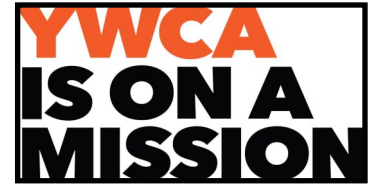


# March YWCA Fitness "Land" Class Schedule



\*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> <b><u>Move and Groove</u></b> 9:45 -10:30am (Jan)	<u>AM</u> <b><u>Deep Stretch</u></b> 10-11am (Jane)	<u>AM</u> <b><u>Pilates /Barre</u></b> 10-11am (Anne)	<u>AM</u> <b><u>Move and Groove</u></b> 9-9:45am (Jan)	<u>AM</u> <b><u>Pilates</u></b> 10-11am (Kay)	<u>AM</u> <b><u>Cycle Class</u></b> 9-9:45am (Rotating Instructors)	
<u>PM</u> <b><u>Pure Body Strength</u></b> 12-12:45pm (Jan)	<u>PM</u> <b><u>Cycle Class</u></b> 5:25-6:10pm (Tony)	<u>PM</u> <b><u>LIIT</u></b> 6-7pm (Jody)	<u>PM</u> <b><u>Yoga I/II</u></b> 10:30-11:30am (Mary Lou)	<u>PM</u> No Classes	<b><u>Yoga I</u></b> 10:15-11:15 am  Sarah: 6th & 20th  Shelley B: 13th & 27th	
<b><u>Vinyasa Yoga II/III</u></b> 6-7pm (Sarah)			<b><u>Pure Body Strength</u></b> 12-12:45pm (Jan)			
			<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 - class passes available at front desk 30 minutes prior to class start time

All fitness classes are being held in the multipurpose room with no more than 8 participants inside

Instructors have the option to take their class outside or open MP room doors for outside participation

Masks are required inside the building at all times

Other rooms capacity: Cardio room -8 , Weight room -6, Yoga studio (extra space for member use ) -5, Cycle studio -2

## \*Updated\*

### Hours of Operation

Monday – Thursday 7am-9pm

Friday 7am-8pm

Saturday 8am-5pm

Sunday 1pm-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.**