



# HEALTHY LIVING

## SEPTEMBER 2019

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday Farmer's Market Day!	Friday	Saturday
5:30-6:30 AM <b>Total Body Challenge (TBC)</b> Gym w/Meagan	7-8 AM <b>Yoga</b> Studio w/Pam	5:30-6:30 AM <b>Total Body Challenge (TBC)</b> Cycle Rm w/Meagan	8-9 AM <b>Stretch &amp; Release</b> Studio w/Lolly	5:30-6:30 AM <b>Total Body Challenge (TBC)</b> Track w/Meagan	
8-9 AM <b>Aerobics for All</b> Gym w/Abby	8-9 AM <b>Tai Chi for Strength &amp; Balance</b> CC Rm w/Robin <b>8/13 - 10/3</b> \$	8-9 AM <b>Aerobics for All</b> Gym w/Abby	8-9 AM <b>Tai Chi for Strength &amp; Balance</b> CC Rm w/Robin <b>8/13 - 10/3</b> \$	8-9 AM <b>Aerobics for All</b> Gym w/Abby	8-9 AM <b>Cycle</b> Cycle Rm w/Abby
8-9 AM <b>Zumba</b> CC Room w/Monica	8-9 AM <b>Cycle</b> Cycle Rm w/Carla	8-9 AM <b>Zumba</b> CC Room w/Monica	8-9 AM <b>Cycle</b> Cycle Rm w/Carla	8-9 AM <b>Zumba</b> CC Room w/Sarah H.	8-9 AM <b>Zumba</b> CC Rm w/Sarah B.
9-10:15 AM <b>Yoga</b> Studio w/Steph	9-10:15 AM <b>PilatesYogaStretch</b> Studio w/Lori	9-10:15 AM <b>Yoga</b> Studio w/Sara L.	9-10:15 AM <b>PilatesYogaStretch</b> Studio w/Lori	9-10:15 AM <b>Yoga</b> Studio-w/Steph	9-10 AM <b>CoreYogaStretch</b> Studio w/Tara
10:15-11 AM <b>STRENGTH</b> Studio w/Steph					
9:15-10:15 AM <b>Sit &amp; Stretch</b> CC Room w/Abby	9:15-10 AM <b>Seniors in Motion</b> Gym w/Abby		9:15-10 AM <b>Seniors in Motion</b> CC Room w/Lolly		
	10:30-11:30 AM <b>Rock Steady for Parkinson's</b> Studio w/Abby		10:30-11:30 AM <b>Rock Steady for Parkinson's</b> Studio w/Abby		
11:15 AM-12 noon <b>Cycle</b> Cycle Rm w/Lolly	10:30-12noon <b>LIVESTRONG</b> CC Room w/Lori & Deb 9/3 - 11/21	11:15 AM-12:10 PM <b>Cycle</b> Cycle Rm w/Bill	10:30-12noon <b>LIVESTRONG</b> CC Rooqa2m w/Lori & Deb 9/3 - 11/21	11:15 AM-12 noon <b>Cycle</b> Cycle Rm w/Abby	
12-12:30 PM <b>TRX</b> Studio w/Lolly				12-12:30 PM <b>TRX</b> Studio w/Abby	
5-5:30 PM <b>TRX</b> Studio w/Abby or Lolly	5:15-6 PM <b>StepStrengthStretch</b> Studio w/Bonnie	5-5:45 PM <b>TRX</b> Studio w/Abby or Lolly			
5:30-6 PM <b>Cardio/Kickboxing/Barre Circuit</b> Studio w/Abby or Lolly	5:15-6:15PM <b>Zumba</b> CC Room	5:15-6:15 PM <b>CoreYogaStretch</b> CC Room w/Tara			
6:15- 7:15 PM <b>Yoga</b> Studio w/Isabella					

### **AEROBICS FOR ALL**

Get a full body workout to music with cardio, weights, flexibility, stretching and balance! The Y GYM is the place! A fun-filled hour with new tunes all the time. Come to have fun, move and stay strong...for men and women, young and not so young – for ALL.

### **BOOTHBAY SUMMER BOOTCAMP –summer only**

Each summer Catherine brings a great mix-it-up, high energy cardio, strength, agility, core and empowerment workout through a variety of formats and fun. Sweat-inducing interval training, kick boxing and “steady-state”, as well as a peaceful stretch.

### **CARDIO/KICKBOXING/BARRE CIRCUIT – 30 minutes**

Get your Monday evening workout, with a circuit of cardio, kickboxing, barre, and strength work. Great class for anyone, but especially if you want 30 min. challenge.

### **CORE YOGA STRETCH**

Core and other strengthening exercises to improve balance, flexibility and strength with special attention to the core (abs, back and middle.) Uses standing and floor work, weights and yoga or Pilates movement. One of our most popular classes.

### **CYCLE**

Still the best low-impact cardio workout around! With instructor cues, you are in control when it comes to your pace. Whether you're new to Indoor Cycles (aka “Spinning”) or not, we'll help you set up, get the wheels spinning round and get a great workout.

### **LIVESTRONG AT THE Y**

A small group, evidence based 12-week, FREE and supportive exercise program for cancer survivors. Fall/winter session begins in September. **Fall session begins in September 2<sup>nd</sup>.**

### **PILATES YOGA STRETCH**

A combination of Pilates, yoga and stretching for balance, strength & flexibility. This class is well suited for all levels, especially those seeking a slightly slower and gentle pace.

### **ROCK STEADY /Boxing and Fitness for Parkinson’s**

This program involves regular exercise (stretching, balancing, moving and non-contact boxing!) We try to have fun, while working out, too. This program that can make a real difference!

### **SIT & STRETCH**

A variety of movement, weights, flexibility and balance – using a chair! Much like “Chair Yoga” participants are seated for most, or all of the class.

### **SENIORS IN MOTION**

A great class with music at a slightly slower pace includes movement, light weights and standing stretches. This class does not get on the floor, but may use the wall and/or chairs for balance and support.

### **STEP & STRENGTH**

A great workout using the step and other tools. Approximately 20 minutes cardio, 20 minutes strength and 20 minutes stretch.

### **STRETCH & RELEASE**

Release tension and elongate muscles through this deep stretching class which leaves you refreshed and relaxed from head to toe. No experience necessary.

### **TAI CHI FOR STRENGTH AND BALANCE**

A low impact exercise in slow movements that are easy on joints and can be done seated or standing. An excellent program for health and well-being. This program can help prevent falls and relieve pain, with focus on strength, balance and mental health.

### **TOTAL BODY CHALLENGE**

Join these great workouts! Cycling, running, weights, boot camp and track workouts. Get up and get moving, 5:30am, MWF.

### **TRX**

Total Body Resistance Exercise (TRX) for all muscle groups using TRX Suspension Trainers (the straps that hang from the ceiling.) Great for both strength and stretching. Beginners and experienced TRX-ers welcome.

### **YOGA**

A movement flow, with breathing and meditation that makes you healthier in body, mind and spirit. Of course, moderate and move to your own level.

### **YOGA STRENGTH**

Join Steph build strength with weights, exercises and yoga based moves in this 45 minute class. If you want a strength class – this is it! For men, women and all levels.

### **ZUMBA@**

Let the party begin! Dynamic, exciting and effective Latin inspired dance class with certified, welcoming and easy to follow instructors. You'll feel great and love it.

### **AQUA COMBO M/W/F 8-8:45am and T/TH 5:30-6:30am**

Shallow and deep water components with a variety of resistance exercises.

### **AQUATIC STRETCH & BALANCE M/T/W/F 9-9:30am**

This class in the warm water therapy pool keeps the joints flexible, muscles strong, and helps reduce pain associated with arthritis. Exercising in the water is a safe way to improve balance and increase strength and your fitness level.

### **DEEP WATER AEROBICS T/TH 8-8:45am**

Ideal for those looking to challenge themselves without stress on their joints.

### **ZUMBA @ AQUA DANCE M/W 5-5:45pm**

Aqua Zumba is a great water workout for all, led by an experienced dance fitness instructor. Dance and move to fun music, in the shallow end of our Emery Pool. This class is similar to a land-based Zumba class, but in the pool.