



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Winter II (03/01-04/18)

Group Classes

Masala Bhangra

Masala Bhangra® is a lifestyle program where the Dhol Drum beats meets the glamour of Bollywood. With easy to follow choreography, participants are encouraged to move, touch and inspire! Empowering a Life long way of being through Indian dance and music.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|--------------------------|-------|----------------|
| Winter II | Monday 7:00 - 7:45 pm | 16-99 | \$0.00/\$40.00 |
| Winter II | Wednesday 7:00 - 7:45 pm | 16-99 | \$0.00/\$40.00 |

Boot Camp

An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength, and core training.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|--------------------------|-------|----------------|
| Winter II | Tuesday 6:10 - 6:55 pm | 16-99 | \$0.00/\$40.00 |
| Winter II | Wednesday 7:00 - 7:45 pm | 16-99 | \$0.00/\$40.00 |
| Winter II | Thursday 6:10 - 6:55 pm | 16-99 | \$0.00/\$40.00 |

Cardio Variety

Try something different! Cardio Variety is a multi-versatile class that utilizes a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|-------------------------|-------|----------------|
| Winter II | Saturday 8:00 - 8:45 am | 16-99 | \$0.00/\$40.00 |

Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|--------------------------|-------|-----------------|
| Winter II | Monday 5:00 - 5:50 pm | 16-99 | \$10.00/\$50.00 |
| Winter II | Wednesday 5:00 - 5:50 pm | 16-99 | \$10.00/\$50.00 |

Kickboxing

Through a mixture of martial arts and boxing moves, our kickboxing class includes physical contact with a punching bag. Participants must bring their own gloves.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|-------------------------|-------|-----------------|
| Winter II | Tuesday 7:00 - 7:45 pm | 16-99 | \$10.00/\$50.00 |
| Winter II | Thursday 7:00 - 7:45 pm | 16-99 | \$10.00/\$50.00 |

Line Dancing

Enjoy line dancing in a relaxed, fun and positive atmosphere. Learn the basics of building a strong foundation that will motivate you to achieve your highest potential in dance. Whether you dance solo or as a couple, our unique approach to teaching will have you moving across the dance floor in a celebration of movement and melody!

| Ses | Days & Times | Ages | Mem/Program |
|-----------|----------------------------|-------|----------------|
| Winter II | Monday 10:30 - 11:45 am | 16-99 | \$0.00/\$40.00 |
| Winter II | Wednesday 10:30 - 11:45 am | 16-99 | \$0.00/\$40.00 |
| Winter II | Friday 10:30 - 11:45 am | 16-99 | \$0.00/\$40.00 |

SilverSneakers Circuit

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|--------------------------|-------|----------------|
| Winter II | Monday 8:30 - 9:15 am | 16-99 | \$0.00/\$40.00 |
| Winter II | Wednesday 8:30 - 9:15 am | 16-99 | \$0.00/\$40.00 |
| Winter II | Friday 9:30 - 10:15 am | 16-99 | \$0.00/\$40.00 |

Silver Sneakers BOOM MOVE IT

Dance to the beat of hip hop and move to the rhythms of the mambo. Have fun and learn steps from every era in this great cardio workout.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|--------------------------|------|----------------|
| Winter II | Wednesday 7:10 - 7:40 am | | \$0.00/\$40.00 |

SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities. Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|---------------------------|-------|----------------|
| Winter II | Monday 9:30 - 10:15 am | 16-99 | \$0.00/\$40.00 |
| Winter II | Monday 1:00 - 1:45 pm | 16-99 | \$0.00/\$40.00 |
| Winter II | Tuesday 8:30 - 9:15 am | 16-99 | \$0.00/\$40.00 |
| Winter II | Wednesday 9:30 - 10:15 am | 16-99 | \$0.00/\$40.00 |
| Winter II | Wednesday 1:00 - 1:45 pm | 16-99 | \$0.00/\$40.00 |
| Winter II | Thursday 8:30 - 9:15 am | 16-99 | \$0.00/\$40.00 |
| Winter II | Friday 8:00 - 8:45 am | 16-99 | \$0.00/\$40.00 |
| Winter II | Friday 1:00 - 1:45 pm | 16-99 | \$0.00/\$40.00 |

Register Online at AKRONYMCA.ORG



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SilverSneakers Yoga

Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

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|-----------|--------------------------|-------|----------------|
| Winter II | Tuesday 9:30 - 10:15 am | 16-99 | \$0.00/\$40.00 |
| Winter II | Thursday 9:30 - 10:15 am | 16-99 | \$0.00/\$40.00 |

Stretching for Better Performance

Feeling a little stiff? Performance stretching will help prepare you for basic physical activity, help you unwind after exertion, increase flexibility and blood flow to the muscles, ligaments and tendons by providing cells with more oxygen and nutrients.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|---------------------------|-------|----------------|
| Winter II | Monday 1:15 - 1:45 pm | 16-99 | \$0.00/\$40.00 |
| Winter II | Wednesday 7:45 - 8:15 am | 16-99 | \$0.00/\$40.00 |
| Winter II | Thursday 12:00 - 12:30 pm | 16-99 | \$0.00/\$40.00 |

Tabata

Combines aerobic and anerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|-----------------------|-------|----------------|
| Winter II | Monday 6:15 - 7:00 am | 16-99 | \$0.00/\$40.00 |
| Winter II | Friday 6:15 - 7:00 am | 16-99 | \$0.00/\$40.00 |

Tai Chi

Learn the various traditional Tai Chi stances, postures, and exercises. The focus is on relaxation, coordination, balance, mobility, as well as overall health and wellness through improving Chi.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|------------------------------------|-------|-----------------|
| Winter II | Tuesday 10:30 - 11:15 AM (Qi Gong) | 16-99 | \$10.00/\$50.00 |

Toning

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

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|-----------|--------------------------|-------|----------------|
| Winter II | Monday 6:10 - 6:55 pm | 16-99 | \$0.00/\$40.00 |
| Winter II | Wednesday 6:10 - 6:55 pm | 16-99 | \$0.00/\$40.00 |

WERQ

WERQ® is the wildly addictive cardio dance workout based on the hottest pop and hip hop music.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|-------------------------|-------|----------------|
| Winter II | Thursday 6:00 - 6:45 pm | 16-99 | \$0.00/\$40.00 |

Wild Card

Take a walk on the wild side and mix up your workout! Wild Card offers a new exercise each week. Wild Card exercises may include boot camp, kickboxing, pilates, cycling, toning or other classes.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|---------------------------|-------|----------------|
| Winter II | Thursday 5:30 - 6:00 pm | 16-99 | \$0.00/\$40.00 |
| Winter II | Saturday 11:00 - 11:45 am | 16-99 | \$0.00/\$40.00 |

Yoga

The practice of poses, sequences and breathing techniques to help improve strength, flexibility and balance in body and mind.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|-------------------------------------|-------|-----------------|
| Winter II | Monday 12:00 - 12:45 pm (Power) | 16-99 | \$10.00/\$50.00 |
| Winter II | Tuesday 12:00 - 12:30 pm (Beginner) | 16-99 | \$10.00/\$50.00 |
| Winter II | Friday 12:00 - 12:45 PM (Power) | 16-99 | \$10.00/\$50.00 |

Zumba

Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!

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|-----------|---------------------------|-------|----------------|
| Winter II | Tuesday 7:00 - 7:45 pm | 16-99 | \$0.00/\$40.00 |
| Winter II | Saturday 10:00 - 10:45 am | 16-99 | \$0.00/\$40.00 |

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