### HEALTHY LIVING

**JANUARY & FEBRUARY 2020**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>5:30-6:30 AM Total Body Challenge (TBC) Gym w/Meagan</td>
<td>7-8 AM Yoga Studio w/Pam</td>
<td>5:30-6:30 AM Total Body Challenge (TBC) Cycle Rm w/Meagan</td>
<td>8AM-9AM ROMEE’S Cardo Classic Studio w/Romee 1/2 – 2/28 $</td>
<td>5:30-6:30 AM Total Body Challenge (TBC) Track w/Meagan</td>
<td>8-9 AM Cycle Rm w/Abby</td>
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<tr>
<td>8-9 AM Aerobics for All Gym w/Abby</td>
<td>8-9 AM Tai Chi One for Strength &amp; Balance CC Rm w/Robin $ 1/7-2/25</td>
<td>8-9 AM Aerobics for All Gym w/Abby</td>
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<td>8-9 AM Aerobics for All Gym w/Abby</td>
<td>8-9 AM Cycle Rm w/Abby</td>
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<tr>
<td>8-9 AM Zumba CC Room w/Monica</td>
<td>8-9 AM Zumba Cycle Rm w/Carla or Lolly</td>
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<td>8-9 AM Cycle Rm w/Carla or Lolly</td>
<td>8-9 AM Zumba CC Room w/Sarah</td>
<td>8-9 AM Zumba CC Room w/Sarah</td>
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<tr>
<td>9-10:15 AM Yoga Studio w/Romee</td>
<td>9-10:15 AM PilatesYogaStretch Studio w/Lori</td>
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<td>9-10:15 AM PilatesYogaStretch Studio w/Lori</td>
<td>9-10:15 AM Yoga Studio w/Romee</td>
<td>9-10 AM CoreYoga Stretch Studio w/Tara</td>
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<tr>
<td>9-10 AM Tai Chi 2 for Strength &amp; Balance CC Rm w/Robin $ 1/7-2/25</td>
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<tr>
<td>9-15-10:15 AM Sit n Stretch CC Room w/Judy or Abby</td>
<td>9-15-10 AM Seniors in Motion GYM w/Abby</td>
<td>9-15-10 AM Seniors in Motion GYM w/Abby</td>
<td>9-15-10 AM Seniors in Motion GYM w/Abby</td>
<td>9-15-10 AM Seniors in Motion GYM w/Abby</td>
<td>9-10 AM CoreYoga Stretch Studio w/Tara</td>
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<tr>
<td>NEW 9:15-10AM Pedaling for Parkinsons Studio w/Lolly Starts 1/13-2/24 $</td>
<td>10-15:11:15AM Enhance Fitness CC Room w/Abby $ 3/16-6/3</td>
<td>NEW 9:15-10AM Pedaling for Parkinsons Studio w/Lolly Starts 1/13-2/24 $</td>
<td>10:30-11:30 AM Boxing for Parkinson’s Studio w/Abby</td>
<td>10:15-11:15AM Enhance Fitness CC Room w/Abby $ 3/16-6/3</td>
<td>10 AM-11:15 AM Enhance Fitness CC Room w/Abby $ 3/16-6/3</td>
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<tr>
<td>11:15 AM-12 noon Cycle Rm w/Lolly</td>
<td>10:30-12noon LIVESTRONG CC Room w/Lori &amp; Deb April 2020</td>
<td>11:15 AM-12:10 PM Cycle Rm w/Bill C.</td>
<td>10:30-12noon LIVESTRONG CC Room w/Lori &amp; Deb April 2020</td>
<td>11:15 AM-12 noon Cycle Rm w/Lolly</td>
<td>11:15 AM-12 noon Cycle Rm w/Lolly</td>
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<td>12-12:30 PM TRX Studio w/Lolly</td>
<td>10:30-12noon LIVESTRONG CC Room w/Lori &amp; Deb April 2020</td>
<td>11:15 AM-12:10 PM Cycle Rm w/Bill C.</td>
<td>10:30-12noon LIVESTRONG CC Room w/Lori &amp; Deb April 2020</td>
<td>11:15 AM-12 noon Cycle Rm w/Lolly</td>
<td>12-12:30 PM TRX Studio w/Lolly</td>
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<tr>
<td>5-5:30 PM TRX Studio w/Abby or Lolly</td>
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<tr>
<td>5:30-6:15 PM CardioKickboxing Circuit Studio w/Abby or Lolly</td>
<td>5:15-6 PM StepStrengthStretch Studio w/Tara</td>
<td>5:15-6 PM TRX Studio w/Abby or Lolly</td>
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<tr>
<td>6:15PM- 7PM Yoga Studio w/Abby</td>
<td>5:15-6:16 PM ZUMBA CC Room</td>
<td>5:15-6 PM Yoga Sculpt CC Room w/Steph</td>
<td>5:15-6 PM Yoga Sculpt CC Room w/Steph</td>
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*New to Lose it with the Y – Orientation 1/9 ajones@brymca.org*
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.

CARDIO KICKBOXING 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 a 30 min. “in and out” 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 and get a great workout.

ENCEHANCE FITNESS
A group exercise program suitable for any older adult, using simple, easy-to-learn, movements that help motivate participants to stay active throughout their lives. 16 week session

LIVESTRONG AT THE Y
A small group, evidence based 12-week, free and supportive exercise program for cancer survivors. Spring session begins in March 2020

PEDALING FOR PARKINSONS
A 20–40 min. indoor cycle class designed to benefit those with Parkinsons Disease.

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.

BOXING 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 for those with Parkinson Disease.

ROME’S CARDIO CLASSIC
Join our amazing yogi – Thurs. mornings. This class will raise your heart rate with easy to follow “cardio/movements.” Aerobics and Yoga combined – for all levels! Class includes a warm-up with increasing intensity to build stamina and coordination with moves – stretching to cool down.

SIT & STRETCH
A variety of movement, cardio, weights, flexibility, breathing 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 STRETCH
A great workout using the step and other tools. Approximately 20 minutes cardio, 20 minutes strength and 20 minutes stretch.

TAI CHI FOR STRENGTH AND BALANCE
Level 1, for beginners, Level 2, when complete Level 1. 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. “Romee’s Yoga” classes are MWF at 9am. “Steph’s Yoga” classes are Weds. at 4 and 5:15. “Isabella’s Yoga” is Mon. at 6:15pm. You are in good hands with each instructor.

YOGA SCULPT
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. Wednesdays 5:15 pm.

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.

For more information contact, Abby Jones at ajones@brymca.org