classes MUST maintain a 6 person average per month to remain on the schedule.

Classes in BOLD are paid and run in sessions.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 6:45 a.m.	Y-HIIT w/ John (H)		Y-HIIT w/ John (H)			
7:30 - 8:30 a.m.					Power Yoga w/ Jess (M/H)	
8:00 - 8:30 a.m.		Tabata w/ Zoe (H)	8:30-7:30 a.m. Senior Fit w/ Larry (L)			
9:00 - 10:00 a.m.	SilverSneakers® Classic w/ Irina (L)				SilverSneakers® Classic w/ Larry (L)	
9:30 - 10:30 a.m.	SilverSneakers® Yoga w/ Irina (L)					
10:30 - 12:00 p.m.		LIVESTRONG® Approval Required		LIVESTRONG® Approval Required		
10:15 - 11:15 p.m.					Power Yoga w/ Jess (M/H)	
11:15 a.m. - 12:00 p.m.						Boot Camp w/ Zoe (M/H)
12:15 - 12:45 p.m.		Stretch Express w/ Carl (A)		Stretch Express w/ Carl (A)		
4:00 - 5:00 p.m.	Tae Kwon Do w/ Jim Evans		Tae Kwon Do w/ Jim Evans			
5:15 - 6:00 p.m.	Zumba® w/ Melanie (A)	Kettlebells w/ Mary Jo (M/H)	Boot Camp w/ Kristi (M/H)	Kettlebells w/ Mary Jo (M/H)	5:00 - 6:00 p.m. Ball Room Dance w/ Larry (A)	
5:30 -6:30 p.m.						
6:00-6:15 p.m.	Dance Fusion w/ Melanie (A)	Core Blaster w/ Mary Jo (A)				
6:15 - 7:15 p.m.				Pilates w/ Michelle (A)		
6:30 - 7:30 p.m.	Gentle Yoga w/ Audrey (A)		Shake It, Tone It w/ Michelle (A)			

Group Fitness Class Descriptions

**** Runs in Sessions – Paid for Non-Members**

Low Intensity Classes:

Dance Fusion:

Utilizing ballet style and dance moves and to help with balance and coordination. Works to elongate and tone muscles.

****Kettlebell I-1st Week of each session from 6-630pm**

The latest strength training class teaches the basics of Kettlebell training, safety techniques, body positioning, alignment and appropriate starting weight.

Senior Fit: A class for beginner participants where the motto is, "GET FIT, HAVE FUN & MAKE FRIENDS." This class is designed to increase strength, range of movement, agility, balance and coordination. Participants can improve functional capabilities, fitness level and sense of well-being all sandwiched between a warm up and a cool down.

Silver Sneakers Classic®: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Gentle Yoga: This gentle class will guide you through body opening poses, loosening tension and relieving stress. Moving at a slower pace and holding stretches longer will allow you to relax your mind and your body. Leave relaxed, content, and ready to take on the day!

Medium/High Intensity Classes: Modifications can be provided to make the classes Medium Intensity

Boot Camp: Command power, strength and agility with this military inspired circuit workout that will push you to your limits. As you maneuver your way through each workout station, you'll lunge, crunch, box and more for a full body workout. In the end, you'll leave class feeling exhilarated.

Core Blaster: A unique class designed to blast your core and strengthen your body overall. It's not just about crunches anymore.

****Kettlebells:** Once you've taken Kettlebell I you can progress to Kettlebell II. Progressive exercises will be practiced achieving cardio, power and strength gains.

Metabolic Conditioning: Maximize your energy efficiency with this high intensity class that is structured to burn calories while getting you stronger and in to your best shape.

****Power Yoga:** Strengthen your mind, body and spirit. The physical postures of yoga can help to alleviate health problems while reducing stress and improving your physical and mental state.

High Intensity Classes:

Tabata: Each exercise in each Tabata workout lasts only four minutes, but it's likely to be one of the longest four minutes you've ever endured. The structure of the program is as follows: Workout hard for 20 seconds; Rest for 10 seconds; Complete 8 rounds. Push yourself as hard as you can for 20 seconds and rest for 10 seconds. This is one set. You'll complete eight sets of each exercise. Get a full body workout, fast.

****Y-HIIT (Members Only-No Registration required, runs in sessions):** A high intensity interval training mat based class with emphasis on strengthening the core muscles. This quick intense class combines basic calisthenics with a timing sequence of forty seconds of work and twenty seconds of recovery. You can't possibly know whether it's right for you without giving it a try. Everyone is welcome; modifications provided.

Great for All Levels:

Pilates: A system of physical conditioning involving low-impact exercises and stretches designed to strengthen the muscles of the torso.

Shake It, Tone It: Have fun and dance your stress away in this cardio class that combines Hip-Hop, Old School, and Classic Dance Moves! Dance Artist Michelle Edison is your instructor.

Stretch Express: Based on the Jump Stretch principles this 30-minute class is designed to stretch out your problems while increasing flexibility and promoting good posture.

Zumba®: Zumba is a high energy fusion of Latin and International music-dance themes that create a dynamic, exciting, and effective fitness class. The routine features interval training with fast and slow rhythms that zone and sculpt the body. Join the party as you become fit.

