

# Find your Y For a better us

## Personal Training

If you are interested in personal training sessions,  
please see the Membership Services Desk.

SCHEDULE MAY VARY Rev. Sept. 25

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

### Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	<b>Cross Training Core and Weights</b> 6:00 - 7:00 AM	<b>Cross Training and Cardio</b> 6:00 - 7:00 AM	<b>Cross Training Pilates and Weights</b> 6:00 - 7:00 AM	<b>Yoga and Tabata</b> 6:00 - 7:00 AM		
8:00 AM	<b>Yoga 8:15 - 9:15 AM</b> *Alternate Location See Notes Below	<b>Stability Yoga Ball</b> 8:15 - 9:00 AM	<b>Yoga 8:15 - 9:15 AM</b> *Alternate Location See Notes Below	<b>Stability Yoga Ball</b> 8:15 - 9:00 AM		
9:00 AM	<b>Easy Does It</b> 9:15 - 10:15 AM	<b>Just Dance</b> 9:15 - 10:00 AM	<b>Easy Does It</b> 9:15 - 10:15 AM	<b>Just Dance</b> 9:15 - 10:00 AM	<b>Uplift</b> 9:15 - 10:15	
10:00 AM		<b>Classic Yoga</b> 10:00 - 11:00 AM		<b>Classic Yoga</b> 10:00 - 11:00 AM		
11:00 AM	<b>Sail</b> 11:00 - 12:00	<b>Sit and Be Fit Yoga</b> 11:00 - 12:00 PM	<b>Sail</b> 11:00 - 12:00	<b>Sit and Be Fit Rom and Weights</b> 11:00 - 12:00 PM		
1:30			<b>Line Dancing</b> 1:30 - 3:00 PM			
5:30 PM	<b>Bootcamp</b> 5:30 - 6:30 PM	<b>Oula</b> 5:30 - 6:30 PM	<b>Bootcamp</b> 5:30 - 6:30 PM	<b>Oula</b> 5:30 - 6:30 PM		
6:30 PM				<b>Line Dancing</b> 6:30 - 8:15 PM		

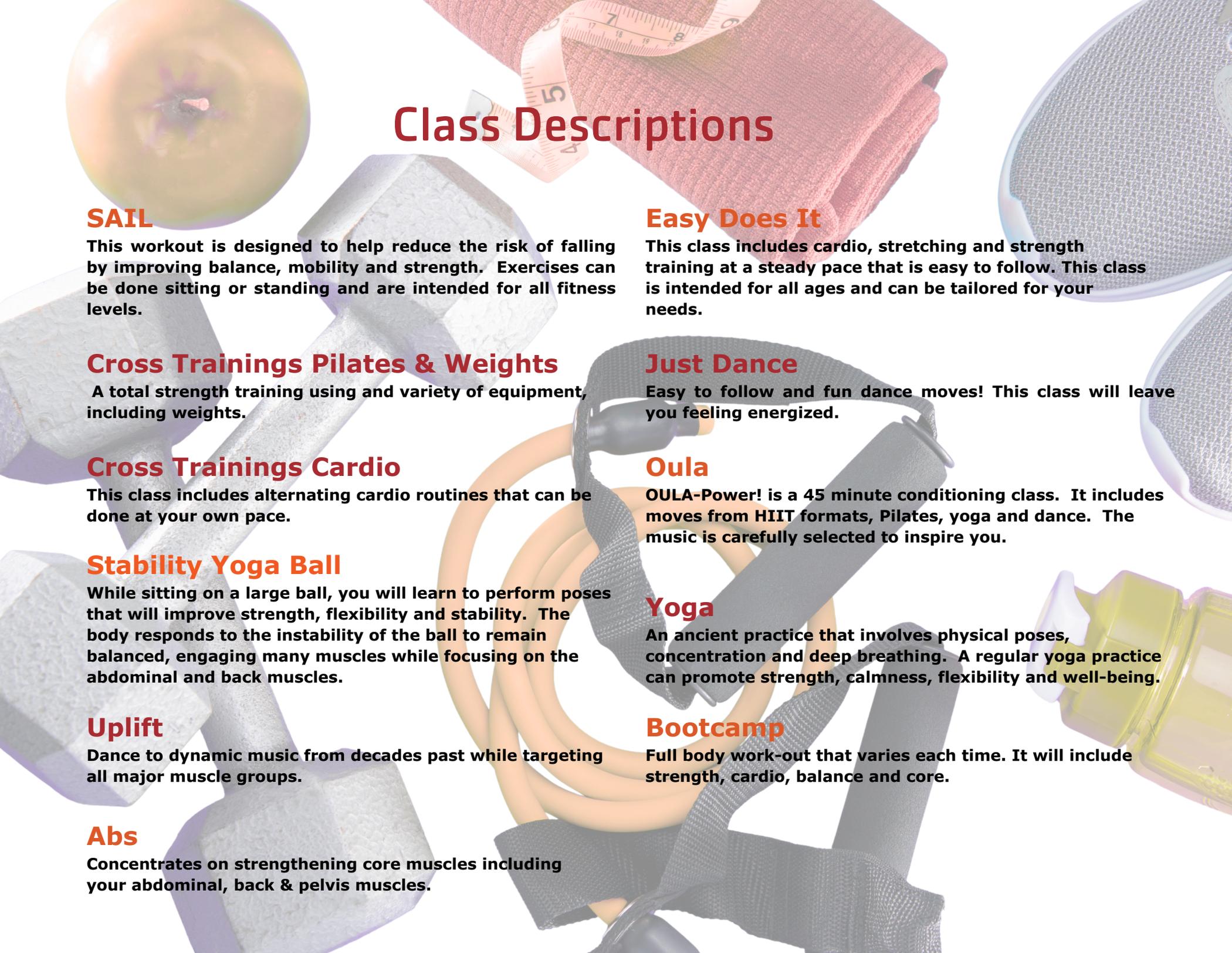
Fitness Staff: Justin | Annie | Jackie | Jori | Kinnidi | Madison | Skye

### YMCA Hours

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



**FOR YOUTH DEVELOPMENT®  
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.

## Cross Trainings Cardio

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

## 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.

## Uplift

Dance to dynamic music from decades past while targeting all major muscle groups.

## Abs

Concentrates on strengthening core muscles including your abdominal, back & pelvis muscles.

## 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.

## Just Dance

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

## Oula

OULA-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.

## Bootcamp

Full body work-out that varies each time. It will include strength, cardio, balance and core.