



GROUP EXERCISE SCHEDULE

GREENE COUNTY YMCA

BEGINNING JANUARY 1, 2018

MONDAY

6:00-6:25	Group	W.O.D.	Denise
8:00-8:30	Pool	Aqua Stretch	Sue
8:00-8:55	Group	MOVE	Rotation
8:00-9:00	Cycle	Spin Yogi	Debbie/Holly
8:30-9:30	Pool	Water Fit	Sue
9:00-9:50	Group	Tai Chi	Deborah
10:00-10:25	FT	W.O.D. (AOA - 50 and older)	Debbie
10:00-10:55	Group	Yoga	Stacy
11:00-11:30	Group	Stay Fit	Deborah
11:00-11:45	Pool	Arthritis Water Class	Rotation
11:30-12:15	Group	Stretch For Life Yoga	Deborah
12:00-12:30	Cycle	Pedaling For Parkinson's	Rotation
12:00-12:45	Pool	Arthritis Water Class	Rotation
3:30-4:00	Group	Kids MOVE (ages 5-12)	Ali
4:15-5:00	Group	Step Challenge	Jolynn
5:15-5:55	Group	Power Yoga	Jolynn
5:30-5:55	FT	W.O.D.	Jimmy
5:30-6:15	Pool	Aqua Zumba	Jessica
5:45-6:30	Cycle	Intermediate Cycle	Chris
6:00-6:55	Group	RIP	Denise
7:00-8:00	Group	Yoga	Lena

TUESDAY

5:45-6:30	Cycle	Intermediate Cycle	Denise
8:00-8:55	Group	Vinyasa (Flow Yoga)	Margo
8:30-9:30	Pool	20/20/20	Gail
9:00-9:55	Group	Bodyworks	Debbie
10:00-10:55	Group	Barre	Danielle
11:00-11:55	Group	Yoga	Danielle
11:30-12:15	Pool	Arthritis Water Class	Linda
4:15-4:55	Group	Shred	Jolynn
4:30-4:55	FT	W.O.D. (ages 9-14)	Jimmy
5:30-6:25	Group	Zumba	Debbie S.
5:30-6:30	Pool	Water Fit	Gail
6:30-7:10	Group	Pound	Carrie
7:15-8:00	Group	Cardio Kickboxing	Lannette

WEDNESDAY

6:00-6:25	Group	W.O.D.	Denise
8:00-8:30	Pool	Aqua Stretch	Sue
8:00-8:55	Group	MOVE	Rotation
8:00-9:00	Cycle	Spin Yogi	Debbie/Holly
8:30-9:30	Pool	Water Fit	Sue
9:00-9:45	Group	Basic Step	Lisa/Margo
9:00-9:45	YG	Homeschool PE	Nicolle
10:00-10:25	FT	W.O.D. (AOA- 50 and older)	Debbie
10:00-10:30	YAR	Pre-school MOVE	Nicolle
10:00-10:55	Group	Yoga	Nancy
11:00-11:30	Group	Stay Fit	Deborah
11:00-11:45	Pool	Arthritis Water Class	Rotation
11:30-12:15	Group	Stretch For Life Yoga	Deborah
12:00-12:45	Pool	Arthritis Water Class	Ann
5:30-5:55	Group	Glutes & Core	Aneta
5:45-6:30	Cycle	Intermediate Cycle	Chris
6:00-7:00	Group	Cardio Intervals	Carrie

THURSDAY

5:45-6:30	Cycle	Intermediate Cycle	Denise
8:00-8:55	Group	Vinyasa (Flow Yoga)	Margo
8:30-9:30	Pool	20/20/20	Gail
9:00-9:55	Group	Bodyworks	Debbie
10:00-10:55	Group	Barre	Danielle
11:00-11:55	Group	Yoga	Danielle
11:30-12:15	Pool	Arthritis Water Class	Linda
3:30-4:00	Group	Kids MOVE (ages 5-12)	Ali
4:15-5:00	Group	Step Challenge	Jolynn
4:30-4:55	FT	W.O.D. (ages 9-14)	Ali
5:15-5:55	Group	Yoga	Jolynn
5:30-6:30	Pool	Water Fit	Gail
6:00-6:25	FT	W.O.D.	Jimmy
6:00-6:30	Group	Zumba	Debbie S.
6:35-7:30	Group	RIP	Denise

FRIDAY

6:00-6:25	Group	W.O.D.	Denise
8:00-8:55	Group	RIP	Margo
8:00-8:20	Cycle	Beginner Cycle	Terri
8:15-9:00	Cycle	Intermediate Cycle	Terri
8:30-9:30	Pool	Aqua Dance	Sue
9:00-9:45	Group	Dance, Dance	Margo
10:00-10:55	Group	Yogalates	Andy
11:00-11:45	Pool	Arthritis Water Class	Rotation
12:00-12:45	Pool	Arthritis Water Class	Rotation
5:00-5:55	Group	Vinyasa (Flow Yoga)	Lena

SATURDAY

8:00-8:55	Group	Yoga	Jolynn
8:45-9:45	Pool	High Intensity Water Fit	Rotation
9:00-10:00	Group	Shred	Jolynn
10:00-10:25	Group	W.O.D.	Jimmy
10:45-12:00	Group	Cardio Kickboxing	Lannette
11:30-12:15	Pool	Arthritis Water Class	Linda

KEY:

- YAR Youth Activity Room
- Group Group Exercise Studio
- Cycle Cycling Studio
- FT Functional Training
- YG Youth Gym

Childwatch (Ages 6 weeks - 5 years old)

Monday-Saturday 8:00 a.m. - 12:00 Noon
Monday-Thursday 4:00 p.m. - 8:00 p.m.

Youthwatch (Ages 6 - 12 years old)

Monday-Thursday 3:30 p.m. - 8:00 p.m.
Friday 3:30 p.m. - 6:00 p.m.

Appropriate attire must be worn at all times.

Youth ages 9 -12 are allowed to participate in classes if accompanied by an adult.

Barre - This class is a dynamic cardiovascular program of isometric exercises and orthopedic stretches. Through interval training sets, your muscles are targeted and overloaded to the point of fatigue and then stretched for relief.

Basic Step - Learn basic step combinations in a fun and challenging cardio class for beginner to intermediate levels.

Beginner Cycle - Begin your group cycling experience with a class especially for new biking participants. You will learn the proper set-up and techniques used for indoor cycling and build your endurance.

Bodyworks - This barbell and dumbbell class will sculpt your body and give you the results you want! Improve muscle tone, posture, balance and strength for your upper and lower body. Appropriate for all fitness levels.

Cardio Intervals - This interval class combines cardio, endurance and balance training for a physical and mental challenge.

Cardio Kickboxing - A bag-slammng, heart-pumping, calorie-burning, confidence-building workout for all fitness levels. It's specifically designed to increase strength and endurance while training you to defend yourself. You will punch, kick, elbow and knee your way into a chiseled body. Exercises are performed on punching bags so there is NO person to person contact. Cardio Kickboxing is THE workout for a knockout body!

Dance, Dance - A fun class filled with dance step challenges. A mixture of Line and Hip Hop dance steps. Come join the fun!

Glutes & Core - A great combination of glute work and ab work to strengthen and tone your favorite spots.

Intermediate Cycle - Fun, active, interval training that is designed for any type of rider. Class simulates the outdoors and works the body at various resistance levels and speeds.

Intro Class - New to class and not sure what to expect? Contact Debbie Overacker (639-6107) to schedule a time.

MOVE - This class is divided into 10-15 minute segments of cardio, weights, floor work and stretching.

Pedaling For Parkinson's - This cycle class is specifically tailored for people with Parkinson's disease. It has been medically proven to help reduce symptoms and is for all levels of Parkinson's patients. Free and open to members and non-members.

Pound & Pound Fusion - This is an effective, fun and challenging fitness method that combines cardio, conditioning and corework with drumming! Using lightly weighted drum sticks you will isolate the tough-to-target muscles that create an efficient, lean and balanced body.

Power Yoga - While following basic yoga postures this class is fitness based and will provide a challenging and energizing workout. **Increase your physical and mental awareness with postures that will blend strength with flexibility, endurance, balance, coordination and concentration.**

Pre-school & Kids MOVE - **The instructor will provide direction and feedback to improve skills with a focus on your child's individual ability and encourage fun through games and instruction.**

RIP - A barbell program for all ages. Routines cater to all fitness levels with traditional and non-traditional athletic movements.

Shred - This class will combine short bouts of high intensity cardio to rip and tone your body using dumbbells and barbells.

Spin Yogi - Fun, active, interval training that is designed for any type of rider. Class simulates the outdoors and works the body at various resistance levels and speeds. Cycle for 45 minutes followed by 15 minutes of Yoga.

Stay Fit - Safe exercises for people who do not want to exercise standing unaided. Strength building and balancing exercises done standing or seated along with a lively dance.

Step Challenge - Intermediate to advanced step combinations are featured in this cardio option for a fun and challenging class! Familiarity with step terminology and movements are recommended.

Stretch For Life Yoga - This class is designed for beginners, people with multiple sclerosis, fibromyalgia, chronic fatigue syndrome, arthritis and other limiting conditions.

Tai Chi - Tai Chi is a routine that combines fast and slow movements to help you acquire internal energy and the ability to increase and maintain balance.

Vinyasa (Flow Yoga) - Experience exercises for your mind, body and soul. Class starts with a seated centering and is marked by a flowing style that links movement with breath.

W.O.D. - This class is 25 minutes, will leave you dripping in sweat and is all about getting a quality workout in a short amount of time. Participants will increase strength, endurance, power and overall level of athletic conditioning.

Yoga - Slow, controlled movements and deep stretches are used to release tension, develop flexibility, increase strength and improve balance. Some flowing movements will be used.

Yogalates - A combination of yoga postures and pilates movements. Some light weights will be used in some of the postures. This class will improve flexibility, build strength and work on the core.

Zumba - A fun-filled dance class moving to the beat of Latin music.

20/20/20 - Full body workout w/ 20 mins of cardio, 20 mins of arm & leg toning and 20 mins of core work in shallow water.

Aqua Stretch - Shallow water stretching focusing on strength and balance.

Aqua Dance - A safe, effective and challenging water-based workout that has less impact on your joints, so you can really let loose! The water creates natural resistance helping to tone your muscles and perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. This is definitely one pool party you shouldn't miss!

Arthritis Class - This class is designed for joint movement and mobility. Please see the Member Service Desk for an application.

High Intensity - This advanced water class is split between shallow and deep water and will involve the use of water weights.

Water Fit - Mid to high intensity aerobics done through a combination of deep and shallow water exercise.

Pumped Yoga - This class will use weights to increase upper and lower body strength, improve bone strength, gain greater flexibility, develop straighter posture and help reduce stress.

RB Racquetball Court
YC Youth Center

Parent/Child Boot Camp - This class will consist of a circuit of exercises designed for the parent and child.

Core Training - A class that focuses on the muscle responsible for strong abdominals and a healthy back.

Boot Camp and Tabata Boot Camp - **High energy class incorporating various exercise modes to achieve an intense full body workout.** Class consists of cardio/boot camp style workout.

Motion - Mixture of Hip Hop, Latin and Aerobic dance moves that incorporate interval training and body weight movements.

Sport Training – Engaging kids in fun physical activity that supports sport specific movements. Encourages kids to stay motivated in fun activity while focusing on teamwork and strong Y values.

The Arthritis Foundation Tai Chi - This class is proven to reduce pain and improve your mental and physical well-being. It uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

Tumbling - Kids who want to learn or advance their tumbling abilities will work on mats with the instructor focusing on rolls, handstands, cartwheels and walkovers. The instructor will provide direction and feedback to improve skill with a focus on your child's individual ability and encourage fun through games, music and instruction.

Kids Yoga - Children will enjoy fun postures such as Wag your Tail with Downward Facing Dog, set sail with Boat Pose, Close your eyes to Fly or plant a tree and grow a forest. This class will improve children's balance, posture and their strength.