


FACILITY RULES–Fall 2021

Fitness Classes: Free to Y Members. Non Members pay per class or buy a month of classes. Y Members also have use of YWELLNESS 24/7 free online fitness classes. Ask the Member Services Desk Staff for information.


Class Descriptions: Cover the basics of our classes. Speak to the instructor for a better feel for what the class is and let them know what you like.


Body Fit  Instructor: Cathy Location: Upstairs Room or Gymnasium
Total body strength class with high-energy so you can condition, strengthen and tone some of the biggest muscle groups.


Chair Yoga  Instructor: Sara Location: Upstairs Room or Gymnasium
Wind down with a perfect introduction to yoga using a chair for assistance rather than going to the floor.





Instructor: Liz Location: Gymnasium
Levels challenging for active older adults & safe for the unfit/near frail. Stretching, flexibility, balance, low-impact aerobics & strength training.

Hatha Yoga  Instructor: Sara Location: Upstairs 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 Location: Gymnasium
Exercises to increase strength, range of movement & activities for daily living. Hand weights, elastic tubing w/ handles & a ball offer resistance. Chairs for seated or standing support.

Simply Strength  Instructor: Christal Location: Gymnasium
Condition your whole body using a bench and body bars for some major toning you'll get an endurance workout built to last.

X-Fit  Instructor: Cathy Location: Gymnasium
Cardiovascular drills, strength training, and more! This class will benefit any committed individual.

Beginner Yoga  Instructor: Suzi Location: Upstairs Room

For those brand new to yoga or simply looking to refresh their practice! Cultivate a mindful practice with concise instruction on breath and body awareness. All are welcome!

***NEW CLASS**

Yoga Fusion  Instructor: Suzi Location: Upstairs Room

Fun and fit combination of yoga, Pilates, light weights and resistance bands working arms, legs, core and more!