

# YWCA Health & Wellness Schedule

## Group Exercise & Aquatics Eff 4/9/18

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<p>■ Spin 6-6:45 am</p> <p>● ■ Barre Fusion * 8:30—9:15 am</p> <p>● ■ Spin 9-9:45am</p> <p>● ■ Gr. Strength 9:15 am *</p> <p>● ■ Barre Fusion 10:15-11am</p> <p>■ Aquacise 🌊 * 11am</p> <p>● Yoga 11am</p> <p>● Aqua Yoga 🌊 11:15-am</p>	<p>■ ◆ Gr. Strength 6am</p> <p>■ Express HiiT * 8:30 - 9 am</p> <p>● ■ Zumba * 9-05-9:55 am</p> <p>● ■ Spin 9-9:45am</p> <p>● Yoga 10am</p> <p>● Senior Fit 11-11:45am</p> <p>● Aquacise 🌊 11am</p>	<p>■ Spin 6-6:45am</p> <p>● ■ Sunrise Yoga 6:30-7:15 am</p> <p>● ■ Barre Fusion 8:30-9:10 am</p> <p>● ■ Spin 9-9:45am</p> <p>● ■ 9:15– 10:15 am Gr. Strength</p> <p>■ Yoga * 10:15-11:15 am</p> <p>● Senior Fit/Zumba Gold * 11:15-12:00 pm,</p> <p>■ Aquacise 🌊 11am</p>	<p>■ ◆ Gr. Strength 6am</p> <p>● ■ 3D Strength 9-9:45am</p> <p>■ ◆ Spin 9-9:45am</p> <p>● Gr. Strength 10am</p> <p>● Senior Fit 11-11:45am</p> <p>● Aquacise 🌊 11am</p>	<p>■ Spin 6-6:45am</p> <p>● Spin 9-9:45 am</p> <p>● ■ HiiT 9:15-10am</p> <p>● ■ Pilates 10-10:45am</p> <p>● Yoga 11am</p> <p>■ Aquacise 🌊 11am</p> <p>● Aquafit 🌊 * 11am</p>	<p><b>Saturday</b></p> <p>■ Group Strength 7:30-8:25am</p> <p>● ■ Spin 8:30-9:15am</p> <p>● ■ Gr. Strength 8:30-9:25am</p> <p>● ■ Yoga 9:30am</p> <p><b>Sunday</b></p> <p>■ Barre /Pilates 8:30-9:15am</p> <p>■ Zumba 9:15-10:15am</p> <p>● Yoga 10:30 am (10/1-5/20/18)</p> <p>■ ◆ Masters \$ 8:30am</p>
<p>● Gentle Glow 🌊 12 pm</p>	<p>● Gentle Glow 🌊 12:05pm</p> <p>Encore/After Encore 12:15-12:45pm Land exercise 12:50—1:30 pm Warm Pool Private 🌊</p>	<p>● Gentle Glow 🌊 12pm</p>	<p>● Gentle Glow 🌊 12:05pm</p>		<p>● Easy</p> <p>■ More Difficult</p> <p>◆ Most Difficult</p> <p>🌊 Water Class</p> <p>💰 Extra Fee</p> <p>* indicates change</p>
<p>■ Zumba 5pm</p> <p>● Yoga 6pm</p> <p>● ■ Spin 6:15-7pm</p> <p>After Encore 🌊 6pm Private</p>	<p>■ HiiT 5:15-6pm</p> <p>■ Group Strength 6:00 pm</p> <p>● ■ Spin 6:15-7pm</p> <p>● Aqua Yoga 🌊 6pm</p> <p>■ ◆ Masters 🌊 💰 7 pm</p>	<p>■ Barre Fusion 5:15-6pm</p> <p>■ Zumba 6pm</p> <p>After Encore 🌊 6pm Private</p> <p>● ■ Spin 6:15-7pm</p> <p>● ■ 3D Core 7-7:30pm r</p>	<p>● Yoga 5pm</p> <p>● ■ Spin * 6:15—7:00 pm</p> <p>■ ● Group Strength 6pm</p> <p>● Aqua Yoga 🌊 6 pm</p> <p>■ ◆ Masters 🌊 💰 7 pm</p>	<p>● 3D Yoga 5-5:55pm</p> <p>■ ◆ Masters 🌊 💰 6 pm</p>	<p><b>KCH Hours</b></p> <p><i>Mon-Thurs</i> 8:30am-12:15pm 3:45-7pm</p> <p><i>Friday</i> 8:30am-12:15pm</p> <p><i>Sat/Sun</i> 8:30-11:30am</p> <p><b>Facility Hours</b></p> <p><i>Monday-Friday</i> 5:30am-9pm</p> <p><i>Sat:</i> 6am-4pm</p> <p><i>Sun:</i> 7am-3pm</p>

# Class Descriptions

Water class 

Beginner 

Intermediate 

Advanced 

**Aquacise:** incorporates low impact cardio exercises and seeks to promote strength, core training, flexibility and balance. Movements are performed in the lap pool to create resistance and better range of motion. Lap Pool. 45 minutes.

**AquaFit:** is a mix of Gentle Glow and Strength and Core Training. Warm Water Pool. 45 minutes.

**Aqua Yoga:** includes a full repertoire of standing yoga postures with a focus on the importance of the breath, balance, and mind and body connection. Warm Water Pool. 45 minutes

**3D Strength:** is a total body workout focusing on working all your major muscle groups through all three planes of motion (front/side/back) Increase your movement literacy and gain strength, mobility, and balance. 45 minutes.

**3D Core:** is designed to improve the strength of your entire core with a focus on balance and stabilization through multi-dimensional, flowing movements. 35 minutes.

**3D Yoga:** is designed to improve mobility and stability through dynamic, multi-dimensional and flowing movements.

**Barre Fusion:** is a total body workout featuring a combination of postures inspired by ballet and other disciplines like Yoga and Pilates. Exercises include isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range of motion movement. (Includes use of light hand held weights.) 45 minutes.

**Gentle Glow:** is ideal for members seeking to improve flexibility and range of motion in a class that stresses a pain-free approach to building muscle, better balance, and better cardiovascular endurance. Warm Water Pool. 45 minutes.

**Group Strength:** will strengthen all your major muscle groups with a high-rep weight training workout. Using an adjustable barbell, weight plates, free weights and body weight, Group Strength combines squats, lunges, presses, curls, balance and core work with functional integrated exercises. 55 minutes.

**HIIT/HIIT Step:** High Intensity Interval Training is an exercise strategy alternating periods of aerobic exercise with recovery periods.combined with overall body conditioning. 45 minutes. Express HIIT: 30 minutes.

**Pilates:** Pilates improves flexibility, builds strength, and develops control and endurance in the entire body with an emphasis on alignment, breath, core strength, coordinatin and balance. 45 minutes.

**Senior Fitness:** is designed to increase cardiovascular function, strength, range of movement, core and balance. 45 minutes.

**Spinning:** is an indoor cycling organized form of exercise with a focus on endurance, strength, intervals, climbs and recovery using the revolutionary Keiser bike. Measure your mileage, caloric burn and overall watt usage on the computers on each bike (Express Spin is 30 minutes). 45 minutes.

**Yoga:** the ywca offers a diverse tapestry of traditional Hatha yoga. Sunrise Yoga—Namaste to start your day! 55 minutes. Sunday Yoga runs October 1—May 20.)

**Zumba:** remains one of the fastest growing dance fitness crazes around combining low intensity and high intensity moves for an interval style, calorie burning dance fitness party. 55 minutes.

**Senior Fit/Zumba Gold:+** same as “Senior Fit” class with basic Zumba class designed with slower, basic movement patterns. Modifications are provided. All fitness levels are welcome..