



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

YMCA of Greene County

July 2018

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

MONDAY			
6:00-6:25	GES	Tabata HIIT	Denise
8:00-8:30	Pool	Aqua Stretch	Sue
8:00-8:55	GES	MOVE	Margo
8:30-9:30	CS	Spin Yogi	Holly
8:30-9:30	Pool	Water Fit	Sue
9:00-9:50	GES	Adaptive Tai Chi	Patty
10:00-10:45	RC	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	Shred	Jolynn
5:15-5:55	GES	Power Yoga	Jolynn
5:30-6:15	Pool	Aqua Dance	Gail
5:30-6:05	CS	Power Cycle	Chris
6:00-6:55	GES	RIP	Denise
7:00-7:55	GES	Vinyasa Yoga	Lena
TUESDAY			
5:45-6:30	CS	Cycle	Denise
8:00-8:55	GES	Vinyasa Yoga	Margo
8:30-9:30	Pool	20/20/20	Gail
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 HIIT (Ages 9+)	Jimmy
5:15-5:55	GES	Dance Dance	Margo
5:30-5:55	FT	Tabata HIIT	Jimmy
5:30-6:30	Pool	Water Fit	Gail
6:00-7:00	GES	Cardio Intervals	Carrie
WEDNESDAY			
6:00-6:25	GES	Tabata HIIT	Denise
8:00-8:30	Pool	Aqua Stretch	Sue
8:00-8:55	GES	MOVE	Patty
8:30-9:30	CS	Spin Yogi	Holly
8:30-9:30	Pool	Water Fit	Sue
9:00-9:50	GES	Adaptive Tai Chi	Patty
10:00-10:45	RC	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
4:15-5:00	GES	Shred	Jolynn
5:30-5:55	GES	Hard "CORE"	Aneta
5:30-6:05	CS	Power Cycle	Chris
6:00-6:55	GES	RIP	Denise

THURSDAY			
5:45-6:30	CS	Cycle	Denise
8:00-8:55	GES	Vinyasa Yoga	Margo
8:30-9:30	Pool	20/20/20	Gail
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 HIIT (Ages 9+)	Jimmy
5:15-5:55	GES	Power Yoga	Jolynn
5:30-6:00	FT	Tabata HIIT	Jimmy
5:30-6:30	Pool	Water Fit	Gail
6:00-7:00	GES	POUND Fusion	Carrie
FRIDAY			
6:00-6:25	GES	Tabata HIIT	Denise
8:00-8:55	GES	RIP	Denise
8:30-9:30	CS	Spin Yogi	Holly
8:30-9:30	Pool	Aqua Dance	Sue
9:00-9:45	GES	Dance Dance	Margo
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 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	Intro to Step	Jolynn
10:30-10:55	GES	Tabata HIIT	Jimmy
11:05-12:00	GES	Yoga	Rotation
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**
- RC: Racquetball Court #2**

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



**Enjoy Summer with
OUTDOOR EVENTS!**

**Annual 5K Run/Walk
August 18th**

**2nd Annual Sprint Triathlon
September 8th**

SIGN UP TODAY!

**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 using 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!

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!

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

Hard "CORE": Did you know your "core" includes every muscle except your arms and legs? Join us for a class dedicated to these essential muscles with a functional, dynamic workout!

Modified HIIT: This class modifies functional exercises you might see in our Tabata HIIT class! Learn essential functional movements and get a great workout! All ages and fitness levels welcome!

MOVE: This moderate intensity, full-body workout is a mixture of cardio and strength training. Build endurance and improve muscular strength with this energizing 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. Please visit the Member Service Desk for more information.

POUND Fusion: This exhilarating workout integrates cardio, conditioning and strength with light resistance and simulated drumming. This session also combines/fuses elements from cardio intervals for a full-body workout and overall challenge! Moderate to high-intensity.

Power Cycle: This shortened version of our cycle class includes the same high-intensity, low-impact workout guaranteed to give you the same burn! Efficiency, power and conditioning wrapped into one!

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.

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 the entire body!

Spin Yogi: This class incorporates cardio, strengthening and flexibility all in one! Combining our high energy cycle class followed by 10-15 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 and incorporates 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. Also, try our INTRO class offered through July and August!

INTRO to Step: Have you been wanting to try Step but aren't sure if you're ready for Step Challenge? This class is just for you! Learn the basic movements and terminology of Step in this abbreviated class! Available through July and August!

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!

Tabata HIIT: High-intensity interval training involving short bursts of high (all out) intensity followed by a short period of rest. This routine uses minimal equipment, but expect lots of great changes with instructors switching up the class format often!

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 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.

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.

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