



GROUP EXERCISE

FALL: October 9th - Nov. 12

Class Registration

Y Members: Sept. 25

Non members: Oct. 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		6:00a Octagon WR Laurie		6:00a CYCLING S Laurie/Sheri		6:00a Octagon WR Kyle			
8:30a Y Dance S Fae		8:30a Simply Stretch YS LORI		8:30a Y Dance S Fae		8:30a Simply Stretch YS Katie		8:30a Y Dance Fae	
						9:05a GENTLE Yoga YS Katie		9:05a Yoga YS Katie	
9:05a Yoga YS Katie		9:05a Dance Party S Sarah W		9:05a Aqua Combo P Dawn		9:05a Zumba Gold S Carol G.		9:05a Aqua Combo P Laurie	
9:15a Aqua Zumba P Carol G.		9:15a Dig Deep P Lori		9:35a Pilates S Leslie		9:15a Tethered P Laurie		9:35a CYCLING S Sheri	
9:35a CYCLING S Laurie		9:30a Octagon * WR Christian		10:00a RESTORATIVE Yoga YS ANN		10:05a Gentle H2O P Laurie		10:40a Pilates/Ball S Sarah	
		10:05a Gentle H2O P Lori				10:15a Building Strength S Katie			
10:40a Pilates/Core S Cristin		10:15a Building Strength S Fae		10:40a CYCLE FUSION S Laurie		11:15a Boot Camp S Kyle			
		11:15a Boot Camp S Kaley		12:00p F.I.R.S.T MP Dr. Shang		4:00p Tai Chi S John B.			
				4:15p Jr. Barbell Club WR Kyle		5:00p Yoga YS Munna			
5:00p Barbell Club WR Jordan		5:00p Yoga YS Veronica		5:00p Barbell Club WR Kyle		5:35p Boot Camp S Melissa			
5:30p Power Yoga YS Linda		5:35p Boot Camp S Mark		5:30p Step S Cristin		6:00p Adv. Octagon WR Andre		6:00p Zumba S Tanya	
6:35p Zumba S Jen		6:30p Zumba Toning S Carol G.		6:05p Core & More S Cristin					
		6:30p Aqua Zumba P Mark		6:40p Zumba S Carol G.		6:30p Zumba Toning S JEN			

SPACES: S = Studio YS = Yoga Studio WR = Weight Room P= Pool MP = Multipurpose
 Exercise classes are for 13 years + unless otherwise designated. See class description on reverse side. Proper clean footwear is required for all land classes with the exception of Pilates, yoga and stretch class. Schedule subject to change dependent on attendance. Youth under the age of 13 are not allowed to sit inside the studios or outside of the studios.

Octagon /Advanced Octagon
 Fee for 5 week classes Oct. 9 - Nov 12 Session
 Y Member \$30.00 Program Participant \$60.00

Octagon Family NO FEE - Open Play for 10 + and a guardian (members only)

CYCLING / Cycle Fusion Y Members Reserve a seat for \$5.00 per 5 week session
 Walk in fee FREE

Program Participant fee for cycling \$11 per class / \$55 for 5 week session one class

YMCA of Ithaca and Tompkins County 50 Graham Rd. West, Ithaca, NY 14850
 607-257-0101 ww.ithacaymca.com

SATURDAY		SUNDAY	
9:00a Step /Strong S Staff		9:15a CYCLING S Liz F.	
10:00a Octagon WR Kyle		10:30a OCTAGON FAMILY*	
10:05a Pilates S Pilates Team			
11:15a Zumba S Carol G.		12:00p DANCE PARTY S Kristina	
		4:30p ZUMBA TONING S Jen	
		4:35p Yoga YS Yoga Team	

KEY:

Registration and fee
Included with membership

Building Strength AOA (45min) For those just starting out & active older adults. Strength, balance & flexibility.

Core & More 30 mins. Work your abdominal muscles and the glutes (your backside!) **STRENGTH & POWER!**

Boot Camp: (45 mins) Calisthenics and body weight exercises with interval training. The Y instructors offer a variety of styles of fitness boot camps, most are designed in a way that pushes the participants harder than they'd push themselves.

Step it up (30min) Cardio Step class using the Step platforms. Easy to follow patterns.

Cardio Combo (55min) AOA Hi/Low impact cardio dance exercise class. Strength training included!

DANCE PARTY!! (60min) Cardio dance class to popular music with styles from around the world. Bollywood, Latin, jazz and hip hop! *Dance to music that you can sing to.* All levels of fitness welcome!

Step Interval (55min) Alternating between Cardio Step and strength training.

Y DANCE (60min) AOA Various choreographed dances set to specific music. Easy to learn.

Simply Stretch AOA (30min) Start your morning right! Focus on stretching and range of motion.

Zumba (60 mins.) Burn calories by burning up the dance floor. Zumba uses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout.

Zumba Gold (60min) AOA Modified low impact movements, that get you grooving at your own pace.

Zumba Toning (60min) AOA Body-sculpting techniques and Zumba moves all in one class!

ZUMBA STRONG 60mins.) High Intensity Interval Training with synced motivational music. This is a strength building class not a dance class.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OCTAGON FAMILY HOUR (75min) Children ages 10-12 yrs. Can use the Octagon with a Parent or Guardian over the age of 18. Y Members ONLY Supervision.

F.I.R.S.T. your way 10 week structured strength training program meets 1x a week. How to fight insulin resistance through strength training. Led by Dr. Shang and Laurie C. Sessions dates: Oct 11 - Dec 13, 2017

Tai Chi (60min) AOA A system of gentle physical exercise and stretching.

Pilates (55min) Improve your core muscle strength through mat exercises while focusing on form and technique.

CYCLING (55min) Group cycling class takes place on Freemotion bikes. We utilize watts, rpm, and speed information from the console to monitor our efforts. Instructor guides the class through interval, strength

CYCLE FUSION ALL LEVELS (60 minutes) 30 minute ride followed by Strength Training / Core and more. You can come for just cycling. Just strength or stay for both.

CYCLING FEES:
5 week registration option for Y members: \$5.00
Walk ins no FEE
Non-Member:
\$11 per class
\$55 per 5 week session one class a week.
OCTAGON CLASS FEES:
5 week sessions Registration required
Y Members \$30.00
Non-Member \$60.00

BARBELL CLUBS:
NO Fee for members!

Yoga - Restorative (75min) AOA Restore the body at a slower modified pace.

YOGA (60min) Classes offer various Yoga techniques, such as Hatha and Vinyasa. Great options allowing any skill level to enjoy.

Yoga - POWER (70min) Vigorous class. Previous Yoga experience recommended.

TAKE THE PLUNGE



AQUA COMBO AOA (55min) Get your blood moving and your heart pumping through a variety of combinations. Shallow water workout.

AQUA ZUMBA AOA (60min) Pool party! Invigorating workout, splashing, stretching, twisting and laughing! Shallow water workout.

DIG DEEP (45min) AOA Elevate the heart rate and strengthen the muscles wearing float belts in the deep end of the pool.

Tethered (45min) AOA Participants are tethered to the lane line with float belts for an instructor led cardio workout. Deep end.

Gentle H2O (45min) AOA Slower exercises and lower impact movements. Great for those with joint issues and arthritis. Shallow water.

LETS GET STRONG TOGETHER FUNCTIONAL FITNESS AND STRENGTH

Octagon 13+ 5 weeks Basic enough for beginners and suitable for active older adults, yet challenging! Ability to adapt intensity levels. Functional training, cardio and strength components. Team work included!

Y PERSONAL FITNESS COACHING: AOA Meet your goals with a trainer! \$30.00 per hour for members, register at Y Desk **SPECIAL TUNE UP** 4 one hour sessions \$100.00

Advanced Octagon: 13+ 5 Weeks Must be able to demonstrate excellence in basic movements and form. Not for beginners or those just starting a workout program. Very challenging!

Barbell Club (60min) Y Members lifting weights together guided by a Y trainer.

Junior Barbell Club: (45min) Weight lifting in a group ages 11-17. Lead by a Y trainer.

KEY: AOA Suitable but not limited to Active Older

Registration and fee required for classes listed in gray