



LIGHTHOUSE/CITY YMCA GROUP

EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPDATED: April 3, 2018

Time	Class	Instructor			Time	Class	Instructor		
Monday					Thursday				
7:00-7:55am	Chair Circuit	Leslie	AR	33	6:30-7:25am	Yoga	Colleen	AR	30
8:00-8:55am	Chair Circuit	Terry	AR	33	7:30-8:25am	FIT with Cardio	Colleen	AR	30
8:30-9:25am	Spinning	Andrea	SS	18	8:30-9:25am	Tabata Power	Patricia	AR	28
9:00-9:55am	Line Dance	Terry	AR	30	9:30-10:25a	Zumba	Zulma	AR	40
10-10:55am	Mat Pilates	Carlos	AR	30	10:30-11:25am	SSneakerClassic	Colleen	AR	33
11-12:00pm	EnhanceFitness	Carlos	AR	30	11:30-12:25am	Chair Yoga	Colleen	AR	30
5:30-6:25pm	Cardio Plus Core	Jane	AR	28	5:30-6:30pm	Muscles n More	Theresa	AR	30
5:30-6:20pm	Spinning	Mari	SS	18	6:30-7:30pm	Yoga	Carlos	AR	28
6:30-7:25pm	Yoga	Carlos	AR	30	Friday				
Tuesday					7:00-7:55am	Chair Circuit	Terry	AR	33
6:30-7:25am	Yoga	Colleen	AR	30	8:00-8:55am	Chair Circuit	Terry	AR	33
7:30-8:25am	FIT with Cardio	Colleen	AR	30	8:30-9:25am	Spinning	Andrea	SS	18
8:30-9:25am	Tabata Power	Patricia	AR	28	9:00-9:55am	Line Dance	Terry	AR	30
9:30-10:25a	Zumba	Zulma	AR	33	10-10:55am	Mat Pilates	Carlos	AR	30
10:30-11:25a	SSneakersClassic	Colleen	AR	30	11-11:55am	EnhanceFitness	Carlos	AR	30
5:30-6:25pm	Muscles n More	Theresa	AR	33	12-1:00pm	Tai Chi	Carlos	AR	30
6:30-7:30pm	Zumba	Kim Armando	AR	30	Saturday				
Wednesday					8:00-8:50am	Spinning	Lety	SS	20
7:00-7:55am	Chair Circuit		AR	33	8:40-9:00am	Hard Core Core	Theresa	AR	28
8:00-8:55am	Chair Circuit	Terry	AR	33	9:00-9:55am	Muscles & More	Theresa	AR	28
8:30-9:25am	Spinning	Terry	AR	30	10-11:00am	Zumba	Armando	AR	40
9:00-9:55am	Line Dance	Andrea	AR	30	Sunday				
10-10:55am	Mat Pilates	Terry	AR	30	9:15-10:10am	Barre	Joanna	AR	20
11-12:00pm	EnhanceFitness	Carlos	AR	30	11:30-12:30pm	Gentle Yoga	Susan L	AR	30
5:30-6:25m	Cardio Carve	Carlos	AR	28					
5:30-6:20pm	Spinning	Armando Mari	SS	18					

Lighthouse/City Class Location Legend

AR=Aerobics Room

CT=Circuit Room

SS=Spinning Studio

Classes have a maximum number of participants based on space in the room and available equipment. Classes are on a first come first served basis. We track attendance in all classes.

Classes are open to YMCA facility members and their registered guests. Children aged 9 to 12 are welcome to attend classes but must be supervised by their parent or guardian in class. In accordance with our free weight policy no children between the ages of 9-15 may use free weights even in classes. Instructors can vary class to fit the child's needs so please speak with your instructor if your child is participating with you. Exercise safely!

CLASS NOTIFICATION SYSTEM (Email or Text)

Please see the front desk and sign up to be notified of any class changes or cancellations, facility updates, program announcements and more.

Barre

The Barre class uses ballet based movements to strengthen and tone the entire body with special emphasis on the glutes, core and arms. Small light weights, bands and small soft exercise balls are used.

Cardio Carve

Cardio Carve is an interval class that incorporates dance, weight training and body weight exercises. It will get your heart pumping and your muscles working as you dance easy to follow routines and work basic strength training with dumbbells and body weight. It is a complete fun and effective workout.

Cardio Plus Core

Train your cardiovascular fitness and endurance with this fun basic cardio workout. Abs and back training will be included as well as stretching to complete the workout.

Chair Circuit

This class will get your heart pumping, your muscles working and your smile present. Strength, cardio endurance, balance and stretching from the chair are included.

Chair Yoga

This class will cover many of the same moves performed in regular yoga class, but done in a safe atmosphere using seated and standing poses.

EnhanceFitness

Low impact exercise class that is safe yet challenging for older adults of all fitness levels. This program is designed to be effective for arthritis management. Class incorporates wrist and ankle weights and a chair for stretching. Balance practice is part of every class.

FIT with Cardio

Ideal for members wanting a low-impact cardio workout combined with strength and non-floor stretching. This class is perfect for a safe, energizing routine to strengthen your heart and improve conditioning.

Hard Core Core

The focus of this mini class is strengthening the core body muscles including the abdominals and lower back. The class will include a warm up and stretch segment at the end.

Mat Pilates

A refreshing mind and body mat workout that builds a strong and flexible body, increases balance and core body strength. Making a regular practice of this class will help improve body alignment.

Muscles & More

Work your core body and major muscles with this strength and conditioning class. No cardio but you can pair it with Zumba which follows on Tuesday and Saturday!

SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers® ball are offered for resistance, and a chair is used for seated and/or standing support.

Spinning

Jump on one of our bikes and start peddling! These classes provide an intense cardio workout while still catering to participants of all fitness levels. Our certified instructors will lead you through a challenging series of courses to maximize your caloric burn. The best part is that you control your own resistance and speed allowing you to continuously progress forward from your current fitness level.

Tabata Power

Work your major muscles with barbells, dumbbells and body resistance in this fun high intensity interval class. Tabata power training utilizes short high intensity interval (such as 40, 30, 20 seconds) followed by short recovery periods that are half the duration of the high intensity interval (i.e. 20, 15, 10 seconds). It's effective for all levels.

Tai Chi

This ancient system of gentle movements can help reduce stress, increase balance, coordination and mental clarity. All ages and beginners are welcome.

Yoga

Yoga produces greater flexibility, balance and centering the mind. Our beginner to moderate paced class features classical yoga postures.

Zumba

Fun Latin dance inspired aerobics class for all. Get healthy and dance your way to fitness!