



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIFESTYLES START HERE

Fitness Schedule | November 11 – December 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp 5:15-6:05 a.m. Carissa	Hatha Yoga 6-6:50 a.m. Andrea	Strength Train Together 5:15-6:05 a.m. Sarah	Hatha Yoga 6-6:50 a.m. Andrea	Kickboxing 5:15-6:05 a.m. Carissa	Hatha Yoga 7-7:50 a.m. Rotating
Senior Fitness 7:45-8:35 a.m. Jane	Gentle Yoga 8-8:50 a.m. Linette	Fitness Yoga 6:45-7:35 a.m. Linette	Gentle Yoga 8-8:50 a.m. Jo	Vinyasa Yoga 7:50-8:40 a.m. Donna	Saturday Sampler 8-8:50 a.m. Rotating
Senior Fitness 8:45-9:35 a.m. Jane	Step & Sculpt 9-9:50 a.m. Lynn	Senior Fitness 7:45-8:35 a.m. Jane	Pound 9-9:50 a.m. Crystal	Strong 8:55-9:45 a.m. Crystal	
Strong 9:50-10:40 a.m. Crystal	Senior Fitness 10:10-11 a.m. Paula	Senior Fitness 8:45-9:35 a.m. Jane	Senior Fitness 10:10-11 a.m. Lisa	Senior Fitness 10:10-11 a.m. Paula	
Tabata 3:45-4:15 p.m. Leigh Anne	Senior Fitness 3-3:50 p.m. Teryl	Hip Hop Fit 9:45-10:35 a.m. Stacey	Senior Fitness 3-3:50 p.m. Teryl	Stations 4:15-5:00 p.m. Leigh Anne	
Kettlebells Amped 4:30-5 p.m. Leigh Anne	Zumba 4:30-5:20 p.m. Kelly	Kettlebells Amped 3:45-4:15 p.m. Leigh Anne	Zumba 4:30-5:20 p.m. Jessica		
Triple Threat 5:20-6:10 p.m. Lynn	Hatha Yoga 5:30-6:20 p.m. Andrea	Tabata 4:30-5 p.m. Leigh Anne	Boot Camp 5:30-6:20 p.m. Jo		
Prenatal Exercise Class 5:30-6:20 p.m. Leigh Anne	Strength Train Together 6:30-7:20 Katie	Cardio & Weights 5:15-6:05 p.m. Tifanie			
Hip Hop Fit 6:20-7:10 Stacey		Prenatal Exercise Class 5:30-6:20 p.m. Leigh Anne			
		Yoga Restore 6:30-7:20 p.m. Marie			

KEY

- YMCA Member
- Senior Fitness Classes
(Open to the Community)
- Prenatal Classes
(Open to the Community)

KIDS CORNER HOURS:

Monday-Thursday:
8-11:30 a.m.
4:30-7:30 p.m.

Friday-Saturday
8-11:30 a.m.

Saturday Sampler:

- 11/16 | Strong | Stacey
- 11/23 | Bootcamp | Carissa
- 11/30 | Strong | Crystal
- 12/7 | Pound | Crystal
- 12/14 | Strength Train Together | Katie
- 12/21 | Zumba | Jessica



FREE FITNESS CLASS DESCRIPTIONS

Barre Fitness: Come experience a fun, invigorating, athletic-based class that focuses on conditioning and toning the entire body! This workout blends classical ballet exercises, Pilates and traditional conditioning movements designed to develop muscular endurance, dynamic balance, flexibility and of course core strength. No dance experience necessary.

Boot Camp: For those looking for a great full body workout. You can expect plyometrics, cardio and strength drills, obstacle courses etc.

Butts and Guts: Strengthen your core and your glutes while working on 2 of the main trouble areas in this fun up pace class.

Cardio Interval: You'll alternate between cardio intervals and strength moves to achieve the maximum results, increased cardiovascular fitness and calorie burning.

Cardio Kickboxing: This class is a combination of cardio, boxing and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance.

Cardio & Weights: Alternating between strength and cardiovascular exercises to achieve overall strength and endurance.

Cross Training: A high intensity class that will challenge you physically and push you for the whole 30 minutes using weights and plyometrics.

Fitness Yoga: This general fitness yoga class is designed for intro and intermediate students. The focus is on improving flexibility, strength and balance incorporating vinyasa and hatha yoga with breathing techniques to relieve stress and promote spirit-mind-body wellness.

Gentle Yoga: A yoga style with a gentle approach and pace. Suitable for beginners as well as experienced who enjoy a gentler class.

Hip Hop Fit: Hip Hop Fit is a dance fitness class designed to get you moving to the hottest music and moves. Be prepared to sweat and get fit the fun way! Anyone can do it!!

HIIT: This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and burn extra calories.

Interval Training: You'll alternate between leg work, cardio, and strength, for max results. Each class will end with core work and a cool down.

Pound Fitness: Channel your inner rockstar with Pound Fitness, a full-body cardio jam session of a workout inspired by drumming. Using Ripstix®—weighted drumsticks engineered for exercise—you'll burn calories and tone while rocking out to your favorite music!

Pumped Up: A strength class in which participants can expect to develop strong and toned muscles.

Senior Fitness - A service of Morris Hospital & Healthcare Centers: Senior fitness classes are designed to provide low impact aerobic training for participants 55 and older, incorporates strength training for an overall workout. No registration is required for classes listed in the lighter gray.

Step & Sculpt: This class starts with an easy to follow dance step routine, followed by strength, core work, & stretching.

Strength Train Together: This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

Strong: You will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

Tabata: Tabata workouts are HIIT workouts alternating periods of high intensity with shorter recovery periods designed to boost post exercise calorie burn.

Triple Threat: Cardio, strength and ab exercises are the name of the game in this class. Each week we will do a different work out, whether it be Fitball, Pumped up, Step and Sculpt, etc. To keep the body guessing and to burn maximum calories!

Vinyasa Yoga: Connects breath to movement while increasing flexibility, balance and improving stress reduction.

Yoga Restore: Suitable for all ages and abilities who are looking to restore the core muscles, and increase strength, balance, and range-of-motion in the hips, legs, and spine. This class will aid in the relief and relaxation of a hard day's work, through breathing exercises and meditation.

Zumba: Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away

