

# Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Cross Training Core and Weights 6:00 - 7:00 AM	Cross Training and Cardio 6:00 - 7:00 AM	Cross Training Pilates and Weights 6:00 - 7:00 AM	Yoga and Tabata 6:00 - 7:00 AM		
7:00 AM		Just Stretch 7:30 - 8:00		Just Stretch 7:30 - 8:00		
8:00 AM	Abs/ Yoga 8:15 - 9:15		Abs / Yoga 8:15 - 9:15 AM			
9:00 AM	Easy Does It 9:15 - 10:15 AM		Easy Does It 9:15 - 10:15 AM	Just Dance 9:15 - 10:00 AM	Uplift 9:15 - 10:15	Core, Strength & Stability 9:30 - 10:20
10:00 AM		Classic Yoga 10:00 - 11:00 AM				
11:00 AM	Sail 11:00 AM - 12:00 PM	Chair Yoga 11:00 - 12:00	Sail 11:00 AM - 12:00 PM	Sit and Be Fit Yoga and Weights 11:00 - 12:00 PM		
1:30			Line Dancing 1:30 - 3:00 PM			
4:30		Yoga Burn 4:30 - 5:20	Oula 4:30 - 5:20			
5:30 PM	Oula 5:30 - 6:30 PM	Oula 5:30 - 6:30 PM	Bootcamp 6:45 PM - 7:45 PM	Oula 5:30 - 6:30 PM		
6:30 PM				Line Dancing 6:30 - 8:15 PM		

Fitness Staff: Justin | Annie | Jackie | Jori | Kinnidi | McKinley | Quincy | Emmy

All fitness classes are included with your monthly membership rate. No sign ups are required. Classes are held in the fitness studio.

## YMCA Hours

Mon - Fri: 5:00 AM - 9:00 PM  
 Saturday: 8:00 AM - 6:00 PM  
 Sunday: 12:00 PM - 6:00 PM



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 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# Class Descriptions

## SAIL

This workout is designed to help reduce the risk of falling by improving balance, mobility and strength. Exercises can be done sitting or standing and are intended for all fitness levels.

## Cross Trainings Pilates & Weights

A total strength training using a variety of equipment, including weights.

## Stability Yoga Ball

While sitting on a large ball, you will learn to perform poses that will improve strength, flexibility and stability. The body responds to the instability of the ball to remain balanced, engaging many muscles while focusing on the abdominal and back muscles.

## Cross Trainings Cardio

This class includes alternating cardio routines that can be done at your own pace.

## Just Dance

Easy to follow and fun dance moves! This class will leave you feeling energized!

## Easy Does It

This class includes cardio, stretching and strength training at a steady pace that is easy to follow. This class is intended for all ages and can be tailored for your needs.

## YogaBurn

YogaBurn is a full-body workout that combines elements of yoga, strength, and resistance training. It is an efficient and effective class designed to work the entire body on a yoga mat set to upbeat music. Suitable for students of all levels. YogaBurn incorporates bodyweight exercise, dumbbells, and resistance bands to intensify functional movement.

## Oula

OLUA-Power! is a 45 minute conditioning class. It includes moves from HIIT formats, Pilates, yoga and dance. The music is carefully selected to inspire you.

## Yoga

An ancient practice that involves physical poses, concentration and deep breathing. A regular yoga practice can promote strength, calmness, flexibility and well-being.

## Chair Yoga

A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support.