



# HEALTH & FITNESS

## DROP-IN EXERCISE CLASSES

The Y offers a variety of exercise classes to fit any skill level. Approximately 55 classes are offered 7 days a week to suit our members' needs. Please refer to the exercise schedule located in the lobby for the most up to date class offerings.

**All classes listed here are free for full members.**  
Program members may attend free classes for a \$10 fee. Classes are "drop in". Registration is not required.

### Y CLASS DESCRIPTIONS

**Spin** An Excellent Cardiovascular Workout using stationary bicycles for the beginner or intermediate exercise enthusiast:

Typical classes are:

- Spin Express
- Spinning Intervals
- Spin Fundamentals
- Rock and Ride

**Cardiovascular Classes** Aerobic exercise is recognized as exercise that is rhythmic, uses the major muscle groups and is maintained at a fairly continuous intensity for a prolonged period of time. Classes are between 45 – 60 minutes.

Typical classes are:

- Step Aerobics
- Zumba/Zumba Gold
- Super Step Aerobics
- Active Older Adults

**PLEASE NOTE:** All Classes subject to change. Please arrive early and bring water and a towel. Please respect your fellow members and do not enter while class is in progress.

**Interval Training Classes** Exercise that is intermittent and consists of a bout of exercise that varies in duration and intensity. Weight training can also be incorporated. Benefits of this training help to promote muscular strength and endurance. Classes are 45 – 60 minutes.

Typical classes are:

- Cardio Sculpt
- Cardio Kick
- Cardio Boot Camp
- Turbo Kick

**Toning Classes** A short aerobic warm up begins this class to get the body ready for a full muscular workout, using weights to target all the major muscle groups including the abdominals. Weight training is proven to increase muscle mass and bone density. Classes range from 45- 60 minutes.

Typical classes are:

- Body Sculpt
- Abs and Arms
- Silver Sneakers

**Mind/Body** Classes include Yoga and Pilates. Yoga is a way to make space in and around your joints and to become flexible. It encourages you to look inward, connecting the body with the mind. Pilates training strengthens our core. Our core consists of the back, pelvis, and abdominals. Classes range from 45 -75 minutes.

Typical classes are:

- IMX Pilates
- Pilates
- Gentle Yoga
- Yoga Flow
- Vinyasa Yoga
- Fit Yoga
- Peaceful Yoga
- Yogalates
- Restorative Yoga
- Tai-Chi

## ADULT FITNESS Connie McDonough x177 conniem@ymcali.org

CLASS	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>BODY BLITZ</b>	10:00-10:30am M/W class <b>FC</b>	7:00-7:30pm T/Th class <b>FC</b>	10:00-10:30am M/W class <b>FC</b>	7:00-7:30pm T/Th class <b>FC</b>			
<b>HIGH INTENSITY TRAINING H.I.T.</b>	7:00-7:30pm M/W class <b>FC</b>		7:00-7:30pm M/W class <b>FC</b>	4:00-5:00pm <b>FC</b>			
<b>BOXING FITNESS</b>	5:30-6:30am <b>G</b>		5:30-6:30am <b>G</b>				
<b>Y TRI TRAINING (Ages 18 +)</b>	<b>Y Tri Training Fee: \$275</b> meets 1x per wk for 8 weeks						6:00-9:00am <b>P</b>

Programs meet for 8 weeks  
**H.I.T./Body Blitz** meets 2x/wk 30 minutes  
**Boxing Fitness** meets 1x/wk 60 minutes  
**Meditation** meets 1x/wk 45 minutes  
 Fees: Full: \$65 Program: \$95

## YOUTH HEALTH AND FITNESS

CLASS	MON	TUES	WED	THURS	FRI	SAT
<b>Fitness All Stars (Ages 7-9)</b>	4:00-5:00pm <b>L</b>	4:00-5:00pm <b>L</b>	4:00-5:00pm <b>L</b>			10:00-11:00am <b>TBD</b>
<b>Zumbatonic (Ages 7-12)</b>				4:30-5:15pm <b>L</b>		
<b>Fit Kids I (Ages 10-12)</b>	4:00-5:00pm <b>L</b>	4:00-5:00pm <b>L</b>	4:00-5:00pm <b>L</b>			11:00-12:00pm <b>L</b>
<b>Teens in Training (Ages 13 +)</b>		5:15-6:15pm <b>FC</b>		5:15-6:15pm <b>FC</b>		
<b>Y Speed &amp; Agility Training (Ages 10-18)</b>						1:00-2:30pm <b>G</b>

Program meets 1x/wk for 8 wks.  
**Fitness All Stars, Zumbatonic, Fit Kids & Teens in Training**  
 Fee: Full: 1st class **FREE** 2nd class \$25  
 Program: \$65 \*10% off 2nd class.  
**Speed & Agility** Fee: Full: \$65 Program: \$95

**FC** meets in the fitness center  
**P** meets in the pool  
**DS** meets in the dance studio  
**L** meets in the loft  
**G** meets in the gym