



MONDAY

CYCLING
 6:00–6:45 PM
 Margo O

TUESDAY

CYCLING
 9:00–9:45 AM
 Teri N

SENIOROBICS
 9:00–9:45 AM
 Burga S

**SILVER SNEAKERS
 CLASSIC**
 10:00–10:45 AM
 Burga S

**SILVERSNEAKERS
 YOGA**
 11:00–11:44 AM
 Burga S

MINDFULNESS 101
 (June 16–Aug 4)
 6:00–7:00 PM
 Jenny M
 Must Register

ZUMBA
 6:30–7:15 PM
 Tricia M

WEDNESDAY

THURSDAY

SENIOR TONING
 9:00–9:45 AM
 Burga S

**SILVER SNEAKERS
 CLASSIC**
 10:00–10:45 AM
 Burga S

**SILVER SNEAKERS
 YOGA**
 11:00–11:45 AM
 Burga S

WERQ
 6:30–7:15 PM
 Tricia M

FRIDAY

SATURDAY

WERQ
 9:30–10:15 AM
 Tricia M

Classed are:

- **FREE**
- **Drop-in ONLY**
- **On a First Come First Serve Basis**
- **Limited to 9 participants**
- **Ages 16+ Senior Classes 55+**

RED Classes are in the *Group Exercise Room*

PURPLE Classes are in the *Cycling Room*

**GREEN Classes are in the *West Room*
 (near the track entrance)**

CLASS DESCRIPTIONS

Group exercise classes are for all levels of fitness. Inform the instructor if you are new to the Y, we are happy to show modifications for all levels of fitness.

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.

Mindfulness 101 – Mindfulness is a series of tools that help you to better connect with loved ones, enjoy each day, and feel peace more often. In this class, you will learn and experience different ways to be in the present moment and how to bring this into your daily life. Mindfulness is the opposite of another thing on your to-do list and is, instead, a new perspective that has been found to improve health and life satisfaction to those that regularly practice. If you have been searching for ways to handle real life's stressors, have been interested in mindfulness, or have even practiced mindfulness yourself, we would love to have you join us! (ages 18+)

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.

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. **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.

Seniorobics – This class is designed to help build cardiovascular endurance, improve flexibility, promote balance, increase muscular strength and enhance your energy level.

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

WERQ – WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip-hop music taught by Certified Fitness Professionals.

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!