



MONDAY

TONING
 5:35-6:20 AM
 Amanda J

CYCLING
 6:00-6:45 AM
 Heather K

BOOM MOVE IT
 8:30 AM
 Gordana S

BOOM MIND
 9:30 AM
 Gordana S

TONING
 5:15-6:00 PM
 Becca H (L)

CYCLING
 5:15-6:00 PM
 Margo O

ZUMBA
 6:30 PM
 Tricia M

TUESDAY

CYCLING
 9:00-9:45 AM
 Teri N

SENIOROBICS
 9:00-9:45 AM
 Burga S

YOGA
 9:45-10:30 AM
 Natalie S

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

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

MINDFULNESS 101
 (Sept 8-Oct 27)
 6:30-7:30 PM
 Jenny M
 Registration
 Required

ZUMBA TONING
 6:30-7:15 PM
 Tricia M

WEDNESDAY

BOOT CAMP
 6:00 AM
 Becca H (L)

KETTLEBELL AMPD
 8:30-9:15 AM
 Gordana S

WERQ
 9:45-10:30 AM
 Michelle M

BARRE
 5:15-6:00 PM
 Gordana S

CYCLING
 5:15-6:00 PM
 Margo O

PILATES
 6:30-7:15 PM
 Gordana S

WERQ
 6:30-7:15 PM
 Michelle M

THURSDAY

BOOT CAMP
 6:00-6:45 AM
 Heather K

SENIOR TONING
 9:00-9:45 AM
 Burga S

CYCLING
 9:00-9:45 AM
 Teri N

**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

CYCLING
 5:35-6:20 AM
 Amanda J

SATURDAY

WERQ
 9:45-10:30 AM
 Tricia M

KETTLEBELL AMPD
 9:45-10:30 AM
 Gordana S

PILATES
 11:00-11:45 AM
 Gordana S

Classed are:

- **FREE**
- **Drop-in ONLY**
- **On a First Come First Serve Basis**
- **Limited to 14, 12 or 9 participants depending on room**
- **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.

Barre – Barre utilizes the ballet barre and/or chairs to incorporate simple ballet positioning to provide an effective core exercise experience for strengthening as well as flexibility for the abdomen, back and hips.

BOOM Mind – BOOM MIND is a flowing mix of yoga, Pilates and athletic stretching techniques that improves strength, balance and flexibility through a mind/body/spirit approach. Each exercise begins at the Base level and offers progressions to accommodate all participants. The "flow" is easy to follow and transitions smoothly between standing and mat-based work on the floor. Each movement block can either focus on a specific discipline or combine exercises from all three. The class closes with a soothing series of stretches followed by a brief relaxation segment.

BOOM Move It – BOOM MOVE IT is a class for active older adults involving a heart-healthy, cardio workout featuring dance-style choreography. This fun, high-energy dance fitness class is open to beginning exercisers, experienced dancers, and everyone in between. Songs and steps can be drawn from just about any era, genre and style of music and dance.

Boot Camp – Boot Camp is an action-packed cardio, strength and combo class that uses high-intensity intervals, plyometrics, strength and core training. This class is not recommended for women who are pregnant.

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.

Kettlebell AMPD – Kettlebell just got LOUD! That's right, Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves, and combines them into 45 minutes of calorie torching fun! Each song will focus on a main area, while still maintaining a whole-body workout. And cue the music, making the workout fun, and you will be begging for more!

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. 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+)

Pilates – This class strengthens and reshapes your abs, back and truck using lengthening and strengthening exercises along with proper breathing techniques.

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)

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

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

Yoga – Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques.

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!

Zumba Toning – Zumba Toning is an exciting Latin-inspired dance and tone program taking our dance fitness class to the next level. Zumba Toning is an innovative muscle-training program with the addition of a toning stick. Please check with your branch for class offering details.