



HEALTHY LIVING

May 6, 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30 AM Total Body Challenge (TBC) Gym w/Meagan		5:30-6:30 AM Total Body Challenge (TBC) Cycle Rm w/Meagan		5:30-6:30 AM Total Body Challenge (TBC) Track w/Meagan		
8-9 AM Aerobics for All Gym w/Abby	7-8 AM Yoga Studio w/Pam	8-9 AM Aerobics for All Gym w/Abby		8-9 AM Aerobics for All Gym w/Abby	8-9 AM Cycle Cycle Rm w/Abby	
8:00-9:00AM Zumba CC Rm w/Monica		8:00-9:00AM Zumba CC Rm w/Monica		8:00-9:00AM Zumba CC Rm w/Sarah H	8:00-9:00 AM Zumba CC Rm w/Sarah B	
9-10:15 AM Yoga Flow Studio w/Romee	9:15-10:15 AM PilatesYoga Stretch Studio w/Lori	9-10:15 AM Yoga Flow Studio w/Romee	9:15-10:15 AM PilatesYoga Stretch Studio w/Lori	9-10:15 AM Yoga Flow Studio w/Romee	9-10 AM Core Strength & Stretch Studio w/Tara	
9:15-10:15 AM Sit n Stretch CC Room w/Abby	9:15-10:15 AM Seniors n Motion Gym w/Abby	9:30-10:15 AM Chair Aerobics CC Room w/ Erin	9:15-10:15 AM Seniors n Motion Gym w/Abby			
11:15AM-12PM Cycle Cycle Room w/Lolly		11:15AM-12PM Cycle Cycle Room w/Abby		11:15AM-12PM Cycle Cycle Room w/Abby		
12-12:30 PM TRX Studio w/ Lolly	10:30-12:00PM Livestrong CC Room w/ Deb and Lori		10:30-12:00PM Livestrong CC Room w/ Deb and Lori	12:00-12:30 PM TRX Studio w/Abby		
5:15-6:15PM Cardio Strength & Stretch CC Room w/ Tara	5:15-6:15PM Cardio Strength & Stretch Studio w/Bonnie	5:15-6:15PM Core Strength & Stretch CC Room w/Tara	5:15-6:15PM Cardio Strength & Stretch Studio w/Bonnie			
5:00-5:45PM TRX Studio w/Lolly	5:30-6:30PM ZUMBA CC Room w/Sarah B	5:00-5:45PM TRX Studio w/Lolly				
6:30-7:15 PM Yoga Studio w/ Abby						

AEROBICS FOR ALL

Get a full body workout to music with cardio, weights, flexibility, stretching and balance. The Y GYM is the place! Abby leads a fun-filled hour and changes the tunes all the time, under the umbrella of compassion for self and for other. Kindness is the key. Come to have fun, move, stay strong and stretched for all.

CARDIO STRENGTH STRETCH

A great all-around workout that gives you heartrate-raising moves and muscle building strength work followed by a good stretch and other tools to tone your body. This class gives you a little of everything you need: Cardio, strength and stretch.

CHAIR CARDIO & STRETCH

A great all-around workout that gives you heartrate-raising moves and muscle building strength work followed by a good stretch and other tools to tone your body.

CORE STRENGTH STRETCH

Yoga and Pilates based strengthening & stretching moves to improve total body balance, flexibility and strength with special attention to the core (abs, back, and mid-section.) This class uses standing and floor mat work, weights and yoga and/or pilates based stretching. One of our most popular classes.

CYCLE

Still the best low-impact cardio workout around. Following the cues of the instructor, you are in control when it comes to your pace. Whether you're new to Indoor Cycling or not, we will help you set up, get the wheels spinning' round, and get a great workout.

LIVESTRONG for Cancer Survivors

Led by certified LIVESTRONG instructors - Lori Murray and Deb Lewis, this small group evidence based 12-week FREE exercise program for cancer survivors. You will find support, friendship and listening ears. Joining this group helps others as well as yourself. SESSION APRIL 23 - JULY 11th.

ROCK STEADY for Parkinson's

This program involves regular exercises (stretching, balance, moving and non-contact shadow boxing and bag work.) Please call the Y, if you or someone you know, might benefit from this evidence-based program that can make a real difference for anyone with Parkinson's Disease.

PILATES YOGA STRETCH

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

AQUA COMBO

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

AQUATIC STRETCH & BALANCE

This class in the warm water therapy pool keeps the joints flexible, muscles strong, and helps reduce pain associated with arthritis.

SENIORS N MOTION

A great fitness class with fun music at slower pace includes movement, light weights and standing stretches that help mobility and posture. This class welcomes new members.

SIT N STRETCH

A variety of cardio, weights, flexibility and balance led at a supportive pace. Participants may use a chair and be seated for some or all the class.

TOTAL BODY CHALLENGE

Join this challenging workout - Cycling, running, weights, boot camp and track workouts. Get up and get moving with this early morning class.

TRX (Total Body Resistance Exercise)

Strength and flexibility exercises for all major muscle groups using TRX Suspension Trainers (straps hanging from the ceiling) Developed by a Navy Seal, this class can be very appropriate for both beginners and more experienced "TRX-ers."

YOGA

A wake you up, 7am yoga class with certified yoga instructor and massage therapist. Good for all levels and a great way to start your day with movement, motivation and peace.

YOGA DANCE

A joyous healthy flowing movement class with inspiring music that makes you want to dance. This class helps you move with care and encourages you every step of the way.

YOGA FLOW

Yoga releases tension, awakens vitality, builds strength, and increases flexibility. We welcomes all yoga levels and encourage everyone to find a good Yoga balance.

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! 6 Classes throughout the week Monday- Saturday!

DEEP WATER AEROBICS

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

AQUA ZUMBA®

Aqua Dance is a great water workout for all, led by experienced dance fitness instructors. 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.