

Aquatics Classes are found on POOL SCHEDULE

March YWCA Fitness "Land" Class Schedule

Class descriptions and Rooms Back PAGE

<u>MONDAYS</u>	<u>TUESDAYS</u>	<u>WEDNESDAYS</u>	<u>THURSDAYS</u>	<u>FRIDAYS</u>	<u>SATURDAYS</u>	<u>SUNDAYS</u>
<u>AM</u>	<u>AM</u>	<u>AM</u>	<u>AM</u>	<u>AM</u>	<u>AM</u>	
<u>Move and Groove</u> 9-9:45am (Yael)	<u>Align & Refine Yoga I/II</u> 10:30-11:45am (Debi)	<u>Move and Groove</u> 9-9:45am (Starr)	<u>Yoga I/II</u> 10:30-11:45am (Mary Lou)	<u>Move and Groove</u> 9-9:45am (Yael)	<u>Cycle Class</u> 9:15-10am (Tamara)	
<u>Yoga I/II NEW</u> 10-10:50am (Yael)	<u>Tabata</u> 12-12:45pm (Jody)	<u>Pilates /Barre NEW</u> 10-11am (Anne)	<u>Tone/Stretch/Cycle</u> 12-12:45pm	<u>HIIT/Quick Abs</u> HIIT 10-10:30am	<u>Cardio Strength</u> 10:15-11am (Tamara)	
<u>HIIT NEW</u> 11-11:45am (Yael)	<u>PM</u>	<u>PM</u>	<u>Cycle 30 min</u> 12-12:45pm	<u>Abs 10:35-10:50am</u> (Yael)	<u>Yoga I Exploring Details</u> 10-11:20am (Hampton)	
<u>PM</u>	<u>Cycle Class</u> 5:25-6:10pm (Jody)	<u>Love to Lift</u> 12-1:05pm (Starr)	<u>Tone Stretch 15 min</u> (Grace)	<u>Pilates</u> 10-11am (Kay)		
<u>Love to Lift</u> 12-1:05pm (Starr)	<u>Yoga I</u> 6-7pm (Hampton)	<u>HIIT</u> 6-7pm (Jody)	<u>PM</u>	<u>PM</u>		
<u>Cycle Class</u> 5:25-6:10pm (Tony)	<u>Zumba</u> 6-6:45pm (Tamara)	<u>Vinyasa Yoga II/III</u> 6-7pm (Yael)	<u>Cycle Class</u> 5:25-6:10pm (Starr)	<u>Love to Lift</u> 12-1:05pm (Starr)		
<u>Tabata Class + Abs</u> 6-6:50pm (Starr)			<u>Yoga I</u> 6-7pm (Sarah)			
<u>Vinyasa Yoga II/III</u> 6-7pm (Elisabeth)						
<div data-bbox="520 1133 1457 1497" data-label="Text"> <p><u>Free Self Defense Class 3/5/20</u> 5:30-6:30pm POP UP with Jane Sunday 3/22/20 3pm <u>Myths about Aging 3/26/20</u> 11am-12pm (Free and Lunch provided)</p> </div>						
					<div data-bbox="1663 967 1940 1117" data-label="Image"> </div>	
					<div data-bbox="1629 1175 1961 1477" data-label="Text"> <p>Hours of Operation Mon-Thurs 5:45am-9pm Friday 5:45am-8pm Saturday 8am-5pm Sunday 1pm-5pm</p> </div>	

CLASS DESCRIPTIONS AND ROOMS

MP–Multipurpose Room

YS– Yoga Studio

CS–Cycle Studio

CS- Cycle Class: This class is a high intensity cardio workout set on a specialized stationary bike.

YS/CS-Tone/Stretch/Cycle: Just what the name describes. Light upper body weights, abs, a light stretch after cycling.

MP-Move and Groove: A low-intensity chair and standing class focusing on flexibility and strength. Great for those suffering with joint issues.

MP-HIIT: (High Intensity Interval Training) Full body workout with mix of strength and cardio exercises.

MP-Quick Abs: Comes right after 10-10:30am HIIT (Fridays)

YS-Pilates/Barre: Tone, sculpt, and lengthen with this low impact workout utilizing your own body weight, bands, light weights, and more.

focus on core strength will improve stability and posture.

YS-Pilates: Low-impact exercises that focus on core strength, flexibility and long, lean muscles in the whole body.

YS-Yoga I: Beginner friendly. Classes go through traditional yoga postures and stretches.

YS-Yoga I Exploring Details: Traditional yoga postures and other focus movements, this class leads students of various skill levels

and traditions into a slow and mindful study of what makes a wide range of postures safe, stable and strengthening.

YS– Yoga I/II A flow style yoga, combines movements with some traditional yoga postures.

YS-Vinyasa Yoga II/III: A flow style yoga, a little faster pace combined with some traditional yoga postures.

YS-Align/Refine Yoga I/II: Combines the precision of healthy alignment with mindful awareness of breath.

YS-HiRIT (High Intensity Resistance Impact training) –This class is for those that cannot do the high impact training of a traditional HITT class.

MP-Tabata: Perform one or more exercises at high-intensity for 20 seconds followed by 10 seconds of rest.

MP-Zumba: Dance, sweat and most of all have fun!

MP-Love to Lift: This is a no or low sweat comprehensive body sculpting class designed to cover every muscle group thoroughly.

MP– Cardio Strength: This class improves cardiovascular strength and muscle endurance through use of calisthenics and free weights.

MP-Cardio Strength: Utilize free weights, balls, and your own body weight for a full body workout.