

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

**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.