

the **Y** Winter Morning Program 2018

Cardio, Toning, & Strength

AB BLAST (Connie & Heather) 15 minute class focusing on strengthening abdominal and lateral flexors, improve torso appearance and function.

Cardio BLAST-(Tony/Heather) Three 20 minute segments of low and high impact aerobics, step drills, and endurance exercises.

Cardio Kick Boxing-(Heather) This class blends elements of kickboxing, athletic conditionings drills, and flexibility training for a full body **Circuit Breaker-(Karlton)** This intense total body workout combines aerobic and strength training segments. Focus is on balance, agility, speed, and strength.

HIIT (Heather) Get your heart pumping and fire up your metabolism with short, intense bursts of exercise followed by a recovery period.

Karlton's Class-Train like an athlete in this advanced, rigorous conditioning class. Training includes resistance, aerobic, ply metrics, agility, speed, and core strengthening exercises.























Muscle-Up Fitness-(Karlton) This strength training class will consist of a combination of free weights along with medicine ball & core strengthening.

Stability (Whitney)-This class is for active older adults. Build strength in hip joints, ankles and knees.

Total Body-(Deanne,Heather) This resistance exercise class strengthens your entire body. Free weight exercises, squats, presses,all major muscle groups.




















ZUMBA(Connie,Esthela,Katie,Tati &Whitney)- a dance fusion of Latin and international music and dance styles that feature aerobic/fitness interval training with a combination of rhythms.

ZUMBA STRONG(Whitney)- Combines your body weight, muscle conditioning, cardio and plyometric training synced to original music designed to match every movement.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
8:30am	 Yoga Carollana RM-#3	Yoga/Pilates/ Barre Carollana RM-#3	 Yoga Carollana RM-#3	Yoga Pilates Carollana RM-#3	Tai Chi David (30Mins) RM-#2	 Yoga Carollana RM-#3	Tai Chi David (30Mins) RM-#2
9:00am	Circuit Breaker RM#1  Karlton	Cardio BLAST RM#1 Tony	Circuit Breaker RM#1  Karlton	Yoga Breathing Therapy 9:30am Manisha RM-#3	Circuit Breaker RM#1  Karlton		
10:00am	Total Body Heather RM# 1	 Nicole RM #2	Total Body Deanne RM #1	 Katie RM #2	Total Body Deanne RM #1	 Nicole RM #2	
	 Katie RM #2	H.I.I.T  (30Mins) Carollana SPIN Room	H.I.I.T  (30Mins) Carollana SPIN Room	 TONING Whitney RM #2			
10:15am & 10:30am	 SilverSneakers STABILITY 10:15am Whitney Rm#3	 SilverSneakers Cardio/Strength 10:30am Donna RM #1		 SilverSneakers Classic 10:30am Heather RM #1	 SilverSneakers STABILITY 10:15am Whitney Rm#3		
11:00am	 Yoga Healing Hatha (45Mins) ALisha RM-#3	 Yoga Healing Hatha (45Mins) (James) RM-#3	Simple Stretch (45Mins) Deanne RM-#3		Simple Stretch (45Mins) Deanne RM# 1	H.I.I.T. (30 Mins) Heather Rm#2	
11:30am	Tai Chi For Balance Donna Rm#2	 SilverSneakers Yoga Stretch (30 Mins) Donna RM #1	Tai Chi For Balance Donna Rm#2	 GOLD 12:00pm Whitney RM # 1	 SilverSneakers Yoga Stretch (30 Mins) Heather RM #1	Ab Blast (15 Mins) Heather Rm#2	

the **Y** Winter Afternoon Program 2018

Mind Body Spirit Classes

	Monday	Tuesday	Wednesday	Thursday	Friday			
1:00PM	 SPLASH Whitney Pool		 SPLASH Whitney Pool		 SPLASH Whitney Pool			
5:30PM	Muscle-up Fitness  Karlton RM #1	 Yoga Pilates Carollana RM-#3	STRONG BY ZUMBA  Whitney RM#1	Kick Boxing Heather Rm#1	Muscle-up Fitness  Karlton RM #1			
6:00PM	H.I.I.T SPIN  (starts @6 :30) Carollana SPIN Room			 All Terrain Carollana Spin Room	 Connie RM#1	Lift/Spin YOGA Carollana RM-#3		
6:30PM	 Connie RM #1	\$ TBS Boot Camp Quentin RM #2	 Tatiana RM #1	H.I.I.T SPIN (30Mins)  Carollana SPIN Room	 Jonathan RM #1	\$ TBS Boot Camp Quentin RM #2	 Jonathan RM #1	\$ TBS Boot Camp Quentin RM #2
7:00PM	Restorative YOGA Carollana Rm#3			Yoga/Pilates Barre Carollana RM-#3	AB Blast Connie 15Mins Rm#1			
Saturday Classes	 Tatiana 10:00am RM #1	 All Terrain 10-11am SPIN Room Rotation	 Cardio/ Strength *11:30am-12:30pm Rotation RM #1	 CHAIR YOGA (30mins) *12:30pm Rotation RM #1	Introducing in 2018 30 minute tutorial style clinics by personal trainers and group exercise instructors. SPIN CLINIC Thursday 10am January 11th			

Healing Hatha -YOGA-(ALisha,James)
 Students learn mind body connections and principles and how our bodies are designed to heal from the inside out.

Pilates Yoga-(Carollana) Yoga poses are connected in a sequence with the breath to increase strength, flexibility and coordination.

Silver Sneakers Muscular Strength & Full Range of Motion- (Donna, Heather & Whitney) Have fun and move to the music through a variety of exercises designed to increase muscular strength, full range of motion, and activities for daily living skills.

Silver Sneakers /Chair Yoga -(Donna, Heather & Whitney)-Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Simple Stretch(Deanne)- A 45 min. class focusing on increasing flexibility and balance. Class will also include relaxation. Suitable for all levels.

SPLASH(Whitney)-Improve agility, flexibility, and increase cardiovascular fitness, strength and endurance. Aquatic equipment will be used. No Swimming is required.

Tai Chi -(Donna, David,& James) Classes utilize evidence based programs that have positive impact on chronic musculoskeletal pain, dementia, falls and related risks.

\$ Total Body Sculpt (TBS-Quentin) is a boot camp taught by a Certified Personal Trainer that combines strength training, flexibility, and cardio conditioning designed to shape the body.

Yoga/Pilates/Barre- (Carollana) This special fusion class includes ballet barre fitness; free weights and yoga that will help you harmonize your body and mind in your exercise that brings joy to movement.

Yoga-Restorative-(Carollana) Conscious mindful breathing , then loosening exercises followed by various "Asanas" or body postures and relaxation.

