

Winter I Fitness / Specialty Class Schedule

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|--|--|
| Boot Camp Erica 6:00-6:55 am | Triathlon Training Club Marcia 5:10-6:00am | Boot Camp Erica 6:00-6:55 am | Triathlon Training Club Marcia 5:10-6:00am | Boot Camp Erica 6:00-6:55 am | |
| Intervals Shelly N. 8:15-9:10am | Bodyworks Linda 7:00-7:55am | | Bodyworks Linda 7:00-7:55am | | Adv Step N Sculpt Laurie 8:00-8:55am |
| Power Yoga Diane 8:15-9:10am (CR 2/3) | Core Motion Marcia 8:15-9:10am | Zumba Shelly N 8:15-9:10am | Power Yoga Diane (CR 2/3) 8:15-9:10am | Yoga Basic Jenny 8:15- 9:10am | Kettlebell CR 2/3 <i>Charlie</i> 8:30-9:25am |
| 30 Min Abs Shelly L. 9:30-10:00am | Women on Weights \$ Ann C 9:00-10:00 | Low Imp Cardio/Tone Debi 9:15-10:15am | Step n Sculpt Shelly N 8:15-9:10am | Turbo Kick/ PiYo Shelly N. (CR 2/3) 8:15-19:10am | 30 Min Abs Laurie 9:00-9:30 am |
| Silver Sneakers Marcia 10:15-11:10am | Cardio Box Elizabeth (CR2/3) 9:15-10:10am | Silver Sneakers Debi 10:15-11:10am | Women on Weights \$ Ann C 9:00-10:00 | Active Stretch Debi 9:15-9:45am | Adv Cardio Tap Linda 9:35am-10:20am |
| Tai Chi Charlie (CR2/3) 10:30-11:25am | Kettlebell Charlie 9:30-10:25am | Tai Chi Charlie CR 2/3 10:30—11:25am | Bodyworks Ann E 9:15-10:10am | Pilates Debi 9:50-10:45am | Beg Cardio Tap Linda 10:25-11:10am |
| | | | Core Motion Marcia 10:15-11:10am | | Beginners Yoga Deb G 11:15am- 12:00pm |
| Bodyworks Linda 4:00-4:25pm | | | | | Beginner Step Deb G 12:05pm—12:50pm |
| Cardio Tap Linda 4:30-5:20 pm | Tai Chi Charlie 5:00-5:55pm | Step n Sculpt Jane 5:00-5:55pm | Turbo Kick Shelly N 5:00-5:55pm | | |
| 30-Min. Abs Laurie 5:25-5:55pm | Triathlon Training Club Charlie 6:00-6:50pm | 30-Min. Abs Laurie (CR 2/3) 5:30-6:00pm | Triathlon Training Club Charlie 6:00-6:50pm | | Sunday |
| Adv Step n Sculpt Laurie 6:00-6:55pm | Zumba Sculpt Monica 6:00-6:55pm | Boot Camp Deb G 6:00-6:55pm | Core Motion <i>Jane</i> 6:00-6:55pm | | Bodyworks Laurie 1:00-1:55pm |
| Karate Begin. \$ <i>Varner/Holmes</i> 6:30-7:15pm (Gym) | Fitness Yoga <i>Deb G.</i> 6:00-7:15pm | Karate Begin. \$ <i>Varner/Holmes</i> 6:30-7:15pm (Gym) | Fitness Yoga <i>Deb G.</i> 6:00-7:15pm (CR 2/3) | | Fitness Yoga Laurie 2:00-2:55pm |
| Total Body Sculpting Laurie 7:00-7:55pm | Kettlebell <i>Charlie</i> 7:00-7:55pm | Kick Fit Cassie 7:00-7:55pm | Kettlebell <i>Charlie</i> 7:00-7:55pm | | |
| Karate Inter. \$ <i>Varner/Holmes</i> 7:15-8:30pm (Gym/CR) | Navy Seal Charlie 8:00—8:55pm | Karate Inter. \$ <i>Varner/Holmes</i> 7:15-8:30pm (Gym/CR) | Navy Seal Charlie 8:00—8:55pm | | |
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For more information contact: Shelly Nikrant at the Monroe County YMCA: 281-9622 or at snikrant@ymcaswil.org

Fitness/Specialty Class Descriptions

Beginners Step: For individuals just starting a fitness program or working back to a healthy lifestyle. Class will focus on basic, easy-to-follow routines to get you comfortable with Step Aerobics. Also suitable for those who prefer step on the “lighter” side. (45 min.)

Step-n-Sculpt: For those having step experience and are ready for a powerful workout. You will learn challenging combinations designed for the intermediate to advanced stepper. Upper body/abdominals included. (55 min.)

KickFit: Hand wraps or light boxing gloves (the Y does not provide) are recommended for making contact with kick bags and punch shields. Drills include upper body punches, lower body kicks, and varying strikes with knees or elbows for total body conditioning. Intense, exciting, and fun! (55 min.)

Boot Camp/Navy Seals: This great combination of fitness, motivation, and guidance will get you energized for the day. Cardiovascular cross-training, strength training, ab work, and “military-style” exercises will help break through plateaus and give you a new routine to follow for your fitness needs! (55 minutes)

30-Minute Abs: Trim up your mid-section with this short workout! Learn proper exercises and form to strengthen front and rear abdominals; includes various crunch exercises including side planks and bends. (30 min.)

Bodyworks: If you want variety in a cardio workout, check out Bodyworks! This coed class uses hand weights and various resistance tubes for hands and feet to target and tone upper/lower muscles and the abs! (55 min.)

*****Shudo-kan Karate:** Traditional martial art for youth and adults teaches basic techniques and self-defense. Offers increased strength and flexibility, balance/coordination, concentration, discipline, and respect. (45 min. beginner; 75 min. advanced) (Members – \$37.00 2x/week; Non-Members - \$56.00 2x/week)

Pilates: Complete body conditioning method using abs, lower back, hips, and buttocks. Lengthen, strengthen, and re-shape your body without joint stress. Based on philosophy that mind/body must work together to achieve fitness. (55 min.)

Kettlebell: For extreme all-around fitness, let the Kettlebell help get you there! Kettlebells are traditional cast-iron weights resembling a cannonball with a handle. This workout can produce impressive gains in the legs, hips, and shoulders, and help you use your body as one unit instead of individual parts. (55 min.)

Total Body Sculpting: Work on the body basics in this invigorating class! This coed class uses hand weights, body bars, stability balls and various resistance tubes for hands and feet to target and tone upper/lower muscles and the abs! (55 min.)

Cardio Tap (Beg/Adv): Put on your tap shoes. Burn calories tapping away in this fun energetic cardio class.

Fitness/Specialty Class Descriptions

Active Stretch: Proper stretching before/after exercise can improve performance and prevent injury. Learn to properly stretch all major muscle groups in a short, easy format that offers dramatic gains in day-to-day activity. (30 min.)

Senior Strength: For seniors wanting more challenging workout routines. Use weight machines in Fitness Center to work on upper-body strength under supervision of certified Personal Trainer. (55 min.)

Turbo Kick: Use choreographed martial arts moves in a non-impact class to kick, punch, and groove away calories! This class is an action-packed, super fun, super safe, and effective cardio workout. (55 min.)

Fitness Yoga/Beginner Yoga/Power Yoga/Yoga Basic: Restore yourself and find balance in these classes, providing increases in strength, flexibility, and posture and decreases in stress. All participant levels welcome. (45 & 55 min)

Core Motion: Get on the ball in this dynamic class using a large stability ball. Engage your core muscles during the entire class and improve cardiovascular fitness, strength, stability, and balance. (55 min.)

*****Tai Chi (NEW):** Tai Chi is a 2,000 year old noncompetitive, self-paced system of gentle physical exercise that’s been shown to reduce stress and improve health, balance, and agility. It’s sometimes described as ‘mediation in motion’. (55 min.)

*****Zumba Sculpt :** A combination of Bodyworks and Zumba fitness classes, Zumba Sculpt provides participants with energetic music while strengthening the body and increasing range of motion through Latin dance-based movements. (55 min.)

Intervals : This class is packed with variety, and may include an aerobic and circuit training, core strengthening, balance/coordination exercises, and many other offerings to make each class fun and interesting! (55 min)

Women on Weights WOW: Class for women wishing to be more comfortable using free weights and exercise machines. Review basic exercises and techniques with additional focus on cardio nutrition, and flexibility. Pre-registration & fee required. Members \$35.00 2x/week; Non-Members 2x/week \$50.00. (60 min)

Triathlon Training Club: Whether you are a seasoned triathlete or are interested in trying one out, this club is for you! Challenge yourself in this program, reach fitness goals and become prepared to complete a triathlon of any distance! (50 mins). (Members \$35.00, Non-Members \$65.00)

Silver Sneakers MSRoM (New): Is designed to increase strength, range of motion agility, balance, and coordination and to improve participates’ functional capacities, physical fitness level, and sense of well-being.

PiYo (New): Is an athletic blend of Pilates and yoga and so much more.

YHEALTH & WELL-BEING

Fitness Schedule

Winter I: Jan 4—Feb21
Monroe County YMCA

The Monroe County YMCA’s Adult Fitness and Specialty Classes offer a variety of programs created for the beginner to advanced level individual.

This brochure offers a description of all our fitness and specialty classes scheduled for Winter I 2010

*****Specialty class prices vary. Please see our Service Center for additional information.**

- **Members: All classes are free for full members with the exception of Shudo-kan Karate and Women on Weights.**
- **Non-members fees:**
 - 1 Class per week: \$27**
 - 2 Classes per week \$35**
 - 3 Classes per week: \$50**



We build strong kids, strong families, strong communities.