



GROUP EXERCISE

YMCA of Greene County

April 2018

***Bolded classes** represent something new/time change/instructor change

MONDAY			
6:00-6:25	GES	W.O.D.	Denise
8:00-9:00	CS	Spin Yogi	Holly
8:00-8:55	GES	MOVE	Margo
8:00-8:30	Pool	Aqua Stretch	Sue
8:30-9:30	Pool	Water Fit	Sue
9:00-9:50	GES	Adaptive Tai Chi	Patty
9:30-10:15	CS	Cycle	Terri
9:30-9:55	FT	Modified W.O.D. (Ages 50+)	Tasha
10:00-10:30	FT	Balance, Brain & Balls	Patty
10:00-10:55	GES	Yoga	Stacy
11:00-11:45	Pool	Arthritis Water Class	Rotation
11:00-11:30	GES	Stay Fit	Deborah
11:35-12:20	GES	Stretch for Life Yoga	Deborah
12:00-12:45	Pool	Arthritis Water Class	Rotation
12:00-12:45	CS	Parkinson's Cycle	Tasha
4:15-5:00	GES	Step Challenge	Jolynn
5:15-5:55	GES	Power Yoga	Jolynn
5:30-6:15	Pool	Aqua Dance	Gail
5:30-5:55	FT	W.O.D.	Jimmy
5:45-6:30	CS	Cycle	Chris
6:00-6:55	GES	RIP	Denise
7:00-8:00	GES	Yoga	Lena
TUESDAY			
5:45-6:30	CS	Cycle	Denise
8:00-8:55	GES	Vinyasa (Flow) Yoga	Margo
8:30-9:30	Pool	20/20/20	Luke
9:00-9:55	GES	TNT "Tighten & Tone"	Sarah
10:00-10:55	GES	Barre	Danielle
11:00-11:55	GES	Yoga	Danielle
11:30-12:15	Pool	Arthritis Water Class	Linda
4:15-5:00	GES	Shred	Jolynn
4:30-4:55	FT	Modified W.O.D. (Ages 9+)	Jimmy
5:30-6:30	Pool	Water Fit	Gail
5:30-6:25	GES	Zumba®	Debbie M.
6:30-7:10	GES	POUND®	Carrie
7:15-8:00	GES	Cardio Kickboxing	Lannette
WEDNESDAY			
6:00-6:25	GES	W.O.D.	Denise
8:00-9:00	CS	Spin Yogi	Holly
8:00-8:55	GES	MOVE	Denise
8:00-8:30	Pool	Aqua Stretch	Sue
8:30-9:30	Pool	Water Fit	Sue
9:00-9:50	GES	Adaptive Tai Chi	Patty
9:00-9:45	YG	Homeschool PE (K-8)	Nicolle
10:00-10:30	YAR	Preschool MOVE (Ages 3-5)	Nicolle
9:30-9:55	FT	Modified W.O.D. (Ages 50+)	Tasha
10:00-10:30	FT	Balance, Brain & Balls	Patty
10:00-10:55	GES	Yoga	Nancy
11:00-11:45	Pool	Arthritis Water Class	Rotation
11:00-11:30	GES	Stay Fit	Deborah
11:35-12:20	GES	Stretch for Life Yoga	Deborah
12:00-12:45	Pool	Arthritis Water Class	Rotation
5:30-5:55	GES	Glutes & Core	Aneta
5:45-6:30	CS	Cycle	Chris
6:00-7:00	GES	Cardio Intervals	Carrie

THURSDAY			
5:45-6:30	CS	Cycle	Denise
8:00-8:55	GES	Vinyasa (Flow) Yoga	Margo
8:30-9:30	Pool	20/20/20	Luke
9:00-9:55	GES	TNT "Tighten & Tone"	Sarah
10:00-10:55	GES	Barre	Danielle
11:00-11:55	GES	Yoga	Danielle
11:30-12:15	Pool	Arthritis Water Class	Linda
4:15-5:00	GES	Step Challenge	Jolynn
4:30-4:55	FT	Modified W.O.D. (Ages 9+)	Jimmy
5:15-5:55	GES	Power Yoga	Jolynn
5:30-6:30	Pool	Water Fit	Gail
6:00-6:25	FT	W.O.D.	Jimmy
6:00-6:30	GES	Zumba®	Debbie M.
6:35-7:30	GES	RIP	Denise

FRIDAY			
6:00-6:25	GES	W.O.D.	Denise
8:00-9:00	CS	Spin Yogi	Holly
8:00-8:55	GES	RIP	Rotation
8:30-9:30	Pool	Aqua Dance	Sue
9:00-9:45	GES	Dance Dance	Margo
9:30-10:15	CS	Cycle	Terri
10:00-10:55	GES	Yogalates	Andy
11:00-11:45	Pool	Arthritis Water Class	Rotation
12:00-12:45	Pool	Arthritis Water Class	Rotation
5:00-5:55	GES	Vinyasa (Flow) Yoga	Lena

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

*All classes are geared toward all participants/fitness levels
Instructors are happy to show modifications for any exercise!*

- GES:** Group Exercise Studio
- CS:** Cycle Studio
- FT:** Functional Training Room
- YG:** Youth Gym
- YAR:** Youth Activity Room

Youth ages 9-12 may attend Group Exercise classes if accompanied by an adult.

****NEW CLASS THIS MONTH****

Balance, Brain & Balls is a fun, new class taught by our newest instructor, **Patty Tatem!** This class will be taught in the Functional Training room right after Modified W.O.D. A fun-filled 30 minutes using a variety of fitness balls and drills that will enhance your balance, agility and cognitive skills! Join the fun on Mondays and Wednesdays starting at 10 a.m.



Comments/Questions/Concerns:
tashaf@greencounty-ymca.org

CLASS DESCRIPTIONS

All of our classes are instructed using a variety of intensity modifications, making them suitable for both beginning and advanced participants.

20/20/20 (water class): This full-body workout consists of 20 minutes each of cardio, upper & lower body toning and core work in shallow water.

Adaptive Tai Chi: Tai Chi movements promote spatial awareness, balance, concentration and focus. This class adapts the movements to fit the needs of participants, whether they engage the exercises for therapeutic, preventative or recreational reasons.

Arthritis Water Class: This class is designed for joint movement and mobility. Please see Member Service Desk for an application!

Aqua Dance (water class): A safe, effective and challenging workout with less impact on your joints! The water creates natural resistance to tone your muscles. Perfect for those looking to add a low-impact, high-energy aquatic exercise to their routine.

Aqua Stretch (water class): Stretching performed in shallow water focusing on strength and balance.

Balance, Brain & Balls: A fun-filled class that uses a variety of fitness balls and drills to enhance balance, agility and cognitive skills. Experience all the fun you remember from summer camp that will keep you coming back! Great in conjunction with our Modified W.O.D. class.

Barre: Barre combines Pilates, yoga and ballet moves to give you beautiful, sculpted, lean muscles. This unique program combines isometric exercises and orthopedic stretches.

Cardio Intervals: Quick bursts of high Intensity cardio to keep the heart rate up! This class combines cardio, endurance and balance training for an overall challenge. Modifications will be shown, but expect to be pushed hard!

Cardio Kickboxing: A heart-pumping, calorie-burning, confidence building workout! Designed to increase strength and endurance while learning how to defend yourself. Exercises are performed on bags. NO person-to-person contact.

GLOVES OR HAND WRAPS HIGHLY RECOMMENDED

Cycle: High-intensity, low-impact workout utilizing stationary bikes. Improve strength and cardiovascular conditioning while cycling to motivating music. Also try our "Spin Yogi" cycle class!

Dance Dance: A fun, energizing fitness class incorporating music you love with easy to follow choreography. You'll hear new and current music along with some old favorites!

Glutes & Core: Join us for a class dedicated to your back side and core! Strengthen and tone your favorite spots with this killer workout!

Homeschool PE: Appropriate for Kindergarten to 8th grade. Instructors teach sports and fitness, lead games and further develop agility and motor skills.

Modified W.O.D.: This class modifies and adapts the Workout of the Day as an introduction to these workout styles. Learn essential functional movements and get a great workout! All ages and fitness levels are welcome!

MOVE: This class is typically divided into 10-15 minute segments of cardio, weights, floor work and stretching. Instructors have been known to change up the format to always keep those muscles guessing! Also, check out our "Preschool MOVE" class!

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

POUND®: Channel your inner rock star with this full-body jam session combining light resistance with simulated drumming. This exhilarating workout combines cardio, conditioning and strength with Yoga and Pilates-inspired movements. Let loose and rock out!

Power Yoga: This fitness-based yoga practice begins with basic postures then moves toward more challenging sequences to provide a motivating and energizing workout. Increase your strength, flexibility and concentration while cleansing the body and calming the mind.

Preschool MOVE: Appropriate for ages 3-5. The instructor will provide direction and feedback to improve skills with a focus on your child's individual ability. This class encourages fun exercises through games and even obstacle courses!

RIP: This pre-choreographed weighted bar routine will accomplish muscle fatigue with tons of muscle repetition to build strength and endurance. Participants will use a step, dumbbells, and a bar with a variety of weighted plates.

Shred: This class will combine the use of dumbbells and/or barbells with quick bursts of high intensity cardio to sculpt and tone your body!

Spin Yogi: This 60-minute class incorporates cardio, strengthening and flexibility all-in-one! Combining our high energy cycle class followed by 15 minutes of Yoga/stretching. Thoroughly warm your muscles then relax and increase your flexibility off the bike.

Stay Fit: Total body workout appropriate for any fitness level. Classes are designed to increase muscular strength, joint stability, coordination and agility. Combines motivating music while incorporating a variety of equipment.

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, but not required.

Stretch for Life Yoga: A calming, stress relieving class to stretch and strengthen the body gradually. Suitable for all ages and levels. Join our yoga for EVERY body!

TNT "Tighten & Tone": This class will work to tighten and tone the entire body for a great workout that gives you the results you want! Expect mostly weights and some cardio. Stability ball, bands, weights...always changing to keep the body guessing!

Vinyasa (Flow) Yoga: Designed to challenge you with a greater variety of poses and a faster moving sequence. Each movement is synchronized to a breath. Increase your physical and mental awareness with postures that blend strength, flexibility, balance and concentration.

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

Water Fit (High Intensity): This advanced water class involves the use of water weights and is split between shallow and deep water.

W.O.D.: Workout of the day! This 25-minute class will leave you dripping with sweat! Join us for a short, quality workout. Workouts are designed to increase strength, endurance, power and overall conditioning. Also check out our "Modified W.O.D." class!

Yoga: Learn and master slow, controlled movements that serve to increase blood flow, balance, flexibility, strength, relaxation and mind-body connection. Some flowing movements may also be used in this practice.

Yogalates: This high-intensity, low-impact workout combines both Pilates and Yoga. Develop your core strength and stabilization through Pilates poses. Improve flexibility, muscular strength, posture and alignment through Yoga, breathing and relaxation.

Zumba®: Combines high energy and motivating music with unique moves and combinations allowing participants to dance their worries away!

****Please Note** All classes averaging less than six (6) participants per class are subject to change or cancellation**