



ADULT FITNESS

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|---|---|---|--|--|-------------------------------|--------|
| 6AM | BOOTCAMP 6:00AM-6:45AM | CYCLE 6:00AM-6:45AM | BOOTCAMP 6:00AM-6:45AM | CYCLE 6:00AM-6:45AM | YOGA FIT 6:00AM-6:45AM | | |
| 7AM | | | | | | | |
| 8AM | AQUA COMBO 8:00AM-8:45AM | AQUA RUNNING 8:00AM-8:45AM AQUA YOGA 8:45AM-9:20AM | AQUA COMBO 8:00AM-8:45AM | AQUA RUNNING 8:00AM-8:45AM AQUA YOGA 8:45AM-9:20AM | AQUA RESISTANCE TRAINING 8:00AM-8:45AM | CYCLE 8:00AM-8:45AM | |
| 9AM | TRX® 9:15AM-10:00AM | H.I.I.T. 9:15AM-10:00AM | CIRCUIT TRAINING 9:15AM-10:00AM | DYNAMIC BOXING 9:15AM-10:00AM ZUMBA® 9:15AM-10:00AM | | | |
| 10AM | TAI CHI STRETCH 10:00AM-10:45AM | | YOGA FIT 10:00AM-10:45AM | CHAIR YOGA 10:00AM-10:45AM | | | |
| 11AM | EASY FIT 11:00AM-12:00PM | EASY YOGA 11:00AM-11:45AM | EASY FIT 11:00AM-12:00PM | MODERATE YOGA 11:00AM-11:45AM | EASY FIT 11:00AM-12:00PM | | |
| | HYDROTHERAPY 11:15AM-12:00PM | HYDROTHERAPY 11:15AM-12:00PM | HYDROTHERAPY 11:15AM-12:00PM | HYDROTHERAPY 11:15AM-12:00PM | | | |
| 12PM | CYCLE 12:10PM-12:50PM | CARDIO CIRCUIT 12:10PM-12:50PM | CYCLE 12:10PM-12:50PM | | CYCLE AND SCULPT 12:10PM-12:50PM | | |
| 1PM | STANDUP 1:00PM-2:00PM | | STANDUP 1:00PM-2:00PM | | | | |
| 2PM | AQUA FIT 2:00PM-2:45PM | TRX® 2:15PM-3:00PM | AQUA FIT 2:00PM-2:45PM | TRX® 2:15PM-3:00PM | AQUA FIT 2:00PM-2:45PM | | |
| 3PM | | | | | | | |
| 4PM | TRX® TOTAL CORE 4:45PM-5:25PM | | TRX® 4:45PM-5:25PM | | | | |
| 5PM | H.I.I.T. 5:30PM-6:15PM | CYCLE/TRX 5:30PM-6:30PM | BOOTCAMP 5:30PM-6:15PM | STRENGTH CONDITIONING 5:30PM-6:15PM | | | |
| 6PM | YOGA 6:30PM-8:00PM | | YOGA 6:30PM-8:00PM | | | | |
| 7PM | | AQUA BOOTCAMP 7:15PM-8:00PM | | H.I.I.T. H2O 7:15PM-8:00PM | | | |
| | | ZUMBA® 7:15PM-8:15PM | | | | | |

Fall 2018

- Aqua Fitness
- ➔ New Program
- 🕒 Registration Required

PERSONAL TRAINING

Do you need extra motivation to work out? If so, check out our Personal Training options! 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!

CHILD MINDING

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.

Child Minding Fall Schedule:

Monday - Friday 9:00am - 1:00pm

Monday - Thursday 4:30pm - 7:00pm

Saturday - 9:00am - 12:00pm

Sunday 9:00am - 12:00pm



ADULT FITNESS

REGISTERED CLASSES

Hydrotherapy

Join us in our Functional mobility, joint and spinal stabilization along with postural awareness are the main objectives of this class. Perfect for members with arthritis, hip and knee replacements.

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.

Stand-Up

This fall prevention program is designed for the active senior with a focus on improving balance and leg strength as well as helping to maintain bone density in the areas that are most vulnerable to fracture. The program consists of three components including group exercise, exercising at home and discussion sessions on fall prevention.

Yoga

This class offers a focus on strength-building and endurance. Members can look forward to a flow of asanas that is also heat-creating, while practicing flexibility and balance. Each class begins with a brief mindfulness meditation that incorporates a different pranayama discipline every week. If a quiet moving meditation that involves creating a bit of a sweat interests you, then this class is calling your name

REGISTERED CLASSES cont'd

Yoga Fit

A practical user friendly athletic flow class that focuses on grounded alignment and exercise science. Each class will begin with a brief mindfulness meditation.

Moderate Yoga

A yoga practice that focuses on self awareness through gentle stretching, balancing postures and posture flows. All stages of experience welcome.

Easy Yoga

Geared to beginners or anyone with physical limitations due to injuries etc. Modifications and the use of props will be encouraged to cater to individual needs.

Chair Yoga

A gentle class designed to increase your flexibility, strength, balance and peace of mind. It will feature a blend of standing and seated yoga postures.

Tai Chi Stretch

Tai Chi is a form of moving meditation. This class incorporates slow gentle rhythmic movements to strengthen the body, improve balance and coordination.



ADULT FITNESS

DROP IN CLASSES

Bootcamp

An interval styled class that will incorporate muscle and cardio components using a variety of fitness equipment, great for all fitness levels.

Cycle

An energetic cardio based class designed to increase endurance and build lean muscle mass. This class will deliver the most cardio in the least amount of time.

Cycle and Sculpt

Strength based work is incorporated within the Cycle class in an innovated format to add targeted muscle conditioning.

Cycle/TRX

Using your own body weight with the TRX suspension trainer in off cycle exercises to enhance the cardio component of the Cycle class.

Zumba®

Experience and absolute blast in one exhilarating class to the beat of body energizing Latin based dance moves.

Easy Fit

A go at your own pace class geared to those with arthritis, osteoporosis and hip and knee replacements.

Strength Conditioning

Low in complexity but high in results, this class is solely focused on building lean muscle mass. A pure muscle workout, no cardio required.

DROP IN CLASSES cont'd

Dynamic Boxing

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

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.

TRX®

Join the Core! Use your own body weight to complete exercises with the TRX suspension trainer. This class promotes the best of core work while building overall muscle strength.

TRX®/ Total Core

In this musically motivating high energy multi level class ALL planes of your core will be targeted in innovative ways to achieve total core exhaustion. The TRX suspension trainer will be used to enhance this workout.

Strength Synergy

This class uses a combination of stability balls, free weights and tubing to build strength. Power yoga will be incorporated into the workout to improve core strength and flexibility.

Cardio Circuit

This class will help you reach your fitness goals by improving muscle strength and cardiovascular endurance through a series of back to back exercises.



ADULT FITNESS

DROP IN CLASSES cont'd

Aqua Bootcamp

Challenge yourself with varying intensity intervals in a bootcamp style class.

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 Running

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

H.I.I.T. H2O

Challenge yourself in the shallow or deep ends of the pool to this class that focuses on cardio conditioning and muscle strengthening.