



# FITNESS SCHEDULE

## HOLIDAY FITNESS SCHEDULE WEEK 12/22 – 12/28

WEST GYM		MULTIPURPOSE ROOM		POOL		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am – 6:05am H.I.I.T Tracy W. / Jamie	5:45am – 6:30am Spinning / Cheryl		Y CLOSED! MERRY CHRISTMAS!	6:00am – 6:45am Spinning / Tracy R.		
6:15am – 7:15am Body Basics / Barb	6:30am – 7:05am H.I.I.T / Amanda	6:15am – 7:15am Body Basics / Barb		6:15am – 7:15am Body Basics / Barb		
8:00am – 8:45am Total Body Strength Brandy	8:00am – 8:45am Fit For Life / Renee	8:00am – 8:45am Total Body Strength Brandy		8:00am – 8:45am Total Body Strength Jamie		8:30am -9:30am Sunday Yoga Amanda
9:15am – 10:15am Waterworks / Misti	8:00am-8:45am Step & Sculpt Jennifer N.	9:15am -10:15am Waterworks / Kris		9:15am – 10:15am Waterworks / Renee		
9:15am – 10:00am Pilates Fusion Amanda	9:00am – 10:00am Warrior Series Yoga Hilda			9:15am -10:00am Barre Fusion / Amanda		
9:15am – 10:00am Spinning Jamie	9:15am – 10:00am HIIT Tracy W.			9:15am – 10:15am Spinning / Hannah L.	9:15am – 10:00am Yogalates Stephanie	
10:30am – 11:30am Forever Fit / Kate	10:30am – 11:30am Stable & Strong Chair Yoga Hilda			10:30am – 11:30am Forever Fit / Renee		
11:45am – 12:45pm Slow Flow Yoga Sara	12:15pm – 1:00pm Total Body Strength Tracy W.	Y CLOSSES AT 1PM				
	FREE TRY IT CLASS! Tai Chi 1:30pm – 2:30pm / Matt					
	5:30pm – 6:15pm Kickboxing Circuit Training Jamie/Hannah Z					
5:30pm – 6:15pm Total Body Fusion Camille	5:30pm – 6:15pm Spinning Hannah L.					
	*NEW* 6:30pm -7:05pm HIIT / Jamie					
6:30pm – 7:30pm Vinyasa Yoga/Susan P.	6:30pm-7:30pm Hatha Yoga / Nina					
	7:15pm – 8:15pm Waterworks / Kris					

**Body Basics:** Jog, walk outdoors, or use the cardio room for your cardiovascular conditioning. Afterwards, meet in the MPR for strength and stretching. **Outside/MPR**

**Barre Fusion:** Bands, light weights, and small balls are added to traditional exercises on the Barre. **MPR**

**Barre Pilates Fusion:** Your favorite core, stability and strengthening exercises combined with traditional exercise from barre and Pilates in this fusion style class. **MPR**

**Stable and Strong Chair Yoga:** Working from the ground up, we focus on alignment, balance, flexibility, core strength, and breathing. This class is open to all fitness and levels. A chair is used for much of the class both as a prop for balance and for seated work. **MPR**

**Fitness for Life:** This is a lower intensity total body conditioning class that aims to improve joint mobility, strength, balance and coordination. Activities include low-impact movement, range of motion exercises, light strength work, and balance training. **MPR**

**Forever Fit:** This class is meant to keep you forever fit, all of the exercises can be done from a chair, but are not limited to a chair. Joint mobility, strength, balance, and coordination are the focus points. **MPR**

**Gentle OTX:** Gentle Outdoor Cross-Training. This will be a mix of resistance bands and walking for any ability.

**Hip Hop Dance Fitness:** An addictive dance cardio class set to hip hop and pop music that you know and love. **West Gym**

**Pilates Fusion:** This is an intense variety of core, stability, strengthening and lengthening using a variety of equipment inspired by mat Pilates. **MPR**

**Warrior Series Yoga (previously Gentle Yoga):** This 60-minute class is suitable for all levels and backgrounds. Practice includes relaxation, stretching, expansive breathing techniques, and warrior series. This class is slow and gentle, but has the potential to be challenging. **MPR**

**Therapeutic Movement:** This class is slow and gentle. The work is done entirely on the mat and is accomplished close to the floor with no ups and downs. The work is deep, breath centered, and therapeutic in nature. **MPR**

**H.I.I.T.:** Challenge yourself with these athletic based cardio/strength circuit high intensity interval training workouts. Classes will feature a variety of H.I.I.T techniques including timed interval variations, tabata, and individual versus rotating stations. **MPR / West Gym**

**Outdoor Resistance Bands:** Classes will meet in the lobby. Resistance bands will be taken outside and class will travel to various locations around the Y. Plan on a total body workout. **Outside**

**Outdoor Walk:** Meet in the lobby of the Y and go for a walk lead by one of our fitness instructors. All levels welcome. **Outside**

**Spinning®:** Settle in for an intense ride on our new Spinner bikes! Our team of certified instructors will guide you through a ride that you can customize to your fitness level. Be ready for a great low impact cardio workout! **West Gym**

**Spin® & Sculpt:** The challenge of a spinning class with the benefits of sculpting! Intervals of sculpting exercises, incorporating tubing or body weight will be integrated into a great cycling ride! **West Gym**

**Step Aerobics:** A great aerobic workout. Must be able to step up, over and around an adjustable bench. This will give you an excellent total body workout. **West Gym**

**Step & Sculpt:** The aerobics of Step mixed with strength training. A variety of strength equipment will be used. **West Gym**

**Strength & Conditioning:** A combination of strength and conditioning. Mondays Lower Strength and Upper conditioning and Fridays Upper Strength and lower conditioning. **MPR**

**Surge Strength:** High rep, muscle focused all weight training workout. **MPR**

**Total Body Strength:** Work all major muscle groups using barbells, stability balls, free weights, medicine balls, resistance bands and more. **MPR**

**Total Body Fusion:** A combination of high/low aerobics, body conditioning, and abdominal work make this class the total package. **MPR**

**Outdoor Triple Threat:** An all over outdoor workout. Class will typically climb the water tower trail and incorporate exercises on the way. All levels welcome. Meet in the lobby. Class will move indoors to the MPR in inclement weather.

**Vinyasa Yoga:** A flowing, dynamic sequence of poses to lengthen the body, open the hips, and relax the mind. **MPR**

**Zumba:** A dance fitness class that combines Latin and international rhythms with easy-to-follow choreography. It is a fun and energetic way to get a full body work. **MPR**