

Group Fitness Land Classes

updated 5/26/22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00-7:45 am Strength & Core <i>Jane S</i> Laird/LaForce Rooms		7:00-7:45 am Strength & Core <i>Jane S</i> Laird/LaForce Rooms	6:30-7:15 am Rise & Shine Yoga <i>Cris S.</i> Baer Room	
		10:00-12:30 pm Pickleball Cowles Gym		10:00-12:30 pm Pickleball Cowles Gym	
11:00-11:45 am Gentle Strength & Movement <i>Sandy O</i> Laird/LaForce Rooms					
12:00-12:30 pm Lunch Crunch <i>Regan D</i> Laird/LaForce Rooms	12:00-12:45 pm Flow Yoga <i>Regan D</i> Baer Room	12:00-12:30 pm Kickboxing <i>Lisa S</i> Laird/LaForce Rooms	12:00-12:45 pm Pilates <i>Lizz R</i> Baer Room	12:00-12:30 pm Lunch Crunch <i>Lisa S</i> Laird/LaForce Rooms	
	4:15-5:00 pm Tai Chi <i>Sandy O</i> Baer Room				
	5:30-6:30 pm Yin Yoga & Chocolate <i>Jane S</i> Baer Room		5:30-6:30 pm Yin Yoga & Chocolate <i>Jane S</i> Cowles Gym		No Classes July 1-4

class descriptions listed on reverse...

Class Descriptions

Enjoy our wide range of group fitness classes! All classes are accommodating of different fitness levels and can be tailored to meet your needs. You are always welcome to observe a class to see if it is something you are interested in. Instructors never mind if you sneak in late or have to leave early due to work or an appointment. We understand busy!

Flow Yoga

Geared to those who are interested in a practice that addresses every joint in all ranges of motion. Simple flowing sequences to warm up the body as well as movements focusing on flexibility and breath. Brief meditation at the start and end of the class. Equipment is provided.

Gentle Strength & Movement

This is a great class for those wanting a safe and smart workout for the whole body. Focus on range of motion, balance, core, and all-over muscle strength using a variety of equipment and a chair. Students can stand up or remain seated if they need to.

Kickboxing

Kickboxing/Body Sculpt. Two of my favorites combined into one amazing, energetic class. Kickboxing/Body Sculpt will have you punch and kicking your way into shape with a combination of kickboxing and strength training. It's a basic boxing class, but you can make it as intense as you want. Come join us and kick some butt!

Lunch Crunch

Geared toward the lunch crowd who wants a fast, fierce strength and core challenge in a short period of time. Get ready for a variety of functional, HIIT, challenging body weight only exercises, plyometrics, medicine balls, weights, bands, gliders, and more. Spend a little time with big results!

Pickleball

A paddle sport created for all ages to play. The rules are simple, and the game is easy to learn. Bring your friends and have some fun! There is no instructor present, but the courts are available at the time(s) listed on the schedule.

Please note:

- While YWCA Greater Green Bay makes every effort to schedule the same instructor each week, we reserve the right to substitute instructors and cancel classes as necessary.
- All listed classes are available to full YWCA members as well as participants with a day-pass.
- Face coverings are highly recommended for ages 5+ in all public areas except while swimming.

Pilates

A challenging workout done on the mat using the Pilates principles to strengthen core muscles and align and balance your body.

Rise & Shine Yoga

Ancient practice that promotes relaxation, stress relief, balance, energy, and deep breathing. Join Cris for this early morning challenging workout to warm up and de-stress for the day.

Strength & Core

The foundation of good physical health is our strength and our core. This is a challenging workout designed to build strength, balance, stability, good posture, and muscle tone using weights, bands, core balls, stability balls, gliders, chairs, and mats. Why work out alone when you can do it with friends?

Tai Chi

Works to improve the flow of energy through the body, benefitting balance, coordination, flexibility, and overall mind/body strength. It helps to eliminate stress bringing a feeling of calmness and overall well-being.

Yin Yoga & Chocolate

Join Jane in this low-paced approach where the poses are held for a longer period of time in a relaxed manner. Yin Yoga targets bones, joints, and connective tissue and is great for gaining strength, overall flexibility, inner stillness, and harmony in the body. This workout will have you calm, connected and loving your practice. There's a little chocolate at the end, too!

View Schedules Online



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