



# ADULT FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM	<b>BOOTCAMP</b> 6:00AM-6:45AM	<b>CYCLE</b> 6:00AM-6:45AM	<b>BOOTCAMP</b> 6:00AM-6:45AM	<b>CYCLE</b> 6:00AM-6:45AM	<b>YOGA FITNESS</b> 6:00AM-6:45AM		
8AM	<b>AQUA COMBO</b> 8:00AM-8:45AM	<b>AQUA RUNNING</b> 8:00AM-8:45AM <b>AQUA YOGA</b> 8:45AM-9:20AM	<b>AQUA COMBO</b> 8:00AM-8:45AM	<b>AQUA RUNNING</b> 8:00AM-8:45AM <b>AQUA YOGA</b> 8:45AM-9:20AM	<b>AQUA RESISTANCE TRAINING</b> 8:00AM-8:45AM	<b>CYCLE</b> 8:00AM-8:45AM	
9AM	<b>TRX®</b> 9:15AM-10:00AM	<b>H.I.I.T.</b> 9:15AM-10:00AM	<b>CIRCUIT TRAINING</b> 9:15AM-10:00AM	<b>DYNAMIC BOXING</b> 9:15AM-10:00AM <b>ZUMBA®</b> 9:15AM-10:00AM			
10AM	<b>TAI CHI STRETCH</b> 10:05AM-10:55AM		<b>YOGA FITNESS</b> 10:05AM-10:50AM	<b>CHAIR YOGA</b> 10:00AM-10:45AM			
11AM	<b>EASY FIT</b> 11:00AM-12:00PM <b>YOGA FUSION</b> 11:05AM-12:00PM <b>HYDROTHERAPY</b> 11:15AM-12:00PM	<b>EASY YOGA</b> 11:00AM-11:45AM <b>HYDROTHERAPY</b> 11:15AM-12:00PM	<b>EASY FIT</b> 11:00AM-12:00PM <b>HYDROTHERAPY</b> 11:15AM-12:00PM	<b>MODERATE YOGA</b> 11:00AM-11:45AM <b>HYDROTHERAPY</b> 11:15AM-12:00PM	<b>EASY FIT</b> 11:00AM-12:00PM		
12PM	<b>CYCLE</b> 12:10PM-12:50PM	<b>CARDIO CIRCUIT</b> 12:10PM-12:50PM	<b>CYCLE</b> 12:10PM-12:50PM		<b>CYCLE AND SCULPT</b> 12:10PM-12:50PM		
1PM							
2PM	<b>AQUA FIT</b> 2:00PM-2:45PM	<b>TRX®</b> 2:15PM-3:00PM	<b>AQUA FIT</b> 2:00PM-2:45PM	<b>TRX®</b> 2:15PM-3:00PM	<b>AQUA FIT</b> 2:00PM-2:45PM		
4PM	<b>TRX® TOTAL CORE</b> 4:45PM-5:25PM		<b>TRX®</b> 4:45PM-5:25PM				
5PM	<b>H.I.I.T.</b> 5:30PM-6:15PM	<b>CYCLE/TRX</b> 5:30PM-6:30PM	<b>BOOTCAMP</b> 5:30PM-6:15PM	<b>STRENGTH CONDITIONING</b> 5:30PM-6:15PM			
6PM	<b>YOGA</b> 6:30PM-8:00PM	<b>CARDIO CORE &amp; MORE</b> 6:35PM-7:10PM	<b>YOGA</b> 6:30PM-8:00PM				
7PM		<b>AQUA BOOTCAMP</b> 7:15PM-8:00PM <b>ZUMBA®</b> 7:15PM-8:15PM		<b>H.I.I.T. H2O</b> 7:15PM-8:00PM			

## Winter 2019

- 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 Winter Schedule:*  
 Monday - Friday 9:00am-1:00pm  
 Monday - Thursday 4:30pm-7:00pm  
 Saturday - 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 Fitness

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.

### Yoga Fusion

This class will use a non-traditional approach to explore stretching and movement patterns from various yoga styles, Pilates and Tai Chi. Gentle to moderate level.



# 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.

### **Cardio Core and More**

A dynamic workout featuring a range of fitness equipment to make you sweat, work your core and feel energized.



# 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.