











YWCA GROUP FITNESS LAND CLASSES

Winter Session November 12, 2018 - January 26, 2019

The YWCA is closed all day 11/22/18, 12/25/18, and 01/01/19.

The YWCA will close at 12:00 pm 12/24/18 and at 6:00 pm 12/31/18.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	6:30-7:15am UPPER BODY BLAST Heidi  Laird Room	6:30-7:15am BUTZ & GUTZ ChrisAnn Laird Room		6:30-7:15am LOWER BODY BLAST Heidi  Laird Room	6:15-7:00am YOGA Cristin  Baer Room	
		8:30-9:15am STRENGTH & CORE ChrisAnn Laird Room		8:30-9:15am STRENGTH & CORE ChrisAnn Laird Room		
		9:30-10:30am GENTLE YOGA ChrisAnn  Baer Room		9:30-10:30am GENTLE YOGA ChrisAnn  Baer Room		
	10:00am-2:00pm PICKLEBALL Cowles Gym		10:00am-2:00pm PICKLEBALL Cowles Gym			10:00am-1:00pm PICKLEBALL Cowles Gym <i>(Select Saturdays)</i>
	11:15am-12:00pm BARRE LITE Nicole Laird Room <i>(No Class 12/24)</i>	11:15am-12:00pm JOINT MOVEMENT Nicole Laird Room	11:15am-12:00pm CARDIO DANCE LITE Nicole Laird Room <i>(No Class 12/26)</i>	11:15am-12:00pm JOINT MOVEMENT Nicole Laird Room	11:15am-12:00pm CHAIR STRETCH Nicole Laird Room <i>(No Class 11/23)</i>	
	12:00-12:45pm TAI CHI Sandy Baer Room		12:00-12:30pm LUNCH CRUNCH ChrisAnn Fitness Center		12:00-12:30pm LUNCH CRUNCH ChrisAnn Fitness Center	
	12:10-12:50pm BARRE Nicole Laird Room	12:10-12:50pm CARDIO DANCE Nicole Laird Room		12:10-12:50pm CORE & MORE Nicole Laird Room		
		1:00-1:30pm VIDA JOVEN Nicole Laird Room				
PM		4:30-5:15pm TAI CHI Sandy Baer Room		4:40-5:25pm DRUM BEATS ChrisAnn Laird Room		
		5:30-6:30pm ZUMBA® Blanca Laird Room				
		5:30-6:30pm YIN YOGA & CHOCOLATE Jane S.  Baer Room		5:30-6:30pm YIN YOGA & CHOCOLATE Jane S.  Baer Room		
	6:30-8:00pm SELF-DEFENSE Susan Baer Room		6:30-8:00pm SELF-DEFENSE Susan Baer Room			

YWCA GROUP FITNESS LAND CLASSES

Winter Session November 12, 2018 - January 26, 2019

The YWCA is closed all day 11/22/18, 12/25/18, and 01/01/19.

The YWCA will close at 12:00 pm 12/24/18 and at 6:00 pm 12/31/18.

MIND/BODY classes place an emphasis on posture, balance, and flexibility along with mental components like focus and relaxation.

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 breathing techniques, gentle stretches and poses, ending with relaxation. Great for those new to yoga.
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.

CARDIO classes place an emphasis on raising your heart rate and increasing endurance.

Cardio Dance	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!
Cardio Dance Lite	Low impact and intensity. Combination class mixing all types of music with all types of dance. Can be done standing or in a chair.
Drum Beats	A fun cardio workout with weighted drumsticks that gets you moving to the beat! Uses core, plyo, and strength moves.
Zumba®	Latin rhythms combined with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. No experience required.

STRENGTH classes place an emphasis on muscular strength and endurance.

Barre / Barre Lite	Barre is derived from ballet exercises, utilizing the ballet barre for balance and stretching. This class is great for improving balance and flexibility, and strengthening the legs, arms, and core, all at a slow steady pace.
Body Blast	Blast your fitness to the next level! This class provides the variety by combining fun cardio routines with specific muscle conditioning that will be tailored to the class's needs from week to week. This is a great time to enjoy the music and feel the burn!
Butz & Gutz	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).
Core & More	Strength class targeting the core muscles and upper and lower body, using weights, balls, Pilates rings, and more.
Joint Movement	Low-impact class, great for beginners. Strengthen and stretch the joints and muscles to keep the body moving.
Lunch Crunch	Geared towards the lunch crowd who wants a fast, fierce strength and core challenge in the Fitness Center. Will incorporate HIIT, circuits, strength, and core.
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.

SPECIALTY Classes for \$5

Pickleball	A paddle sport created for all ages to play. The rules are simple, and the game is easy to learn.
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.
Vida Joven	Built to get Spanish-speaking older adults moving and more active. The whole class can be done from a chair or while standing.