

Aquatics Classes are found on POOL SCHEDULE

September 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>Move and Groove</u> 9:45 -10:30am (Yael)	<u>AM</u> <u>Deep Stretch</u> 10-11am (Jane)	<u>AM</u> <u>Pilates /Barre</u> 10-11am (Anne)	<u>AM</u> <u>Yoga I/II</u> 10:30-11:30am	<u>AM</u> <u>Move and Groove</u> 9:45-10:30am (Yael)	<u>Yoga I</u> 10-11:15 am Hampton	
<u>HIIT</u> 10:45-11:30am(Yael)	<u>PM</u> <u>Pilates</u> 11:15am-12:15pm (Kay)	<u>PM</u> <u>Love to Lift</u> 12-1:05 (Starr)	(Mary Lou) <u>Cycle Class</u> 5:25-6:10pm (Jody)	<u>HIIT</u> 10:45-11:30am (Yael)		
<u>PM</u> <u>Love to Lift</u> 12-1:05pm (Starr)	<u>Cycle Class</u> 5:25-6:10pm (Tony)	<u>HIIT</u> 6-7pm (Jody)		<u>PM</u> <u>Love to Lift</u> 12-1:05pm (Starr)		
<u>Vinyasa Yoga II/III</u> 6-7pm (Elisabeth)						

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



Hours of Operation

Mon—Friday 7am-7pm

Saturday 8am-5pm

Sunday 1-5pm

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.