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

- **MONDAYS**
  - **AM**
    - Move and Groove
      - 9:45 - 10:30am (Jan)
  - **PM**
    - Pure Body Strength
      - 12-12:45pm (Jan)
    - Vinyasa Yoga II/III
      - 6-7pm (Sarah)

- **TUESDAYS**
  - **AM**
    - Core, More & Stretch
      - 10-11am (Jane)
  - **PM**
    - Cycle Class
      - 5:25-6:10pm (Tony)

- **WEDNESDAYS**
  - **AM**
    - Pilates /Barre
      - 12-12:55pm (Anne)
  - **PM**
    - LIIT
      - 6-7pm (Jody)

- **THURSDAYS**
  - **AM**
    - Move and Groove
      - 9-9:45am (Jan)
  - **PM**
    - Yoga I/II
      - 10:30-11:30am (Mary Lou)
    - Pure Body Strength
      - 12-12:45pm (Jan)

- **FRIDAYS**
  - **AM**
    - Pilates
      - 10-11am (Kay)
  - **PM**
    - No Classes

- **SATURDAYS**
  - **AM**
    - Cycle Class
      - 9-9:45am
      - (Rotating Instructors)
    - Yoga I
      - 10:15-11:15 am
        - Sarah: 3rd & 17th
        - Shelley B: 10th & 24th

- **SUNDAYS**

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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

**Hours of Operation**
- Monday – Thursday 7am-9pm
- Friday 7am-8pm
- Saturday 8am-5pm
- Sunday 1pm-5pm
*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.

*Core, More & Stretch: A low-intensity mat workout focusing on core strength ending with a long, relaxing stretch.

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