



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER 1 GROUP EXERCISE SCHEDULE (NO CLASSES 12.21, 12.23-12.28, 12.30-1.2, 1.4 AND 1.6)

JANUARY 10TH – FEBRUARY 20TH

FREE A1C SCREENS | JAN 11TH AND FEB 8TH FROM 5:45 PM - 7:00 PM & JAN 14TH AND FEB 11TH FROM 11:45 AM - 1:00 PM.
| The Parkview Warsaw YMCA is offering Free A1C screens to test for prediabetes! While there is no cure for diabetes, prediabetes can be managed through a healthy diet and exercise. PLEASE REGISTER ONLINE AT WWW.BIT.LY/FREEA1C

WINTER PREVIEW OF CLASSES | JAN 8TH | 8:00 AM - 11:00 AM | OPEN TO THE COMMUNITY | Bring a friend and try out a sampling of our Group Exercise and Cycling classes. Our Fall preview of classes will feature 30-45 minute classes. Everyone walks away with a bottle of water, protein bar, and a good workout. Plus, a chance to win a prize in our Wall Sit Challenge! (To view the schedule of classes please download the Apple or Android Kosciusko Community YMCA App)

GROUP EX DURING BREAKS | Get your Group Ex fix during our breaks with Move It Monday, Workout Wednesday, and Fitness Friday! Enjoy a sampling of our best Group Ex classes. Everyone walks away with a bottle of water, protein bar, and a good workout. (To view the schedule of classes please download the Apple or Android Kosciusko Community YMCA App)

- **MOVE IT MONDAY |** DEC 27 & JAN 3RD | 8:30 AM - 11:30 AM AND 4:30 PM - 7:30 PM | OPEN TO THE COMMUNITY
- **WORKOUT WEDNESDAY |** DEC 29TH AND JAN 5TH | 8:30 AM - 11:30 AM AND 4:30 PM - 7:30 PM | OPEN TO THE COMMUNITY
- **FITNESS FRIDAY |** JAN 7TH | 8:30 AM - 11:30 AM | OPEN TO THE COMMUNITY

MONDAY

TIME	CLASS	ROOM
AM CLASSES		
5:30-6:15	HIIT 45	PR 2
5:30-6:30	Cycling	PR 3
8:30-9:00	Strong 30	PR 2
9:15-10:15	Cycling	PR 3
9:15-10:15	Body Sculpt	GYM 2
9:15-10:00	Zumba® Gold	PR 2
10:30-11:30	Enhance Fitness	GYM 2
10:30-11:15	Fit After 40	PR 2
PM CLASSES		
12:00-1:00	Silver Sneakers Yoga	PR 2
5:00-5:30	Total Body Solutions	PR 1
5:30-6:30	*Cycling	PR 3
5:30-6:30	Dance Fit	PR 2

TUESDAY

TIME	CLASS	ROOM
AM CLASSES		
5:30-6:30	Body Sculpt	PR 2
9:00-10:00	Silver Sneakers Classic	PR 3
9:00-9:45	Step & Sculpt	PR 2
9:15 - 10:15	Mixed Level Yoga	PR 1
10:30-11:15	Intro to Group Fitness	PR 2
11:45-12:15	Total Body Solutions	PR 2
PM CLASSES		
4:30-5:15	Piloxing	PR 2
5:30-6:30	Soul Fusion	PR 2
5:30-6:15	Mat Fusion	PR 1
6:45-7:30	Strong 45®	PR 2

WEDNESDAY

TIME	CLASS	ROOM
AM CLASSES		
5:30-6:30	Cycling	PR 3
9:15-10:00	Strong 45	PR 1
9:00-10:00	Piloxing	PR 2
9:15-10:15	Cycling	PR 3
10:30-11:30	Enhance Fitness	GYM 2
10:15-11:15	Mat Fusion	PR 2
PM CLASSES		
12:00-1:00	Silver Sneakers Yoga	PR 2
4:30-5:15	Barre Blast	PR 1
5:30-6:15	Dance Fit	PR 2
6:30-7:30	Mixed Level Yoga	PR 2

THURSDAY

TIME	CLASS	ROOM
AM CLASSES		
5:30-6:30	TRX	PR 4
9:00 - 10:00	Silver Sneakers Classic	PR 3
9:00-9:45	Step & Sculpt	PR 2
9:15-10:15	Mixed Level Yoga	PR 1
10:30-11:15	Fit After 40	PR 1
10:30-11:15	Dance Fit	PR 2
11:45-12:15	Total Body Solution	PR 2
PM CLASSES		
3:30-4:00	Pilates Sculpt Express	PR 2
5:30-6:30	Soul Fusion	PR 2

FRIDAY

TIME	CLASS	ROOM
AM CLASSES		
9:00-10:00	Piloxing	PR 2
9:15-10:15	Zumba® Toning	PR 1
9:15-10:15	Cycling	PR 3
10:15-11:15	Mat Fusion	PR 2
10:30-11:30	Enhance Fitness	GYM 2
PM CLASSES		
12:00-1:00	Silver Sneakers Yoga	PR 2
5:30-6:15	Strong 45®	PR 2

SATURDAY

TIME	CLASS	ROOM
AM CLASSES		
8:00-9:00	Cycling	PR 3
8:00-8:45	Cardio & Strength	PR 2
9:15-10:15	Zumba®	PR 2

NORTH WEBSTER YMCA

DAY	TIME	CLASS
MONDAY	9:30-10:30 AM	Zumba®
TUESDAY	9:00-10:00 AM	Body Sculpt
WEDNESDAY	9:30-10:30 AM	Zumba®
THURSDAY	9:00-10:00 AM	Body Sculpt
FRIDAY	9:30-10:30 AM	Zumba®

ROOM CAPACITY | CLASSES ARE FIRST COME FIRST SERVE

PR 1 | PROGRAM ROOM 1 | 11
PR 2 | PROGRAM ROOM 2 | 20
PR 3 | PROGRAM ROOM 3 | 12
PR 4 | PROGRAM ROOM 4 | 5
MPR | MULTI-PURPOSE ROOM 1 | 15
GYM | 20
PCHL | 12

SOCIAL DISTANCING GUIDELINES

PLEASE STAY AT LEAST 4 FEET APART WHILE WORKING OUT. MASKS ARE NOT REQUIRED.

CLASS DESCRIPTIONS

ALL FITNESS LEVELS

Barre Blast | Combine dance inspired barre work and light weights to sculpt lean muscle and strengthen your core in 30 minutes.

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 rotation. Check out Mobile App for a schedule.

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. Monday's 5:30 PM class has a 30 minute workout geared towards beginners and then a regular cycling class follows for the final 30 minutes.

Dance Fit | The hottest radio songs and Latin rhythms combined to bring you a fast paced and fun, freestyle dance class and a calorie incinerating workout.

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. A PIYO style format will be included in some of the workouts.

HIIT 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 work.

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

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.

Pilates Sculpt Express | Come join us as we sculpt our bodies to fitness! This 30-minute mat-based, Pilates-inspired class will give your body a total body sculpt from head to toe utilizing the Pilates ball. You will feel the power of your Core as you challenge yourself within your fitness level! Be encouraged and let's Sculpt away!

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

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 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.

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

Beginner Body Sculpt | Same format as our Body Sculpt classes but low-impact moves are demonstrated throughout the class.

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.

Silver Sneakers® 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.

Silver Sneakers® 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.

Zumba® Gold | Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy to follow Zumba® choreography that focuses on balance, range of motion and coordination.

ADVANCED FITNESS LEVEL

Soul Fusion | Soul Fusion, where muscles meet mat. Experience a full body workout that is fun but also makes you work! See how these cardiovascular and body weight movements enhance your core strength, balance and also improve flexibility.

Strong 30/45® | 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 Nation® | This is the full hour version of 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.