

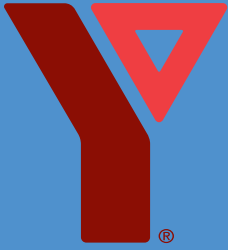
North Bay YMCA

Adult Fitness Schedule

January 8 - April 1, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 6:45 Bootcamp	6:00 – 6:45 Cycling	6:00 – 6:45 Bootcamp	6:00 – 6:45 Cycling			
8:00 – 8:45 Aqua Combo	8:00 – 8:45 Aqua Running	8:00 – 8:45 Aqua Combo	8:00 – 8:45 Aqua Yoga	8:00 – 8:45 Aquatic Resistance Training	8:00 – 8:45 Cycling	
9:15 – 10:00 TRX	9:15 – 10:00 H.I.I.T.	9:15 – 10:00 H.I.I.T.	9:15 – 10:00 Dynamic Boxing	9:15 – 10:00 Zumba		
10:05 – 10:45 Tai Chi Stretch	9:00 – 9:45 Aqua Yoga	10:05 – 10:45 Core Flexibility	9:00 – 9:45 Aqua Running			
11:00 – 12:00 Easy Fit		10:05 – 10:45 Chair Yoga				
11:15 – 11:55 Moderate Yoga	11:00 – 12:00 Gentle Yoga	11:00 – 12:00 Easy Fit	11:00 – 12:00 Gentle Yoga	11:00 – 12:00 Easy Fit		
11:15 – 12:00 Hydrotherapy	11:15 – 12:00 Hydrotherapy	11:15 – 12:00 Hydrotherapy	11:15 – 12:00 Hydrotherapy			
12:10 – 12:50 Cycling	12:10 – 12:50 Strength Conditioning	12:10 – 12:50 Cycling		12:10 – 12:50 Cycling	12:30 – 1:15 Aqua Boxing	
2:00 – 2:45 Aqua Fit	2:15 – 3:00 TRX	2:00 – 2:45 Aqua Romba	2:15 – 3:00 Intro to TRX	2:00 – 2:45 Aqua Fit		
4:30 – 5:15 TRX		4:30 – 5:15 TRX			<p>Personal Training</p> <p>Do you need extra motivation to work out? If so, check out our Personal Training packages. A certified trainer will work with you to set goals and help you achieve those goals in a safe and timely manner. Inquire at Membership Services.</p> <p>Child Minding</p> <p>This complimentary service is offered to our members to provide caregivers with an opportunity to drop off a child for supervised fun and games. Children 6 months to 6 years are welcome. Maximum time of 90 minutes. Caregivers must remain at the YMCA.</p> <p>Monday – Friday • 9:00am – 1:00pm Saturday – Sunday • 9:00am – 12:00pm</p> <p>Evening Child Minding is Now Available!</p> <p>Monday – Thursday • 5:30pm – 7:30pm</p>	
5:30 – 6:15 H.I.I.T.	5:30 – 6:30 Cycling/TRX	5:30 – 6:15 H.I.I.T.	5:30 – 6:15 Strength Conditioning			
6:30 – 7:45 Yoga		6:30 – 7:45 Yoga				
	7:15 – 8:00 Zumba					
	7:15 – 8:00 Aqua Bootcamp	7:15 – 8:00 H.I.I.T. H2O				

■ Aquafitness ■ Registration Required



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DROP-IN FITNESS CLASSES

Bootcamp - Push yourself with this endurance-based conditioning workout.

Chair Yoga - Great for the older individual or someone recovering from an injury. This class is held in the gymnasium.

Core Flexibility - Designed to build core muscle groups while improving flexibility through a variety of pilates and yoga-inspired moves.

Cycling - An energetic cardio-based class designed to increase endurance and build lean muscle, resulting in an increased metabolism to burn calories.

Dynamic Boxing - Work out using boxing-based exercises to get your heart rate up, jump start your metabolism and challenge your core.

Easy Fit - Perfect for those participants with arthritis, hip and knee replacements and osteoporosis. This class can be done either seated or standing.

Gentle Yoga - Whether you are a beginner or have physical limitations due to pain, poor knees or hip issues, this slow-paced class uses props to modify poses with a focus on breathing, balance, stretching, and releasing tension.

H.I.I.T. - High Intensity Interval Training combines short periods of all-out cardio with low-to-moderate muscle-based exercises to give a total-body workout in a minimum amount of time.

Strength Conditioning - Low in complexity but high in results, this class will sculpt your muscles and increase your metabolism.

Tai Chi Stretch - This class incorporates slow gentle rhythmic movements to strengthen the body, improve postural alignment and coordinate balance, breath and relaxation.

TRX - Join the Core! Total Body Resistance Training is a great for the TRX suspension trainer to promote muscle strength.

Zumba - Experience an absolute blast of caloric-burning, body-energizing Latin-based dance moves!

DROP-IN FITNESS CLASSES cont'd

Yoga - This all levels class includes a variety of yoga poses linked together with breath awareness to create an energetic, dynamic flow, ending with a meditative practice.

Moderate Yoga - This class is open to all levels of experience. Expect a more active practice with a focus on a continuous flow of postures linking breath and movement for increased mental focus, balance, improved physical flexibility, and strength.

AQUAFITNESS CLASSES

Aqua Bootcamp - Challenge yourself with varying intensity intervals in boot camp style.

Aqua Boxing - In this fast-paced class, we introduce the benefits of kickboxing into the water. The addition of extra resistance will help to increase your muscular endurance and fitness.

Aqua Combo - An invigorating water workout utilizing the shallow and deep ends of the pool.

Aqua Fit - This class features first-class moves and awesome music followed by a relaxing deep muscle stretch in the warm water of the therapeutic pool.

Aquatic Resistance Training - This low-impact class builds strength and stability by using aquatic equipment.

Aqua Romba - Learn Latin-based dance moves while enjoying the benefits of exercising in the water.

Aqua Running - Are you tired of training outside? Come inside and cross-train in our beautiful pool for a fun but vigorous workout!

Aqua Yoga - In this gentle and low impact activity, asanas are performed in our lap pool. This class aims to be more accessible to participants overcoming barriers to physical activity.

H.I.I.T. H2O - A shallow and deep water exercise that focuses on cardio conditioning and muscle strengthening.

REGISTERED CLASSES

Hydrotherapy - Functional mobility, joint and spinal stabilization along with postural awareness are the main objectives. Perfect for members with arthritis, hip and knee replacements.