

# January YWCA Fitness “Land” Class Schedule



\*Class descriptions and locations on back PAGE \*Aquatics Classes are found on POOL SCHEDULE

<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>	
<b><u>Move and Groove</u></b> 9:45 -10:30am (Jan)	<b><u>Deep Stretch</u></b> 10-11am (Jane)	<b><u>Pilates /Barre</u></b> 10-11am (Anne)	<b><u>Move and Groove</u></b> 9-9:45am (Jan)	<b><u>Pilates</u></b> 10-11am (Kay)	<b><u>Cycle Class</u></b> 9-9:45am (Rotating Instructors)	
<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>		
<b><u>Pure Body Strength</u></b> 12-12:45pm (Jan)	<b><u>Cycle Class</u></b> 5:25-6:10pm (Tony)	<b><u>LIIT</u></b> 6-7pm (Jody)	<b><u>Yoga I/II</u></b> 10:30-11:30am (Mary Lou)	<b>No Classes</b>	<b><u>Deep Stretch</u></b> 10:15-11:15am (2nd, 16th, 30th ) (Jane)	
<b><u>Vinyasa Yoga II/III</u></b> 6-7pm (Sarah)			<b><u>Pure Body Strength</u></b> 12-12:45pm (Jan)		<b><u>Yoga I</u></b> 10:15-11:15 am (9th, 23rd) (Mary Lou)	
			<u>PM</u>			
			<b><u>Cycle Class</u></b> 5:25-6:10pm (Jody)			

**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**

**(As of 9/14, All Classes will be held in Multipurpose Room until further notice.)**

- \*Cycle Class: This class is a high intensity cardio workout set on a specialized stationary bike.**
- \*LIIT (Low Impact Interval training) : This class improves muscular and cardiovascular strength and endurance, using weights and low impact cardio moves.**
- \*Move and Groove: A low-intensity chair and standing class focusing on flexibility and strength. Great for those suffering with joint issues.**
- \*Pure Body Strength: This is a low/no cardio sculpting class designed to cover every muscle group thoroughly, using weights.**
- \*Pilates/Barre: Tone, sculpt, and lengthen with this low impact workout utilizing your own body weight, bands, light weights, and more. Focusing on core strength , this class will improve stability and posture.**
- \*Pilates: Low-impact exercises that focus on core strength, flexibility and long, lean muscles in the whole body.**
- \*Yoga I: Beginner friendly. Classes go through traditional yoga postures and stretches.**
- \*Yoga I/II: A flow style yoga, combines movements with some traditional yoga postures.**
- \*Vinyasa Yoga II/III: A flow style yoga, a little faster pace combined with some traditional yoga postures.**
- \*Deep Stretch: Classes go through traditional stretches to lengthen and relax the whole body.**