



FITNESS SCHEDULE

EFFECTIVE NOVEMBER 3RD

WEST GYM		MULTIPURPOSE ROOM				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am – 6:05am H.I.I.T Tracy W. / Jamie	5:45am – 6:30am Spinning / Cheryl	5:30am – 6:05am Total Body Strength / Hannah	5:45am – 6:30am Spinning & Sculpt Hannah	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	6:30am – 7:05am H.I.I.T / Amanda	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 Fit For Life / Misti	8:00am – 8:45am Total Body Strength Kelly		8:30am -9:30am Sunday Yoga Amanda
	8:00am – 8:45am Step & Sculpt / Heather		8:00am – 8:45am Step & Sculpt / Heather			
9:15am – 10:00am Pilates Fusion / Amanda	9:00am – 10:00am Warrior Series Yoga / Hilda	9:15am – 10:00am Barre Pilates Fusion / Amanda	9:00am – 10:00am Warrior Series Yoga / Hilda	9:15am - 10:00am Barre Fusion / Amanda		
9:15am – 10:00am Spinning / Kelly	9:15am – 10:00am HIIT / Tracy W.	9:15am – 10:00am Spinning Brandy/Renee	9:15am – 10:00am HIIT / Brandy	9:15am – 10:00am Step Aerobics / Heather	9:15am Saturday Instructor's Choice 45min – 1 hr.	
10:30am – 11:30am Forever Fit / Kate	10:30am – 11:30am Stable & Strong Chair Yoga / Hilda	10:30am – 11:30am Forever Fit / Debra	10:30am – 11:30am Stable & Strong Chair Yoga / Hilda	10:30am – 11:30am Forever Fit / Robin		
11:45am – 12:45pm Slow Flow Yoga Sara		11:45am – 12:45pm Vinyasa Yoga Amanda				
NEW 11:45am – 12:45pm Forever Fit / Kate	12:15pm – 1:00pm Total Body Strength Kelly	*NEW* 11:45am – 12:45pm Forever Fit / Kate	12:15pm – 1:00pm Total Body Strength Brandy			
	5:30pm – 6:15pm Kickboxing Circuit Training Jamie/Hannah Z		5:30pm – 6:15pm Total Body Strength/ Tracy W			
5:30pm – 6:15pm Total Body Fusion / Camille	5:30pm – 6:15pm Spinning Brandy/Jamie	5:30pm – 6:15pm Zumba/ Camille	5:30pm – 6:15pm Spinning Jamie			
	NEW 6:30pm -7:05pm HIIT / Jamie		6:30pm – 7:15pm Hip Hop Dance Fitness/ Claire			
6:30pm – 7:30pm Vinyasa Yoga/Susan P.	6:30pm-7:30pm Hatha Yoga / Nina	6:30pm – 7:30pm Surge Strength/ Claire	6:30pm -7:05pm Therapeutic Movement/ Hilda			

*Outdoor Classes and inclement weather: 6:30am HITT will move indoors and 9:15am and 9:45am classes will be cancelled.

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**