

YWCA Health & Wellness Schedule

Group Exercise & Aquatics Effective 5/20/19

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Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<ul style="list-style-type: none"> ■ Spin 6:00 am Tracey/Michele ● ■ Barre Fusion 8:30 am Pam ● ■ Spin 9:15 am Paul ● ■ Gr Strength 9:15am Dianne ● ■ Barre Fusion 10:15 Ilene ■ Aquacise 💧 11:00 am Joe ● Yoga 11:00 am Ilene ● Aqua Fit/Yoga 💧 11:00 am Diane 	<ul style="list-style-type: none"> ■ ◆ Gr. Strength 6:00 am Gayle ■ HiiT 8:30 am Lynn ● ■ Step 9:15 am Ilene ● Yoga 10:00 am Pam ● Senior Fit 11 am Pam ● Aquacise 💧 11:00 am Joe 	<ul style="list-style-type: none"> ■ Spin 6:00 am Tracey ● ■ Sunrise Yoga 6:30 am Dan ● ■ Gr Strength 8:30 am Dianne ● ■ Spin 9:15 am Michele W ● ■ Barre Fusion 9:30 am Ilene ● Senior Fit 10:30 am Ilene/Kerstin ■ Aquacise 💧 11:00 am Joe 	<ul style="list-style-type: none"> ■ ◆ Gr. Strength 6:00 am Gayle ● 3D Strength 8:30 am Heather ■ Spin 8:30 am Lynn ● ■ Core n More 9:15 am Lynn ● Group Strength 10:00 am Paula ● Senior Fit 11:00 am Paula/Ilene ● Aquacise 💧 11:00 am Joe 	<ul style="list-style-type: none"> ■ Spin 6:00 am Michele ● ■ 20/20/20 8:30 am Dianne ● ■ *Spin 9:15 am Paul ● Pilates 9:30 am Ginny/Ilene ● Yoga 10:30 am Ginny/Ilene ■ Aquacise 💧 11:00 am Keri ● Aquafit 💧 11:00 am Diane 	<p style="text-align: center;">Saturday</p> <ul style="list-style-type: none"> ■ Group Strength 7:30 am Gayle/Dianne ● ■ Spin 8:30 am Rotation ■ ● Gr. Strength 8:30 am Gayle/Dianne ● ■ Yoga 9:30am Rotation <p style="text-align: center;">Sunday</p> <ul style="list-style-type: none"> ■ Barre /Pilates 8:30 am Tracey ■ Zumba 9:15 am Tracey ■ ◆ Masters \$ 8:30am Ron
<ul style="list-style-type: none"> ● Gentle Glow 💧 12:00 pm Kathy 	<ul style="list-style-type: none"> ● Gentle Glow 💧 12:05pm Diane <p>Encore/After Encore 💧 12:25-12:50 pm Land exercise</p> <p>12:55—1:30 pm 💧 Water Exercise</p> <p>Private class Ilene</p>	<ul style="list-style-type: none"> ● Gentle Glow 💧 12:00 pm Kathy 	<ul style="list-style-type: none"> ● Gentle Glow 💧 12:05 pm Kathy 		<ul style="list-style-type: none"> ● Easy ■ More Difficult ◆ Most Difficult 💧 Water Class 💰 Extra Fee * indicates change in time, new instructor and/or new class. Tuesday 6:15 pm spin will return after Columbus Day 19.
<ul style="list-style-type: none"> ■ Zumba 5:00 pm Tracey ● ■ Spin 5:30 pm Paul ● Yoga 6:00 pm Donna After Encore 💧 Private Class 6:00 pm Warm Pool. Gayle ● ■ Spin 6:15 pm Paul 	<ul style="list-style-type: none"> ■ HiiT 5:15 pm Tracey ■ Group Strength 6:00 pm Tracey ● Aqua Yoga 💧 6:05 pm Leslie ■ ◆ Masters 💧💰 7:00 pm Ron 	<ul style="list-style-type: none"> ■ Barre Fusion 5:15 pm Tracey ■ Zumba 6:00 pm Tracey After Encore 💧 Private Class 6:00 pm Warm Pool Ilene * ● ■ Spin 6:15 pm Michele * ● ■ 3D Core 7:00 pm Michele 	<ul style="list-style-type: none"> ● ■ *Yoga 5:00 pm Ginny ■ ● *Group Strength 6:00 pm Dianne ● Aqua Yoga 💧 6:05 pm Leslie ● ■ *Spin 6:15 pm Nancy ■ ◆ Masters 💧💰 7:00pm Ron 	<ul style="list-style-type: none"> ● 3D Yoga 5:00 pm Heather 	<p>KCH Hours Monday-Friday 8:30am-12:15pm Monday-Thursday 3:45-7pm Sat/Sun 8:30-11:30am</p> <p>Facility Hours Monday-Friday 5:30am-9:00pm Sat: 6:00am-4:00pm Sun: 7:00am-3:00 pm</p>



Class Descriptions

Water class



Beginner



Intermediate



Advanced

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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. 14 person max.

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. 12 person max.

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. 12 person max.

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. 9 person max.

Step: Return to “Step Reebok” with rocking music and step choreography. All levels are welcome with options for doing the entire class on the floor.

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.