



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wayne County YMCA Group Fitness Schedule January, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:30 AM								
8:00 AM		Tai Chi: held at studio		Tai Chi 8:00-9:00				
8:30 AM								
9:00 AM	X-Fit 9:00-9:45	Golden Gang 9:00- 9:45	X-Fit 9:00- 9:45	Golden Gang 9:00- 9:45	Zumba 9:00-9:45	Strong Zumba 9:00-10:00		
9:30 AM								
10:00 AM	Silver Sneakers 10:00-10:45	Line Dancing 10:00-10:45 Yoga 10:30-12:00 Mat Pilates 11:00-12:00	Silver Sneakers 10:00- 10:45	Chair Yoga 10:00- 10:45 Yoga 10:30-12:00	Silver Sneakers 10:00-10:45	Parkinson's Spin 10:00-11:00		
10:30 AM								
11:00 AM	Enhance Fitness 11:00-12:00		Enhance Fitness 11:00-12:00		Enhance Fitness 11:00-12:00			
11:30 AM								
12:00 PM			Tai Chi 12:15-12:50		Tai Chi 12:15-12:50			
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM							Close at 2:30	
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Body Fit 5:00-6:00 Spin 5:30-6:30 Zumba 6-7:00 Mat Pilates 6:30-7:30	Simply Strength 5:30-6:30	Body Fit 5:00-6:00 Spin 5:30-6:30 Zumba 6:00-7:00	Yoga 5:15- 6:30 Simply Strength 5:30- 6:30	Spin 5:15-6:00	Close at 5:00		
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								

Please arrive 5-10 minutes prior to class. Spots are limited.

You MUST sign up to reserve spin bikes.

Wear appropriate exercise attire.

Please bring water and stay hydrated.

Regular Group Fitness Classes are FREE to members.

NON-MEMBERS
45 min. class \$5.00
1 hr. or more \$7.00

*Special fitness sessions- Preregister for Tai Chi (requires additional payment)

Enhance Fitness :
16 Wk. sessions
MUST pre-reregister

See back for more information.



- Body Fit**  **Instructor: Cathy** **Location: Gymnasium**
Total body strength class with high-energy so you can condition, strengthen and tone some of the biggest muscle groups.
- Strong Circuit**  **Instructor: Mollie** **Location: Gymnasium**
Dynamic stretching & running, interval training, lifting weights/objects, pulling TRX straps, pushups/sit-ups, plyometrics, and various types of intense explosive routines.
- Chair Yoga**  **Instructor: Sara** **Location: Gymnasium**
Wind down with a perfect introduction to yoga using a chair for assistance rather than going to the floor.
- ENHANCE FITNESS**  **Instructor: Cathy, Mollie, Liz** **Location: Gymnasium**
16-wk adaptable class with levels challenging for active older adults & safe for the unfit/near frail. Stretching, flexibility, balance, low-impact aerobics, & strength training. pre-registration required.
- Golden Gang**  **Instructor: Tina** **Location: Gymnasium**
Increase your cardiovascular and muscular endurance when fitness and fun come together with low-impact aerobic activity.
- Hatha Yoga**  **Instructor: Beth, Sara, Ben** **Location: Upstairs Fitness Room**
Designed to enhance vitality and a sense of well-being using gentle movements to improve flexibility, balance, strength and posture.
- Silver Sneakers**  **Instructor: Liz, Cathy, Mollie** **Location: Gymnasium**
Exercise variety to increase strength, range of movement & activities for daily living. Hand weights, elastic tubing w/ handles & a ball offer resistance. Chairs used for seated or standing support.
- Simply Strength**  **Instructor: Laurie** **Location: (Tues.) Side Room/ (Thurs.) Gymnasium**
Condition your whole body using a bench and body bars for some major toning you'll get an endurance workout built to last.
- Spinning**  **Instructor: Laurie, DJ** **Location: Upstairs Fitness Room**
Designed for all levels, this traditional indoor cycling class offers an effective way to build cardiovascular strength and endurance.
- Tai Chi**  **Instructor: Master Lee** **Location: Gymnasium**
Sessions: Morning Cost: \$80/member \$160/non-member Session: Lunch Cost: \$40/member \$80/non-member
A series of movements performed slowly, each posture flowing into the next without pause and with concentration & deep breathing
- Ultra Beg. Line Dance**  **Instructor: Nancy** **Location: Gymnasium**
Line dance routines for a mind & body workout. Classes will use music, choreography to enhance, memory, and mobility.
- X-Fit**  **Instructor: Cathy** **Location: Gymnasium**
Cardiovascular drills, strength training, and more! This class will benefit any committed individual.
- Zumba**  **Instructor: Mollie** **Location: Gymnasium**
Get ready to dance yourself into shape with this exhilarating, easy-to-follow, Latin-inspired, calorie burning dance fitness-party!
- STRONG ZUMBA**  **Instructor: Mollie** **Location: Gymnasium**
This class will push you past your limits to help you reach your fitness goals. Using your own body weight, you will gain muscular endurance, tone, definition, and after-burn.
- Mat Pilates**  **Instructor: Cathy** **Location: Gymnasium**
Learn body awareness and the basic fundamentals of Pilates! The foundation of core strength and stability needed for every activity. The sequence of Pilates exercises will challenge core strength and increase dynamic stability without adding bulk, as well as improve flexibility and posture.