



Group Fitness **LAND** Classes

Spring Two:
April 8-June 8, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:15 am FUNCTIONAL MOBILITY Heidi Laird Room	6:30-7:15 am BUTZ & GUTZ-CORE Chrisann Laird Room		6:30-7:15 am FUNCTIONAL MOBILITY Heidi Laird Room	6:15-7:00 am YOGA Cristin Baer Room	
	8:30-9:15 am STRENGTH & CORE Chrisann Laird Room		8:30-9:15 am STRENGTH & CORE Chrisann Laird Room		
	9:30-10:30 am GENTLE YOGA Chrisann Baer Room		9:30-10:30 am GENTLE YOGA Chrisann Baer Room		
10:00 am-2:00 pm PICKLEBALL Cowles Gym		10:00 am-2:00 pm PICKLEBALL Cowles Gym			10:00 am-1:00 pm PICKLEBALL Cowles Gym (selected Saturdays)
11:00-11:45 am BARRE LITE Nicole Laird Room	11:00-11:45 am MOVE IT OR LOSE IT Nicole Laird Room	11:00-11:45 am MOVE & GROOVE LITE Nicole Laird Room	11:00-11:45 am MOVE IT OR LOSE IT Nicole Laird Room	11:00-11:45 am CHAIR STRETCH Nicole Laird Room	<div style="background-color: #f44336; color: white; padding: 5px; text-align: center;">PLEASE NOTE...</div> <div style="text-align: center;">↓</div> <p>* No Ballroom Basics class 5/10 and 5/24. * No Self-Defense class 5/1.</p>
12:10-12:50 pm BARRE Nicole Laird Room	12:10-12:50 pm MOVE & GROOVE Nicole Laird Room	12:00-12:30 pm LUNCH CRUNCH Chrisann Fitness Center	12:10-12:50 pm CORE & MORE Nicole Laird Room	12:00-12:30 pm LUNCH CRUNCH Chrisann Fitness Center	
12:50-1:35 pm TAI CHI Sandy Baer Room	1:00-1:30 pm VIDA JOVEN Nicole Laird Room				
	4:30-5:15 pm TAI CHI Sandy Baer Room	NEW! 4:30-5:10 pm LINE DANCE REVOLUTION Nicole LaForce Room	4:40-5:25 pm DRUM BEATS Chrisann Laird Room	5:00-6:00 pm BALLROOM BASICS* Nicole Laird Room	
	5:30-6:30 pm ZUMBA® Blanca Laird Room	5:30-6:15 pm LET'S HIIT IT! Christine Laird Room	NEW!		
	5:30-6:30 pm YIN YOGA & CHOCOLATE Jane Baer Room		5:30-6:30 pm YIN YOGA & CHOCOLATE Jane Baer Room		
6:30-8:00 pm SELF-DEFENSE Susan Laird Room		6:30-8:00 pm SELF-DEFENSE* Susan Laird Room			

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!

MOVE & GROOVE / MOVE & GROOVE LITE — A fun and energetic class that uses a wide variety of music with step aerobics, combination step dance, and more. Be ready to move and groove! The Lite version is geared toward beginners and those who want to take it a bit easy and utilizes light weights and chairs.

DRUM BEATS — A fun cardio workout with weighted drumsticks that gets you moving to the beat! Uses core, plyo, and strength moves.

NEW! **LET'S HIIT IT!** — This high-energy interval class is guaranteed to hit all the right spots. Using a Resist-a-Ball and a wide variety of exercise equipment, you will drum, strengthen and stabilize during this unique and fun cardio and strength workout.

STRENGTH CLASSES

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

BARRE / BARRE LITE — Barre is derived from ballet exercises, utilizing the ballet barre for balance and stretching. This is great way to improve balance and flexibility, and strengthen the legs, arms and core...all at a slow steady pace.

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.

CORE & MORE — Strength class targeting the core muscles and upper and lower body, using weights, balls, Pilates rings, and more.

FUNCTIONAL MOBILITY — Improve your functional daily movement with strength, balance and cardio exercises personalized in a small group setting. Class includes a gentle warm up, progresses into strengthening and ends in a cooldown of stretching or foam rolling. Modifications shown for all levels of fitness.

LUNCH CRUNCH — Geared toward the lunch crowd who wants a fast, fierce strength and core challenge in the Fitness Center. Will incorporate HIIT, circuits, strength, and core.

MOVE IT OR LOSE IT — Well, it's true! If we don't keep moving, we lose muscle tone and mass, flexibility and mobility. This class is a light workout, geared towards those just getting back into fitness or those who just want to take it a bit easy.

PICKLEBALL — A paddle sport created for all ages to play. The rules are simple, and the game is easy to learn. New players are always welcomed! ****Free for members or \$5.00 for non-members.**

STRENGTH & CORE — This challenging class is the basis of fundamental strength and core training, using body weight, weights, bands, Resist-a-Balls, mats, and discs.

VIDA JOVEN — A class for active older Spanish-speaking adults. Lots of great chair exercises and standing. It will get you moving.

MIND/BODY CLASSES

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

CHAIR STRETCH — Focuses on stretching all the major muscles in the body while sitting in a chair or using the chair for balance.

GENTLE YOGA — Nice blend of Hatha-style Yoga with emphasis on breathing techniques, gentle stretches and poses, ending with relaxation. Great for beginners or anyone wanting a gentle yoga practice.

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

YIN YOGA & CHOCOLATE — Dedicated to calm relaxation; hold poses for longer periods to promote flexibility and range of motion.

YOGA — Ancient practice that promotes relaxation, stress relief, balance, energy, and deep breathing

ZUMBA® — Latin rhythms combined with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. No experience required. ****Free for members or \$5.00 for non-members.**

SPECIALTY CLASSES

CLASSES IN THE SHADED BOXES have an additional fee. The cost is only \$5/person/visit.

BALLROOM BASICS — Come with a partner or solo. Learn basics of Swing, Waltz, Cha Cha and more. Jump in any time! Consistent attendance will enable you to learn more challenging moves. Dancing shoes required or good spinning shoes (preferably no higher than 2").

NEW! **LINE DANCE REVOLUTION** — This fun class will revive your interest in a variety of styles including the Hustle, Electric Slide, the Wobble, the Macarena, and more. Dancing is great cardio.

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.

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 as needed.