





Group Fitness **LAND** Classes

Winter | November 9, 2020-January 30, 2021

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
<p>The YWCA will be closed Thu. 11/26/20, Fri. 12/25/20, and Fri. 1/1/21.</p> <p>Watch for holiday class schedules!</p>	<p>6:30-7:15 am BUTZ & GUTZ-CORE Chrisann W. Laird Room</p>		<p>6:30-7:15 am CARDIO & CORE Jane S. Laird Room</p>	<p>6:15-7:00 am RISE & SHINE YOGA Cris S. Baer Room Please bring own yoga gear.</p>	
	<p>8:30-9:15 am STRENGTH & CORE Chrisann W. Laird Room</p>			<p>8:30-9:15 am STRENGTH & CORE Chrisann W. Laird Room</p>	
	<p>9:30-10:30 am GENTLE YOGA Chrisann W. Baer Room Please bring own yoga gear.</p>		<p>9:30-10:30 am GENTLE YOGA Chrisann W. Baer Room Please bring own yoga gear.</p>		
	<p>9:45-10:45 am PRIVATE CLASS Laird Room</p>	<p>10:00 am-1:00 pm PICKLEBALL Cowles Gym Free for members, \$5.00 for non-members.</p>			
<p>11:00-11:45 am GENTLE STRENGTH & MOVEMENT Sandy O. Laird Room</p>	<p>11:00-11:45 am GENTLE STRENGTH & MOVEMENT Sandy O. Laird Room</p>	<p>11:00-11:45 am GENTLE STRENGTH & MOVEMENT Sandy O. Laird Room</p>	<p>11:00-11:45 am GENTLE STRENGTH & MOVEMENT Sandy O. Laird Room</p>	<p>"SQUAT & SHOP TILL YOU DROP" BOOT CAMP Fri., Nov. 27, 10:30 -11:30 a.m.</p>	
<p>12:00-12:30 pm LUNCH CRUNCH Chrisann W. Laird Room</p>		<p>12:00-12:30 pm LUNCH CRUNCH Chrisann W. Laird Room</p>		<p>12:00-12:30 pm LUNCH CRUNCH Chrisann W. Laird Room</p>	
					
<p>3:30-4:15 pm VIRTUAL LEARNING CAMP Chrisann W. Cowles Gym (Private)</p>					
<p>4:00-4:50 pm FITNESS EXPLORATION Cathy H. Laird Room (Private)</p>	<p>4:00-6:00 pm YW HUB Synala S. Laird Room (Private)</p>		<p>4:00-6:00 pm YW HUB Synala S. Laird Room (Private)</p>		
<p>5:00-5:50 pm FITNESS EXPLORATION Coach Michelle Cowles Gym (Private)</p>		<p>5:00-5:50 pm FITNESS EXPLORATION Synala S. Cowles Gym (Private)</p>			
	<p>5:30-6:30 pm YIN YOGA & CHOCOLATE Jane S. Cowles Gym Please bring own yoga gear.</p>	<p>6:00-6:45 pm ZUMBA Katie H. Cowles Gym</p>	<p>5:30-6:30 pm YIN YOGA & CHOCOLATE Jane S. Cowles Gym Please bring own yoga gear.</p>		
<p>6:00-7:30 pm AIKIDO WEAPONS Susan D. LaForce Room Free for members, \$5.00 for non-members.</p>		<p>6:00-7:30 pm AIKIDO WEAPONS Susan D. LaForce Room Free for members, \$5.00 for non-members.</p>			

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.

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.

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

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.****

****Check YWCA website for virtual options.**

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.