



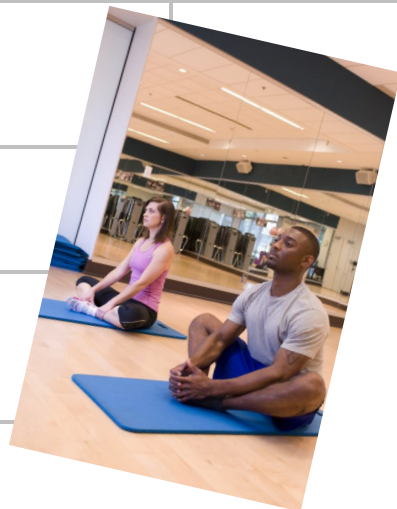
Group Fitness **LAND** Classes

Winter | November 8, 2021—January 29, 2022

We are closed Friday, December 24 & Friday, December 31, 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
	6:30-7:15 am CARDIO & CORE Jane S. Laird / LaForce Rooms		6:30-7:15 am CARDIO & CORE Jane S. Laird / LaForce Rooms	6:15-7:00 am RISE & SHINE YOGA Cris S. Baer Room Please bring own yoga gear.	
	8:30-9:15 am STRENGTH & CORE Lizz R Laird / LaForce Rooms		8:30-9:15 am STRENGTH & CORE Lizz R Laird / LaForce Rooms		
	8:45—9:45 AM am (PRIVATE CLASS) Baer Room				
	9:45-10:45 am (PRIVATE CLASS) Laird Room	10:00 am-1:00 pm PICKLEBALL Cowles Gym Free for members, \$5.00 for non-members		10:00 am-1:00 pm PICKLEBALL Cowles Gym (available most Fridays) Free for members, \$5.00 for non-members	
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 Regan D Laird / LaForce Rooms	12:00-12:45 pm PHYSIOBALL Jackie M Laird / LaForce Rooms	12:00-12:30 pm LUNCH CRUNCH Lisa S Laird / LaForce Rooms	12:00-12:45pm Gentle Flow Yoga Regan D. Laird/LaForce Rooms	12:00-12:30 pm LUNCH CRUNCH Lisa S Laird / LaForce Rooms	
	4:15—5:00 pm TAI CHI Sandy O. Baer Room				
	5:30-6:30 pm YIN YOGA & CHOCOLATE Jane S. Laird/La Force Please bring own yoga gear.		5:30-6:30 pm YIN YOGA & CHOCOLATE Jane S. Cowles Gym Please bring own yoga gear.		



YWCA IS ON A MISSION

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

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.

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.****

PHYSIOBALL based Core and Balance Training—This class will focus on core activation and stabilization with use of large stability balls. We will also work on balance in many different postures with the use of the ball including standing, seated, modified planking and bridging. This class welcomes all ability levels as each exercise will have modifications to make it more or less challenging.

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. This is 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?

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 bringing a feeling of calmness and overall well-being.

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

GENTLE FLOW YOGA— is geared to those who are interested in a gentle practice that addresses every joint in all ranges of motion. Simple flowing sequences to warm up the body as well as slower paced movements focusing on flexibility and breath. Brief meditation at the start and end of the class. Equipment is provided.

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.

eliminating racism
empowering women
ywca
Greater Green Bay