



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 FITNESS ⓘ 6:00AM-6:45AM		
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 ⓘ 10:05AM-10:55AM		YOGA FITNESS ⓘ 10:05AM-10:50AM	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		
	YOGA FUSION ⓘ 11:05AM-12:00PM	HYDROTHERAPY ⓘ 11:15AM-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				
			HYDROTHERAPY ⓘ 1:00PM-1:45PM				
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		
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	CARDIO CORE & MORE 6:35PM-7:10PM	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					

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.

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.

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.