



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.

WINTER 1 GROUP EXERCISE SCHEDULE

JANUARY 7 - FEBRUARY 17 No classes December 24-January 4

MONDAY

Time	Class	Room
AM Classes		
5:30-6:15	H.I.I.T. 45	PR 1
5:30-6:30	Zumba® Toning	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
10:30-11:30	Fit After 40	PR 1
11:45-12:30	Beginner Yoga	PR 1
PM Classes		
4:30-5:15	Step & Sculpt	PR 2
5:30-6:30	PiYo®	PR 2
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
9:00-10:00	SilverSneakers® Classic	MPR
9:00-10:00	Piloxing®	PR 1
9:15-10:00	Boot Camp	GYM 1
9:15-10:15	Step & Sculpt	PR 2
10:30-11:15	Stay Strong	PR 1
10:30-11:15	Intro to Group Fitness	PR 2
11:45-12:15	Total Body Solutions	PR 2
PM Classes		
4:45-5:15	Corebar Express®	PR 1
4:30-5:15	Zumba®	PR 2
5:30-6:30	Body Sculpt	PR 1
5:30-6:30	Mixed Level Yoga	PR 2
6:45-7:45	Strong by Zumba™	PR 2

WEDNESDAY

Time	Class	Room
AM Classes		
5:30-6:15	PiYo®	PR 1
5:30-6:30	H.A.B.I.T.	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
9:15-10:15	PiYo®	GYM 2
10:15-11:15	Zumba®	PR 2
10:30-11:30	Enhance®Fitness	GYM 2
10:30-11:30	Mat Fusion	PR 1
11:45-12:15	Total Core	PR 1
PM Classes		
4:30-5:15	Step & Sculpt	PR 2
5:30-6:30	Piloxing®	PR 2
5:30-6:30	Cycling	PR 3
5:30-6:30	TRX®	PR 4
5:45-5:15	Strong 45	PR 1
6:45-7:45	Zumba®	PR 2
6:45-7:30	Pound	PR 1

THURSDAY

Time	Class	Room
AM Classes		
5:30-6:30	STRONG by Zumba™	PR 2
9:00-10:00	SilverSneakers® Classic	MPR
9:15-10:15	Step & Sculpt	PR 2
10:00-11:00	Boot Camp	GYM 1
10:30-11:30	TRX®	PR 4
10:30-11:30	Fit After 40	PR 1
10:30-11:15	Cardio Dance Off	PR 2
11:45-12:15	Total Body Solution	PR 2
PM Classes		
4:30-5:15	Zumba®	PR 2
5:15-6:00	Intro to Group Fitness	PR 1
5:30-6:30	PiYo®	PR 2
5:30-6:15	Cycling	PR 3
6:30-7:00	H.I.I.T. 30	PR 1
6:45-7:45	Zumba®	PR 2

FRIDAY

Time	Class	Room
AM Classes		
5:30-6:15	Cycling	PR 3
5:30-6:30	TRX®	PR 4
9:00-10:00	YogaFit® Seniors	MPR
9:00-10:00	Zumba® Toning	PR 2
9:15-10:15	Piloxing	PR 1
9:15-10:15	Cycling	PR 3
10:30-11:30	Mat Fusion	PR 1
10:30-11:30	Enhance®Fitness	PR 2
10:30-11:30	H.A.B.I.T.	GYM 1
PM Classes		
5:30-6:30	Zumba®	PR 2

SATURDAY

Time	Class	Room
AM Classes		
8:00-9:00	Cycling	PR 3
9:15-10:15	Cardio and Strength	PR 1
9:15-10:15	Zumba®	PR 2
9:15-10:30	Endurance Cycling	PR 3

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	Gym	24

Join us January 5 for our **Winter Preview**, open to everyone, with a variety of classes, challenges, and prizes!

NORTH WEBSTER CLASSES

Monday	9:00-10:00 a.m.	Zumba®
	6:15-7:00 p.m.	Body Sculpt
Tuesday	9:00-10:00 a.m.	Body Sculpt
Wednesday	9:00-10:00 a.m.	Zumba®
	6:00-7:00 p.m.	Body Sculpt
Thursday	9:00-10:00 a.m.	Body Sculpt

CLASS DESCRIPTIONS

ALL FITNESS LEVELS

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

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.

Cardio & Strength | A great way to try out classes offered during the week on a rotational schedule. Check our Mobile App or visit the Welcome Desk for a class schedule.

Corebar® Express | 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. 30 minutes of Cardio and Conditioning.

***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. Endurance class adds another 15 minutes to your ride. *Monday's 5:30 p.m. class had a 30 minute workout geared towards beginners and then a regular cycling class follows for the final 30 minutes.

Enhance®Fitness | Gets you moving! 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.

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

Mixed Level Yoga | Perfect for those new to yoga or the yogi that is ready for a little more challenge. Plenty of instruction will be given for a class that is balanced in strengthening and stretching. Participants must be comfortable down on their hands and knees in class and getting up and down from the floor.

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 interval workout.

Pound | Have fun in this 45 minute class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout.

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.

Total Core | Need core and leg muscles strengthened? In this 30 minute format, you'll alternate between standing abdominal and leg exercises and floor exercises to work your core and more!

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. Meant for busy people who need a short 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!

Zumba® Toning | The fun of a Zumba class but with extra emphasis on toning and sculpting with light weights to define those muscles while having a total blast.

BEGINNER FITNESS LEVEL

Cardio Dance Off | Join us for a fun, upbeat, and easy to follow cardio dance class! In this class you will get that heart rate pumping while learning fun dance moves in an easy to follow and laid-back format.

Intro to Group Fitness | For those new to exercise, you'll learn strength and cardio exercises while getting a total body workout. Proper form for each move will be demonstrated. A great way to build strength, endurance and balance in a fun and relaxed setting.

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.

Yoga Fit Seniors | Class includes a variety of moves to increase muscular strength and flexibility while offering modifications of all poses. All moves are demonstrated by the instructor so you can follow along and perform them accurately all while improving your sense of balance. A chair and props are provided for added assistance.

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.

INTERMEDIATE FITNESS LEVEL

H.I.I.T. 30 | Get a 30 minute High Intensity Interval Training workout alternating between sweat dripping cardio and strength. Final ten minutes finish on the upstairs track and stretching area.

H.I.I.T. 45 | Get a 45 minute High Intensity interval training workout alternating between sweat dripping cardio and strength. Final ten minutes will be devoted to Core.

ADVANCED FITNESS LEVEL

Boot Camp | Get a full body workout including strength, cardio, and abs. Body weight and various equipment will be used. (Tuesday classes will be 45 minutes)

PiYo® | Experience this unique blend of Pilates and Yoga. Get your heart pumping with a variety of cardiovascular and body weight exercises while focusing on and strengthening your core, testing your balance and increasing your range of motion.

Strong 45 | This is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. Enjoy this boot camp style class that moves to the beat.

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.