



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

All of our Water Aerobics, Active Older Adult and Group Exercise Classes are free with a Y membership. No need to sign-up.

SPRING GROUP EXERCISE SCHEDULE

APRIL 10–MAY 28 No classes April 3–9, May 29–June 4

MONDAY

| Time | Class | Room |
|-------------------|----------------------|-------|
| AM Classes | | |
| 5:30–6:15 | Interval Training | PR 1 |
| 5:30–6:30 | Zumba® | PR 2 |
| 5:30–6:30 | Cycling | PR 3 |
| 9:00–10:00 | SilverSneakers® Yoga | MPR |
| 9:15–10:15 | Body Sculpt | PR 1 |
| 9:15–10:00 | Zumba®Gold | PR 2 |
| 9:15–10:15 | Cycling | PR 3 |
| 10:15–11:15 | Zumba® | PR 2 |
| 10:30–11:30 | Enhance®Fitness | Gym 2 |
| 11:45–12:15 | Stretch and Flex* | PR 1 |

PM Classes

| | | |
|-----------|---------------|------|
| 4:30–5:15 | Step & Sculpt | PR 2 |
| 5:30–6:30 | Piyo® | PR 2 |
| 5:30–6:30 | Body Sculpt | PR 1 |
| 5:30–6:30 | Cycling | PR 3 |
| 5:30–6:30 | TRX | PR 4 |
| 6:45–7:45 | Beginner Yoga | PR 1 |
| 6:45–7:45 | Zumba® | PR 2 |

TUESDAY

| Time | Class | Room |
|-------------------|-------------------------|------|
| AM Classes | | |
| 5:30–6:30 | Yoga | PR 1 |
| 5:30–6:30 | Piyo® | PR 2 |
| 9:00–10:00 | SilverSneakers® Classic | MPR |
| 9:15–10:00 | Piloxing® | PR 1 |
| 9:15–10:15 | Step & Sculpt | PR 2 |
| 10:15–11:00 | Stay Strong | PR 1 |
| 10:30–11:30 | Fit After 40 | PR 2 |
| 10:30–11:30 | TRX | PR 4 |
| 11:45–12:15 | Total Body Solutions* | PR 2 |

PM Classes

| | | |
|-----------|-----------------------|------|
| 4:30–5:15 | Corebar® | PR 1 |
| 4:30–5:15 | Zumba® | PR 2 |
| 5:30–6:30 | Beginning Body Sculpt | PR 1 |
| 5:30–6:30 | Yoga | PR 2 |
| 6:45–7:45 | STRONG by Zumba™ | PR 2 |

WEDNESDAY

| Time | Class | Room |
|-------------------|----------------------|-------|
| AM Classes | | |
| 5:30–6:30 | H.A.B.I.T. | PR 2 |
| 5:30–6:15 | Interval Training | PR 1 |
| 5:30–6:30 | Cycling | PR 3 |
| 9:00–10:00 | SilverSneakers® Yoga | MPR |
| 9:15–10:15 | Body Sculpt | PR 1 |
| 9:15–10:00 | Zumba®Gold | PR 2 |
| 9:15–10:15 | Cycling | PR 3 |
| 9:30–10:15 | PiYo® | PR 4 |
| 10:15–11:15 | Zumba® | PR 2 |
| 10:30–11:30 | Enhance®Fitness | Gym 2 |
| 10:30–11:15 | Mat Fusion | PR 1 |

PM Classes

| | | |
|-----------|---------------|------|
| 4:30–5:15 | Step & Sculpt | PR 2 |
| 5:30–6:15 | Stay Strong | PR 4 |
| 5:30–6:30 | Piloxing® | PR 1 |
| 5:30–6:30 | Yoga | PR 2 |
| 5:30–6:30 | Cycling | PR 3 |
| 6:45–7:45 | Zumba® | PR 2 |

THURSDAY

| Time | Class | Room |
|-------------------|-------------------------|------|
| AM Classes | | |
| 5:30–6:30 | STRONG by Zumba™ | PR 2 |
| 9:30–10:15 | Corebar® | PR 1 |
| 9:15–10:15 | Step & Sculpt | PR 2 |
| 9:00–10:00 | SilverSneakers® Classic | MPR |
| 10:30–11:30 | TRX | PR 4 |
| 10:30–11:30 | Fit After 40 | PR 1 |
| 11:45–12:15 | Total Body Solution* | PR 2 |
| PM Classes | | |
| 4:30–5:15 | PiYo® | PR 1 |
| 4:30–5:15 | Zumba® | PR 2 |
| 5:30–6:30 | Full Body Fusion | PR 1 |
| 5:30–6:45 | Yoga | PR 2 |
| 6:30–7:30 | TRX® | PR 4 |

FRIDAY

| Time | Class | Room |
|-------------------|----------------------|-------|
| AM Classes | | |
| 9:00–10:00 | SilverSneakers® Yoga | MPR |
| 9:15–10:15 | Advanced Body Sculpt | PR 1 |
| 9:15–10:00 | Zumba®Gold | PR 2 |
| 9:15–10:15 | Cycling | PR 3 |
| 10:30–11:30 | Enhance®Fitness | Gym 2 |
| 10:30–11:15 | Mat Fusion | PR 2 |

SATURDAY

| Time | Class | Room |
|-------------------|--------|------|
| AM Classes | | |
| 9:15–10:15 | Zumba® | PR 2 |

Room Capacity

Classes are first come, first serve

| | | |
|-------|---------------------|----|
| PR 1 | Program Room 1 | 15 |
| PR 2 | Program Room 2 | 27 |
| PR 3 | Program Room 3 | 15 |
| PR 4 | Program Room 4 | 10 |
| MPR | Multi-Purpose Rm. 1 | 23 |
| Gym 1 | Main Gym 1 | 24 |
| Gym 2 | Main Gym 2 | 24 |

NORTH WEBSTER CLASSES

| | | |
|-----------|-----------------|-------------|
| Monday | 9:00–10:00 a.m. | Zumba® |
| | 6:00–7:00 p.m. | Body Sculpt |
| Tuesday | 9:00–10:00 a.m. | Body Sculpt |
| Wednesday | 9:00–10:00 a.m. | Zumba® |
| Thursday | 9:00–10:00 a.m. | Body Sculpt |
| | 6:00–7:00 p.m. | Body Sculpt |

***30 minute class for a quick lunchtime work out!**

CLASS DESCRIPTIONS

ALL FITNESS LEVELS

Body Sculpt - Using a range of light to medium weights and other exercise equipment, you'll increase your heart rate for an effective fat burning workout that uses muscular endurance to promote definition. Abdominal work included.

Boot Camp - Get a full body workout including strength, cardio and abs. Body weight and various equipment will be used.

Corebar® - You'll work your total body with a focus on activating and developing the core using a unique, weighted bar. Develop cardio, strength, conditioning, mobility, balance and agility.

Cycling - Enjoy our Matrix Coach by Color Bikes® and get an aerobic workout that's easy on your joints. Our indoor cycling classes simulate outdoor riding with sprinting, hill climbing, and other techniques.

Enhance®Fitness gets you moving. And because you're encouraged to move at your own pace, it's never more than you can handle. In fact, we'll meet you where you are and help you gain strength, flexibility, and balance. Geared towards older adults, and those with chronic conditions, such as arthritis. We have chairs for support and soft ankle and wrist weights when you are ready.

Fit After 40 - Try this class if you're looking for a full body workout including light resistance training and low-impact cardio in a circuit training format, but need it modified for troublesome joints.

Full Body Fusion - You'll have a fun and productive workout with this 100% muscle conditioning class for the full body: legs, arms, back and core.

H.A.B.I.T.- Hips, Abs, Buttocks, Incredible Thighs get all the attention. Cardio not included.

Interval Training - Start the day with a powerful and effective interval workout switching between cardio, weights and of course, you can't forget the abs!

Mat Fusion - Work toward greater flexibility with stretching techniques and beginning yoga and pilates moves.

Piloxing® - You'll get a cardio fusion of standing pilates, boxing and dance in this high-energy barefoot interval workout.

PiYo® - You get the best of both worlds with this combined Pilates and Yoga class. Experience this unique workout with strength and cardio exercises while gaining additional benefits like balance and range of motion.

SilverSneakers® Yoga - Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Stay Strong - Class for LIVESTRONG® at the YMCA class graduates only.

Step & Sculpt - Get your heart rate up using step aerobics and use a variety of exercises to tone and sculpt upper, lower body and ab muscles.

Stretch and Flex - Relax, stretch, and lengthen your tight muscles. Important for people of all ages, one of the greatest benefits of stretching is an increased range of motion and the ability to ward off injury.

Total Body Solution - In just thirty minutes you can build incredible core and body strength, engage supporting muscle groups, stabilize joints, create explosive power and improve overall physical performance. A class meant for busy people who need a short noon workout.

Yoga - Work your way through a body of techniques to connect mind and body with slower movements to provide power and relaxation with deep breathing.

Zumba® - Dance your way to a fitter you with exciting and unique Latin moves and rhythms. A Latin/hip-hop dance fitness class that's great for all age levels!

BEGINNER FITNESS LEVEL

Beginner Body Sculpt - Using a range of light to medium weights and other exercise equipment, you'll increase your heart rate for an effective fat burning workout that uses muscular endurance to promote definition. Abdominal work included.

Beginner Yoga - Work your way through a body of techniques to connect mind and body with slower movements to provide power and relaxation with deep breathing.

SilverSneakers® Classic - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for support.

Zumba® Gold - If you are an active older adult, a true beginner, not used to exercising or limited physically, Zumba Gold is done at a much lower intensity. The same great Latin styles of music and dance are used and it's just as fun as the regular Zumba classes. Zumba Gold classes strive to improve balance, strength, flexibility and the heart.

ADVANCED FITNESS LEVEL

Advanced Body Sculpt - You will build and sculpt muscles, strengthen your core and improve your cardio endurance while burning fat and calories in this high intensity class.

STRONG by Zumba™ - Enjoy the music of Zumba? This is a higher intensity body weight interval style strength training class, interchanged with lower intensity moves throughout the workout.

TRX® - Leverage gravity and your body weight to perform hundreds of different exercises on the TRX Suspension Trainer.