



# GROUP EXERCISE

October 8 - November 18, 2018

Class Registration Dates  
 Y Members: Sept. 24  
 Non members: Oct. 1

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		6:00a Octagon WR	Kyle	6:00a CYCLING S	Laurie	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	Linda	8:30a Y Dance S	Fae
9:05a Yoga YS	Veronica	9:05a Dance Party S	Kate	9:05a Aqua Combo P	Dawn	9:05a GENTLE Yoga YS	Katie	9:05a Yoga YS	Veronica
9:15a Aqua Zumba P	Carol G.	9:15a Dig Deep P	Lori	9:35a Pilates S	Leslie	9:05a Zumba Gold S	Carol G.	9:05a Aqua Combo P	Laurie
9:35a CYCLING S	Laurie	9:30a Octagon * WR	Kyle	10:00a RESTORATIVE Yoga YS	Ann	9:15a Tethered P	Molly	9:35a CYCLING S	Sheri
10:40a Pilates/Core S	Cristin	10:05a Gentle H2O P	Lori			10:05a Gentle H2O P	Linda	10:40a Pilates/Ball S	Sarah
		10:15a Building Strength S	Fae			10:15a Building Strength S	Fae		
		11:15a Boot Camp (HIIT) S	Laurie			11:15a Boot Camp (HIIT) S	Kyle		
		11:15a Gentle Yoga	Alison						
				4:15p Jr. Barbell Club WR	Kyle	4:00p Tai Chi S	John B.		
5:30pm Barbell Club WR	Todd	5:00p Yoga YS	Veronica	5:30pm MSP WR	<b>NEW!</b> Kyle	5:00p Yoga YS	Munna		
5:30p Vinyassa Flow YS	Linda	5:30p Boot Camp S	Mark	5:30p Step S	Cristin	5:30p HIIT (boot camp) S	CG/LC		
6:35p Zumba S	Jen	6:30p Zumba Toning S	Carol G.	6:05p Core & More S	Cristin	6:30p Zumba Toning S	Jen	6:00p Zumba S	Tanya
		6:30p Aqua Zumba P	Mark	6:40p Zumba S	Carol G.				

**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 / MSP ( Mobility, Strength and power Class)**  
 Fee for 5 week classes  
 Y Member \$30.00 Program Participant \$60.00  
**\*NO WALK INS FOR OCTAGON CLASS or MSP**

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

**CYCLING:** Registration for 5 week is \$5.00 for members  
 OPTION TO Walk ins NO Registration No charge  
 Program Participant fee for cycling (non member)  
 \$11 per class

SATURDAY		SUNDAY	
		9:15a CYCLING S	Liz F.
9:05a Step /Strong S	Staff	10:30a <u>OCTAGON FAMILY*</u>	
10:00a Octagon WR	Andre		
10:05a CORE / Pilates S	Staff	12:00p DANCE PARTY S	Kristina
11:15a Zumba S	Carol G.	4:30p STRONG S	Jen
		4:35p Yoga Foundations YS	

**KEY:**

Registration and fee

Included with membership

**YOGA CLASSES**

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

**HIIT** High Intensity Interval Training (60 mins.) Flip flop back and forth cardio set followed by strength training. Ending the class with core work, and stretch

**Boot Camp:** (45 mins) Calisthenics and body weight exercises with interval training Class style and content changes, classes designed in a way that pushes the participants harder than



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

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

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

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

**Tai Chi AOA** (60min) an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing

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

**GENTLE YOGA AOA** (60min) A style of practice that focuses on stretching and breathing, no huge feats of strength or extreme flexibility. You may do standing postures, forward bends, and back strengthening exercises in addition to seated stretches.

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

**YOGA-Vinyasa Flow** (70min) Vigorous class. Previous Yoga experience recommended.

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



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

**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!

**CYCLING** (55min) 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 and

**ZUMBA STRONG** (60mins.) High intensity interval training with synced motivational music. This is a strength building class not a dance class. Check schedule for class Saturday at 9am

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

## TAKE THE PLUNGE



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

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

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

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

# LETS GET STRONG TOGETHER

**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!

**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

**Y PERSONAL FITNESS COACHING: AOA** Meet your goals with a trainer! \$30.00 per hour for members, register at Y Desk

## NEW CLASS!

**MSP Mobility, Strength & Power** (1.25 mins) A research based, small group fitness class emphasizing progressive mobility, strength and power training. Participants will track their progress on a week to week basis to ensure results.

## FIND THE RIGHT FIT

**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**



**CYCLING FEES OPTION: YMEMBERS**  
\$5.00 for 5 class to reserve a seat (this is optional)  
**Non-Member:**  
\$11 per class

**MSP & OCTAGON FEES:**  
5 week sessions  
Registration required  
Y Members \$30.00  
Non-Member \$60.00 (No walk ins)  
**BARBELL CLUBS:**  
NO Fee for members!

**AOA** Suitable but not limited to Active Older

Registration and fee required for classes listed in gray