**March YWCA Fitness “Land” Class Schedule**

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

<table>
<thead>
<tr>
<th>MONDAYS</th>
<th>TUESDAYS</th>
<th>WEDNESDAYS</th>
<th>THURSDAYS</th>
<th>FRIDAYS</th>
<th>SATURDAYS</th>
<th>SUNDAYS</th>
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<tbody>
<tr>
<td><strong>AM</strong></td>
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<tr>
<td>Move and Groove</td>
<td>Deep Stretch</td>
<td>Pilates /Barre</td>
<td>Move and Groove</td>
<td>Pilates</td>
<td>Cycle Class</td>
<td>Cycle Class</td>
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<tr>
<td>9:45-10:30am (Jan)</td>
<td>10-11am (Jane)</td>
<td>10-11am (Anne)</td>
<td>9-9:45am (Jan)</td>
<td>10-11am (Kay)</td>
<td>9-9:45am (Jan)</td>
<td>9-9:45am (Rotating Instructors)</td>
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<td><strong>PM</strong></td>
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<tr>
<td>Pure Body Strength</td>
<td>Cycle Class</td>
<td>LIIT</td>
<td>Pure Body Strength</td>
<td>No Classes</td>
<td>Yoga I</td>
<td>Yoga I</td>
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<tr>
<td>12-12:45pm (Jan)</td>
<td>5:25-6:10pm (Tony)</td>
<td>6-7pm (Jody)</td>
<td>12-12:45pm (Jan)</td>
<td></td>
<td>10:15-11:15 am</td>
<td>10:15-11:15 am</td>
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<tr>
<td>Vinyasa Yoga II/III</td>
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<td></td>
<td></td>
<td></td>
<td>Sarah:</td>
<td>Shelley B:</td>
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<tr>
<td>6-7pm (Sarah)</td>
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<td>6th &amp; 20th</td>
<td>13th &amp; 27th</td>
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**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.