



# GROUP EXERCISE

## SUMMER UPDATE! July 10th - Sept 3

**Registration Begins:**  
**Member: June 12th**  
**Non-Member: June 19th**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6:00a Octagon WR Laurie	6:00a <b>CYCLING</b> 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 Yoga YS Katie	9:05a <b>DANCE PARTY</b> S ESTELLE	9:05a Aqua Combo P Dawn	9:05a Yoga Class YS Katie	9:05a Yoga YS Katie
9:15a Aqua Combo 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 <b>CYCLING</b> S Laurie	9:30a Octagon * WR Christian	10:00a Restorative Yoga YS ANN	9:15a Tethered P Laurie	9:35a <b>CYCLING</b> S Sheri
10:05a Gentle H2O P Group Led	10:05a Gentle H2O P Lori	10:05a Gentle H2O P Group led	10:05a Gentle H2O P Laurie	10:40a Pilates/Ball S Sarah
10:40a Pilates/Core S Cristin	10:15a Building Strength S Fae	10:40a <b>DANCE PARTY</b> S Sarah W.	10:15a Building Strength S Katie	
	11:15a Boot Camp S Laurie	4:15p Jr Barbell Club WR Kyle	11:15a Boot Camp S Kyle	
		5:00p Barbell Club WR Kyle	5:00p Yoga YS Munna	
3:30p Tai Chi S John	5:00p Yoga YS Veronica	5:30p Step S Cristin	5:35p Boot Camp S Melissa	
5:00p Barbell Club WR Ryan	5:35p Boot Camp S Mark	6:05p Core & More S Cristin	6:00p Octagon WR Andre	
5:30p Power Yoga YS Linda	6:30p Zumba Toning S Carol G.	6:40p Zumba S Carol G.	6:30p Aqua Zumba P Carol	6:00p Zumba S Tanya
6:35p Zumba S Jen	6:30p Aqua Zumba P Mark	6:30p Adv. Octagon WR Kyle	6:30p Zumba Toning S JEN	

**SPACES: S = Studio YS = Yoga Studio WR = Weight Room P= Pool**  
 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.

**9:05a Saturday Step/Strong description on back.**  
 Strong class taught by Jen on July 22,29 and August 19th  
**Octagon /Advanced Octagon**  
 Fee for 5 week classes June 26 - Jul 30 /July 31 - Sept 3  
 Y Member \$30.00 Program Participant \$60.00  
**Octagon Family NO FEE - Open Play for 10 + and a guardian (members only)**

**SUMMER OPEN CYCLING FOR MEMBERS NO CHARGE**  
**Program Participant fee for cycling**  
 \$11 per class / \$55 for 5 week session one class a week.

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

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

<b>KEY:</b>	Registration and fee
	Included with membership
	Registration required – no fee

**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

**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 and endurance rides.

**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.

## LET'S GET STRONG TOGETHER FUNCTIONAL FITNESS AND STRENGTH PROGRAMS

**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 trainer.

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

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



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.

**KEY:** AOA Suitable but not limited to Active Older Adults

■ Registration Only

■ Registration and Fee

## FIND THE RIGHT FIT FOR YOU

**CYCLING FEES:**  
OPEN CYCLING FOR  
Y MEMBERS

**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!