### September YWCA Fitness “Land” Class Schedule

<table>
<thead>
<tr>
<th>MONDAYS AM</th>
<th>TUESDAYS AM</th>
<th>WEDNESDAYS AM</th>
<th>THURSDAYS AM</th>
<th>FRIDAYS AM</th>
<th>SATURDAYS</th>
<th>SUNDAYS</th>
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<tbody>
<tr>
<td>Move and Groove 9:45 -10:30am (Yael)</td>
<td>Deep Stretch 10-11am (Jane)</td>
<td>Pilates /Barre 10-11am (Anne)</td>
<td>Yoga I/II 10:30-11:30am (Mary Lou)</td>
<td>Move and Groove 9:45-10:30am (Yael)</td>
<td>Yoga I 10-11:15am (Hampton)</td>
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<td>HIIT 10:45-11:30 (Yael)</td>
<td>Love to Lift 12-1:05 (Starr)</td>
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<td>Cycle Class 5:25-6:10pm (Jody)</td>
<td>HIIT 10:45-11:30am (Yael)</td>
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<td>Love to Lift 12-1:05pm (Starr)</td>
<td>HIIT 6-7pm (Jody)</td>
<td>PM Love to Lift 12-1:05 (Starr)</td>
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<td>Vinyasa Yoga II/III 6-7pm (Elisabeth)</td>
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<td>Pilates 10-11am (Kay)</td>
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**IMPORTANT INFORMATION**

- All fitness classes are being held with no reservations
- All fitness classes are being held in the multipurpose room with no more than 8 participants
- Instructors have the option to take their class outside
- Participants can choose to wear a mask in low impact classes such as Yoga and Pilates
- Other rooms capacity: Cardio room –8, Weight room –6, Yoga studio (extra space for member use) -5, Cycle studio -2

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**Hours of Operation**

- Mon—Friday 7am-7pm
- Saturday 8am-5pm
- Sunday 1-5pm
**CLASS DESCRIPTIONS AND ROOMS**

**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.