



# Group Fitness **LAND** Classes

Fall | August 31-November 7, 2020

Reserve a spot in class here: <https://www.signupgenius.com/go/9040A4AA5A62FA1F85-ywca3>  
Face covering required in all common areas except while in the pool.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The YWCA will be closed Monday, September 7 in observance of Labor Day.	6:30-7:15 am <b>BUTZ &amp; GUTZ-CORE</b> Chrisann W. Laird Room		6:30-7:15 am <b>CARDIO &amp; CORE</b> Jane S. Laird Room	<b>Returning Class!</b> 6:15-7:00 am <b>RISE &amp; SHINE YOGA</b> Cris S. Baer Room Please bring your own yoga equipment.	
	8:30-9:15 am <b>STRENGTH &amp; CORE</b> Chrisann W. Laird Room		8:30-9:15 am <b>STRENGTH &amp; CORE</b> Chrisann W. Laird Room		
	9:30-10:30 am <b>GENTLE YOGA</b> Chrisann W. Laird Room Please bring your own yoga equipment.	10:00 am-1:00 pm <b>PICKLEBALL</b> Cowles Gym <b>Free for members, \$5.00 for non-members.</b>	9:30-10:30 am <b>GENTLE YOGA</b> Chrisann W. Laird Room Please bring your own yoga equipment.		
11:00-11:45 am <b>GENTLE STRENGTH &amp; MOVEMENT</b> Sandy O. Laird Room	11:00-11:45 am <b>GENTLE STRENGTH &amp; MOVEMENT</b> Sandy O. Laird Room	11:00-11:45 am <b>GENTLE STRENGTH &amp; MOVEMENT</b> Sandy O. Laird Room	11:00-11:45 am <b>GENTLE STRENGTH &amp; MOVEMENT</b> Sandy O. Laird Room		
12:00-12:30 pm <b>LUNCH CRUNCH</b> Chrisann W. Laird Room		12:00-12:30 pm <b>LUNCH CRUNCH</b> Chrisann W. Laird Room		12:00-12:30 pm <b>LUNCH CRUNCH</b> Chrisann W. Laird Room	
	4:30-5:15pm <b>TAI CHI</b> Sandy O. Baer Room				
	3:00-7:50 pm <b>PRIVATE GROUP</b> Laird Room		3:00-7:50 pm <b>PRIVATE GROUP</b> Laird Room		
	5:30-6:30 pm <b>YIN YOGA &amp; CHOCOLATE</b> Jane S. Cowles Gym Please bring your own yoga equipment.	6:00-6:45 pm <b>ZUMBA</b> Katie H. Cowles Gym	5:30-6:30 pm <b>YIN YOGA &amp; CHOCOLATE</b> Jane S. Cowles Gym Please bring your own yoga equipment.		
6:30-7:55pm <b>SELF DEFENSE</b> Susan D. LaForce Room <b>Free for members, \$5.00 for non-members.</b>		6:30-7:55pm <b>SELF DEFENSE</b> Susan D. LaForce Room <b>Free for members, \$5.00 for non-members.</b>			



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**YWCA IS ON A MISSION**

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## CARDIO CLASSES

*Keep your heart healthy by working on raising your heart rate and increasing your endurance all while having fun!*

**CARDIO & CORE** — Get your heart pumping and muscles moving with a little variety using bands and weights. Rock your core!

**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.

**\*\*Free for members or \$5.00 for non-members.\*\***

**ZUMBA** — Fun, joyful Latin-inspired cardio dance class combining the rhythms of Salsa, Cumbia, Rumba, Mambo, belly dancing, Tango and more. Come shake your groove thing and have a blast with Katie and the crew!

## STRENGTH CLASSES

*Build, tone, and strengthen your body with these classes that focus on increasing muscular strength and endurance.*

**BUTZ & GUTZ-CORE** — Intense core workout for those wanting a serious early morning core challenge, working the whole core (upper & lower abs, obliques, hips, glutes, back, and shoulders). Modifications offered for all levels of fitness levels.

**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.

**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 Interval Training with a variety of functional, challenging body weight only exercises, plyometrics, medicine balls, weights, bands, gliders and more. Spend a little time with big results!

**STRENGTH & CORE** — The foundation of good physical health is our strength and our core. Chrisann, our Certified Personal Trainer, guides you through 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?

## MIND/BODY CLASSES

*Relax, breathe, and focus while learning to place an emphasis on posture, balance, and flexibility connecting your mind, body, and spirit.*

**GENTLE YOGA** — Nice blend of Hatha-style Yoga with emphasis on breathing techniques, gentle stretches and poses, ending with a long slow relaxation. Great for beginners or anyone wanting a gentle yoga practice. Come and relax and feel the stress melt away.

**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 and brings a feeling of calmness and overall well-being.

**RISE & SHINE YOGA** — Ancient practice that promotes relaxation, stress relief, balance, energy, and deep breathing.

**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.

## SPECIALTY CLASSES

**SELF-DEFENSE** — This self-defense class is based on the martial art of Aikido. You will learn practical self-defense skills that work against larger, stronger attackers while gaining stamina, balance, flexibility, coordination, strength, and resilience.

**\*\*Free for members or \$5.00 for non-members.\*\***

## PLEASE NOTE...

- While the YWCA Greater Green Bay makes every effort to schedule the same instructor each week, we reserve the right to substitute instructors and cancel as needed.
- These classes are included in a full membership or 10-visit pass, except where noted
- You are always welcome to observe a class, to see if it is something you are interested in and that it fits your needs. Instructors never mind if you sneak in later or have to leave early due to work or an appointment. We understand busy!
- To maintain social distance and capacity limits, online registration is required. See link on front side.
- Face covering required in all common areas except while in the pool.