



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summer Schedule

YMCA of Greene County

August 1, 2020

MONDAY

8:00-8:45	GES	ZUMBA®	Debbie
8:00-8:30	Pool	Aqua Stretch	Sue H.
8:00-9:00	CS	Spin Yogi	Holly
8:30-9:30	Pool	Water Fit	Sue H.
10:00-10:55	GES	Yoga	Stacy
4:15-4:50	GES	Step Challenge	Jolynn
5:15-6:00	GES	Yoga Flow	Jolynn
5:30-6:30	Pool	Water Fit	Luke
6:30-7:30	GES	RIP	Denise
6:30-7:30	Lobby	Outdoor Yoga	Sue R.

TUESDAY

5:45-6:30	CS	Cycle	Denise
8:00-8:55	GES	Vinyasa Yoga	Heather
8:30-9:30	Pool	Water Fit	Luke
9:15-9:50	GES	Strength & Sculpt	Debbie
10:15-11:15	GES	Barre Fusion	Danielle
4:15-5:00	GES	Shred	Jolynn
5:30-6:30	Pool	Water Fit	Luke
6:00-6:45	GES	TNT	Carrie

WEDNESDAY

8:00-8:45	GES	ZUMBA®	Debbie
8:00-9:00	CS	Spin Yogi	Holly
8:00-8:30	Pool	Aqua Stretch	Sue H.
8:30-9:30	Pool	Water Fit	Sue H.
10:00-10:55	GES	Yoga	Deborah
5:15-5:55	GES	Yoga	Sheila
6:30-7:30	GES	RIP	Denise

THURSDAY

5:45-6:30	CS	Cycle	Denise
8:00-8:55	GES	Vinyasa Yoga	Heather
8:30-9:30	Pool	Water Fit	Luke
9:15-9:50	GES	Strength & Sculpt	Jaileen
10:15-11:15	GES	Barre Fusion	Danielle
4:15-5:00	GES	Shred Fusion	Jolynn
5:30-6:15	GES	Barre Fusion	Margo
5:30-6:30	Pool	Water Fit	Luke

FRIDAY

8:00-8:55	GES	RIP	Denise
8:30-9:30	Pool	Aqua Dance	Sue H.
9:30-10:30	GES	Yogalates	Andy
11:15-11:45	GES	Dance Express	Margo
5:00-5:55	GES	Yoga	Lena

SATURDAY

8:00-8:55	GES	Yoga Flow	Jolynn
8:00-9:00	CS	Cycle	Denise
8:45-9:45	Pool	Water Fit	Luke
9:15-10:00	GES	Shred	Jolynn

Youth (ages 9-12) may participate if accompanied by adult.

All classes are instructed using a variety of modifications making them suitable for beginning to advanced participants. The best part, there is no competition. We are all trying to improve our personal performance!

CLASS DESCRIPTIONS

- Aqua Dance:** A high energy, low-impact workout. Perfect for those looking to add a safe, effective workout with low impact on their joints.
- Aqua Stretch:** Stretching performed in shallow water focusing on increased flexibility, strength and balance.
- Barre Fusion:** Fuses core, strength training, Pilates, yoga and ballet. Total body workout.
- Cycle:** High-intensity, low-impact workout utilizing stationary bikes. Improve strength and cardiovascular conditioning paired with motivating music to keep you coming back.
- Dance Express:** Be ready to shake it, drop it with an all over body workout. Dancing to music and moves you love!
- RIP:** Barbell workout that incorporates functional strength training. Every movement plane is attacked using weights and bodyweight. Features safe and motivating exercises using traditional strength training to allow participants to work at their own level.
- Shred:** Combines the use of dumbbells with short bursts of high-intensity cardio throughout class to sculpt and tone the entire body! Adaptable for all ages and fitness levels.
- Shred Fusion:** This fun and challenging class combines two of our most popular programs: Shred and Step!
- Spin Yogi:** Incorporates cardio, endurance and flexibility by combining high-intensity, low-impact cycling followed by 10-15 minutes of yoga or stretching. Warm your muscles on the bike then and increase your flexibility off the bike!
- Step Challenge:** Intermediate to advanced step combinations are featured in this cardio routine for a fun and challenging class! Being familiar with step terminology and movements are recommended, but not required.
- Vinyasa Yoga:** Designed to challenge you with a flowing, dynamic sequence of poses. This practice involves synchronizing the breath with a continuous flow of postures. Increase your physical and mental awareness while building strength, flexibility and endurance.
- Water Fit:** Mid to high-intensity water aerobic exercises performed through a combination of deep and shallow water.
- Yoga:** Learn and master slow, controlled movements that serve to increase blood flow, balance, flexibility, strength and mind-body connection. Classes focus on building a firm foundation to instill confidence in your practice.
- Yogalates:** This low-impact yet high-intensity workout combines Pilates and yoga. Further develop core strength and stabilization through Pilates. Improve flexibility, muscular strength, posture alignment and relaxation through yoga.
- ZUMBA®:** A fitness program that combines Latin and contemporary music with dance moves. Alternating fast and slow rhythms to incorporate interval training and cardiovascular improvement.