



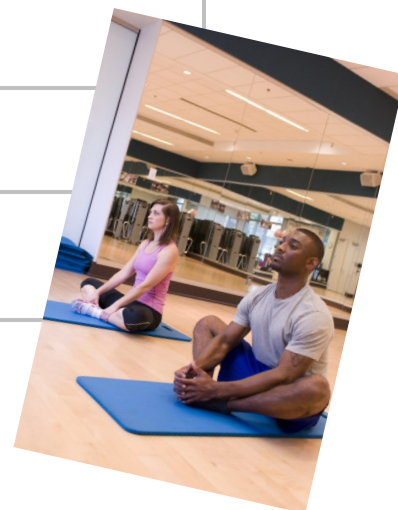
Group Fitness **LAND** Classes

Spring 2 | April 12– June 5, 2021

The YWCA is CLOSED Monday, May 31 in honor of Memorial Day.

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
CLOSED Monday, May 31 Memorial Day	6:30-7:15 am BUTZ & GUTZ-CORE Chrisann W. Laird / LaForce Rooms		6:30-7:15 am CARDIO & CORE Jane S. Laird Room	6:15-7:00 am RISE & SHINE YOGA Cris S. Baer Room Please bring own yoga gear.	
	8:30-9:15 am STRENGTH & CORE Chrisann W. Laird / LaForce Rooms		8:30-9:15 am STRENGTH & CORE Chrisann W. Laird / LaForce Rooms		
10:00 am-1:00 pm PICKLEBALL Cowles Gym Free for members, \$5.00 for non-members	9:30-10:30 am GENTLE YOGA Chrisann W. Baer Room Please bring own yoga gear.	10:00 am-1:00 pm PICKLEBALL Cowles Gym Free for members, \$5.00 for non-members	9:30-10:30 am GENTLE YOGA Chrisann W. Baer Room Please bring own yoga gear.	10:00 am-1:00 pm PICKLEBALL Cowles Gym (available most Fridays) Free for members, \$5.00 for non-members	
	9:45-10:45 am PRIVATE CLASS Laird Room				
11:00-11:45 am GENTLE STRENGTH & MOVEMENT Sandy O. Laird / LaForce Rooms	11:00-11:45 am GENTLE STRENGTH & MOVEMENT Sandy O. Laird / LaForce Rooms	11:00-11:45 am GENTLE STRENGTH & MOVEMENT Sandy O. Laird / LaForce Rooms	11:00-11:45 am GENTLE STRENGTH & MOVEMENT Sandy O. Laird / LaForce Rooms		
12:00-12:30 pm LUNCH CRUNCH Chrisann W. Laird / LaForce Rooms	11:45 am -12:30 pm 30-DAY CHALLENGE April 20-May 13 Chrisann W. Cowles Gym \$36.00 / Pre-register	12:00-12:30 pm LUNCH CRUNCH Chrisann W. Laird / LaForce Rooms	11:45 am -12:30 pm 30-DAY CHALLENGE April 20-May 13 Chrisann W. Cowles Gym \$36.00 / Pre-register	12:00-12:30 pm LUNCH CRUNCH Chrisann W. Laird / LaForce Rooms	
3:00-3:50 pm NEW! CHAIR VOLLEYBALL Chrisann W. Cowles Gym	NEW! ↑		NEW! ↑		
4:00-4:50 pm FITNESS EXPLORATION Cathy H. / Synala S. Laird Room (Private)	4:00-4:45 pm YW HUB Synala S. Cowles Gym (Private)		4:00-4:45pm YW HUB Synala S. Cowles Gym (Private)		
5:00-5:50 pm FITNESS EXPLORATION Coach Michelle / Synala S. Cowles Gym (Private)	4:45-6:00 pm YW HUB Synala S. Laird / LaForce Rooms (Private)	5:00-5:50 pm FITNESS EXPLORATION Synala S. Cowles Gym (Private)	4:45-6:00 pm YW HUB Synala S. Laird / LaForce Rooms (Private)		
	5:30-6:30 pm YIN YOGA & CHOCOLATE Jane S. Cowles Gym Please bring own yoga gear.		5:30-6:30 pm YIN YOGA & CHOCOLATE Jane S. Cowles Gym Please bring own yoga gear.		
6:00-7:30 pm AIKIDO WEAPONS Susan D. LaForce Room Free for members, \$5.00 for non-members.		6:00-7:30 pm AIKIDO WEAPONS Susan D. LaForce Room Free for members, \$5.00 for non-members.			



YWCA IS ON A MISSION

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Spring 2 | April 12-June 05, 2021

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AIKIDO WEAPONS — This is a Japanese martial art nicknamed the Art of Peace. This self-defense art translates into on-the-mat and everyday life experiences. It is a true mind-body discipline and can be considered “moving Zen.” You will be working with a long staff (jo) and a wooden sword (bokken) and will learn the art of grounding, flexibility, stability, practice of falling and rolling safely, breathing techniques, calmness, handling conflict, standing up against aggression, focus, concentration, and more.

**New attendees can wear comfortable clothing of your choice. There will be wooden weapons available for you to use in on-site class. If you decide to become a regular attendee, we suggest that you will purchase a gi (uniform) and the wooden weapons for yourself.

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

****In person and also a virtual option. Inquire with Susan.**

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.

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

NEW! CHAIR VOLLEYBALL — Get your chair in front of that net, grab that beach ball and let's get ready to have some fun. Six players make up each team, are seated in chairs and can hit the ball as many times as they want or need to get it over the net. The net is lower than traditional volleyball, so it's really great for all ages. Join us for a fun, friendly, and hilarious game!

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.

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.

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.

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

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. 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?

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.

NEW! “30 DAY CHALLENGE TO SLEEKER SUMMER ARMS” —

Are you looking for that good jump start for those sleeker looking summer arms? Here's your answer. We will be doing a HIIT/Boot Camp style workout in the gym that will wake up those arms and help you see results. Join CPT-Chrisann for this 8 week/2 day a week class.

Runs Tuesdays and Thursdays —11:45am-12:30pm

April 20, 22, 27, 29 and May 4, 6, 11 and 13

****\$36.00 for members and non-members.**

Inquire at Member Services to secure your spot.

Limit of 12 students.

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.