

# YWCA Health & Wellness Schedule

## Group Exercise & Aquatics Eff 10/1/18

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<p>■ Spin 6:00 am Tracey/Michele</p> <p>● ■ Barre 8:30 am Pam</p> <p>● ■ * Spin 9:15 am Paul</p> <p>● ■ Gr Strength 9:15am Dianne</p> <p>● ■ Barre Fusion 10:15 Ilene</p> <p>■ Aquacise 💧 11:00 am Joe</p> <p>● Yoga 11:00 am Ilene</p> <p>● * Aqua Fit/Yoga 💧 11:00 am Diane</p>	<p>■ ◆ Gr. Strength 6:00 am Gayle</p> <p>■ HiIT 8:30 am Lynn</p> <p>● ■ * Spin 8:30 am Michele W</p> <p>● ■ * Core n More 9:15 am Michele W</p> <p>● Yoga 10:00 am Pam</p> <p>● Senior Fit 11 am Pam</p> <p>● Aquacise 💧 11am Keri</p>	<p>■ Spin 6:00 am Tracey</p> <p>● ■ Sunrise Yoga 6:30 am Dan</p> <p>● ■ Barre Fusion 8:30 am Ilene</p> <p>● ■ Gr. Strength 9:15 am Dianne</p> <p>● ■ Barre Fusion 10:15 am Sue</p> <p>● Senior Fit 11:00 am Ilene/Kerstin</p> <p>■ Aquacise 💧 11:00 am Joe</p>	<p>■ ◆ Gr. Strength 6:00 am Gayle</p> <p>● * 3D Strength 8:30 am Heather</p> <p>■ * Spin 8:30 am Lynn</p> <p>● ■ * Core n More 9:15 am Lynn</p> <p>● Group Strength 10:00 am Paula</p> <p>● Senior Fit 11:00 am Paula</p> <p>● Aquacise 💧 11am Keri</p>	<p>■ Spin 6:00 am Michele</p> <p>● ■ * Spin 9:15 am Nancy</p> <p>● ■ 20/20/20 8:30 am Dianne</p> <p>■ ◆ * Yoga 9:30 am Sue</p> <p>● ■ * Pilates 10:30 am Ilene</p> <p>■ Aquacise 💧 11:00 am Keri</p> <p>● Aquafit 💧 11:00 am Diane</p>	<p><b>Saturday</b></p> <p>■ Group Strength 7:30 am Gayle/Dianne</p> <p>● ■ Spin 8:30 am Rotation</p> <p>■ Gr. Strength 8:30 am Gayle/Dianne</p> <p>● ■ Yoga 9:30am Rotation</p> <p><b>Sunday</b></p> <p>■ Barre /Pilates 8:30 am Tracey</p> <p>■ Zumba 9:15 am Tracey</p> <p>■ ◆ Masters \$ 8:30am Ron</p>
<p>● Gentle Glow 💧 12:00 pm Kathy</p>	<p>● Gentle Glow 💧 12:05pm Keri</p> <p>Encore/After Encore 💧 12:15-12:45 pm Land exercise 12:50—1:30 pm Warm Pool <b>Private class</b> Ilene</p>	<p>● Gentle Glow 💧 12pm Kathy</p>	<p>● Gentle Glow 💧 12:05pm Kathy</p>		<p>● Easy</p> <p>■ More Difficult</p> <p>◆ Most Difficult</p> <p>💧 Water Class</p> <p>💰 Extra Fee</p> <p>* indicates change in time, new instructor and/or new class.</p>
<p>■ Zumba 5:00 pm Tracey</p> <p>● Yoga 6:00 pm Donna</p> <p>● ■ Spin 6:15 pm Paul</p> <p>After Encore 💧 6:00 pm Gayle <b>Private class</b></p>	<p>■ HiIT 5:15 pm Tracey</p> <p>■ Group Strength 6:00 pm Tracey</p> <p>● Aqua Yoga 💧 6:05 pm Leslie</p> <p>■ ◆ Masters 💧 \$ 7:00 pm Ron</p>	<p>■ Barre Fusion 5:15 pm Tracey</p> <p>■ Zumba 6:00 pm Tracey</p> <p>After Encore 💧 6:00 pm Ilene <b>Private Class</b></p> <p>● ■ Spin 6:15 pm Heather</p> <p>● ■ 3D Core 7:00 pm Heather</p>	<p>● ■ Yoga 5pm Dan</p> <p>■ ● Group Strength 6pm Dianne</p> <p>● Spin 6:15 pm Paul</p> <p>● Aqua Yoga 💧 6:05 pm Leslie</p> <p>■ ◆ Masters 💧 \$ 7 pm Ron</p>	<p>● 3D Yoga 5:00 pm Heather</p>	<p><b>KCH Hours</b> <i>Monday-Friday</i> 8:30am-12:15pm <i>Monday-Thursday</i> 3:45-7pm <i>Sat/Sun</i> 8:30-11:30am</p> <p><b>Facility Hours</b> <i>Monday-Friday</i> 5:30am-9:00pm <i>Sat:</i> 6:00am-4:00pm <i>Sun:</i> 7:00am-3:00pm</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 to create resistance and better range of motion. Lap Pool.

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

**Aqua Fit/Yoga:** includes standing yoga poses combined with strength and core exercises. Warm Water Pool

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

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

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

**20 20 20:** 20/20/20 is designed to give you the **ultimate** challenge and total body workout. Sweat through 20 minutes of **cardio**, 20 minutes of **strength training**, and 20 minutes of **stretching and core work**.

**Barre Fusion:** is a total body workout featuring a combination of exercises inspired by ballet and other disciplines of Yoga and Pilates.

**Core n More:** Strengthen your core—and more—through a variety of exercises focusing on core strength, balance and flexibility.

**Encore/After Encore:** private classes for those who have experienced cancer. Please see the front desk for more information.

**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.

**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.

**HiIT:** High Intensity Interval Training is an exercise strategy alternating periods of aerobic exercise with recovery periods combined with overall body conditioning.

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

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

**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

**Yoga:** the ywca offers a diverse tapestry of traditional Hatha yoga. Sunrise Yoga—Namaste to start your day.

**Zumba:** Fitness program that combines Latin and international music with dance moves incorporating interval training—alternating fast and slow rhythms. Come and join the fun dance party.