

This schedule is ongoing and updated as needed.

MONDAY

TONING
 5:35-6:20 AM
 Amanda J

CYCLING
 6:00-6:45 AM
 Heather K

YOGA
 9:30-10:45 AM
 Katie K.

ZUMBA
 9:45-10:30 AM
 Christi U

TONING
 5:30-6:15 PM
 Megan M

CARDIO DRUM
 6:30-7:15 PM
 Tricia M

Tabata
 7:30-8:15 PM
 Sam W.

TUESDAY

TABATA (CORE)
 6:00-6:45 AM
 Heather K

CYCLING
 9:00-9:45 AM
 Teri N

SENIOROBICS
 9:00-9:45 AM
 Burga S

BEGINNER YOGA
 10:00-10:45 AM
 Jennie P

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

YOGILATES
 10:45-11:30 AM
 Jennie P

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

CYCLING
 5:30-6:15 PM
 Connie H

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

WEDNESDAY

TONING
 5:45-6:30 AM
 Kristen S

POWER YOGA
 9:00-9:45 AM
 Denisa S

WERQ
 9:45-10:30 AM
 Michelle M

KETTLEBELL
 10:00-10:45 AM
 Julie A

TABATA
 5:30-6:15 PM
 Megan M

WERQ
 6:30-7:15 PM
 Michelle M

CYCLING
 7:00-7:45 PM
 Katie T

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

YOGA
 9:30-10:15 AM
 Denisa S

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

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

CYCLING
 5:30-6:15 PM
 Margo O

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

FRIDAY

CYCLING
 5:35-6:20 AM
 Amanda J

TONING
 8:45-9:30 AM
 Megan M

YOGA
 9:30-10:45 AM
 Katie K.

ZUMBA
 9:45-10:30 AM
 Christi U

SATURDAY

CYCLING
 7:30-8:15 AM
 Katie T

TONING
 8:45-9:30 AM
 Megan M

CYCLING
 9:00-9:45 AM
 Teri N

WERQ
 9:45-10:30 AM
 Tricia M

KETTLEBELL
 9:45-10:30 AM
 Julie A

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 held in *Group Exercise Room*
PURPLE Classes held in *Cycling Room*
GREEN Classes held in *West Room*
 (Located 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.

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.

Beginner HIIT – High-intensity interval training (HIIT) is an exercise format that alternates periods of short, intense exercises with less-intense recovery periods.

Cardio Drum – High intensity drumming providing a full body workout while remaining fun enough for anyone to do with no training and basic equipment.

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 – Each workout can be done using just one kettlebell and your bodyweight. Mixing flexibility, mobility and strength. Kettlebell training and bodyweight training can be for beginners to advanced.

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.

Tabata (Core) – Combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

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.

Yogilates – A program combining elements of Yoga and Pilates to develop flexibility, strength, and stability for the entire body.

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.