



GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OTT FAMILY YMCA
EFFECTIVE 1/7/19

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP EXERCISE STUDIO	6:15 AM	*Lift Emily		*Lift Joanna	ZUMBA Donna	*Lift Joanna		
	8:00 AM	Pilates Tina/Rebecca		Pilates Tina/Rebecca		Pilates Tina/Rebecca	Step Interval Hillary	
	8:15 AM		PIYO Andrea		PIYO Andrea			
	9:00 AM	*Strong 45 Annettra		*Step Annettra		*Step Annettra	HIIT Tasha	
	9:15 AM		Senior Aerobics Andrea					
	10:00 AM	*Lift Annettra		*Lift Annettra		*Lift Annettra	**Yoga Neutopia	
	11:00 AM	Chair Yoga Michele	Hatha Yoga Amy	Chair Yoga Cindy		Chair Yoga Celia		ZUMBA gold Rebecca/Alice
	12:30 PM		Wing Chun Tony					
	4:30 PM		*Turbokick LIVE Daisha		*Strong 45 Annettra			
	5:30 PM		Boot Camp Jess	LES MILLS BODYPUMP MASTERCLASS!	Boot Camp Jerry			
	6:30 PM	Power Yoga Rosemary	Tai Chi Jennifer	Power Yoga Rosemary	Tai Chi Jennifer			
GYM	7:00 AM	Silver Sneakers Nancy		Silver Sneakers Nancy		Silver Sneakers Nancy		
	8:00 AM	Silver Sneakers Mari		Silver Sneakers Mari		Silver Sneakers Mari	ZUMBA Armando	
	9:00 AM		Shake! Michelle		Shake! Michelle			
POOL	9:00 AM	H2O Fitness Jan		H2O Fitness Jan		H2O Fitness Jan		
	10:00 AM	H2O Fitness Nancy	H2O Fitness Nancy	H2O Fitness Nancy	H2O Fitness Nancy	H2O Fitness Nancy		
MPR	9:15 AM				Senior Aerobics Andrea			
	11:00 AM				Hatha Yoga Jim			
	6:30 PM		ZUMBA Estella			Wing Chun Tony		
Y STUDIO	11:00 AM	+Stretch Annettra		+Stretch Annettra		+Stretch Annettra		
					Vinyasa Yoga Cindy			

+ = 30 min class
* = 45 min class
** = 1.5 hour class

NEW TIMES!
NEW CLASS!



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BODYPUMP: The original Les Mills barbell class. A total body workout using light to moderate weights with lots of repetition. BODYPUMP will tone, sculpt and strengthen your entire body, fast! Please arrive early for equipment setup.

Boot Camp: A high intensity class with a focus on cardio and muscle conditioning.

Chair Yoga: Structured for individuals with limited flexibility or those who want a nice gentle yoga practice. Focus is on breathing, quieting the mind combined with formal standing yoga poses or with the aid of a chair.

Hatha Yoga: physical alignment and breathing control to achieve equilibrium between the active body and its universe. The resulting harmony manifests itself as physical strength, physiological health and emotional well-being.

H2O Aerobics: This class is high energy, low-impact fitness designed for all ages and all fitness levels. Deep water fitness uses buoyancy belt. **Blue=Deep H2O, Purple=Shallow**

Lift: Full body strength training that utilizes a combination of free weights, body weight, and barbells to help get your body fit and strong.

Mat Pilates: Combining the body, mind and breath in this mat workout that builds a strong and flexible foundation, increases balance, and core strength.

PiYo®: Unleash your power with Pilates, Yoga and non-stop movements! you will sweat, stretch and strengthen all in one workout. No weights are used in this class.

Power Yoga: a vigorous, fitness-based approach to vinyasa-style yoga.

Senior Aerobics: Low impact aerobics for all fitness levels. Enhance strength, balance, cardio, and flexibility.

Shake!: A cardio focused dance fitness class with a variety of music and moves to get your heart rate up!

SilverSneakers @ Circuit: Increase your cardiovascular and muscular endurance power, with this standing circuit workout. Hand held weights, elastic tubing and balls are used during the class. A chair is used for support, stretching and relaxation exercises.

SilverSneakers @ Classic: Move to music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Hand held weights , elastic tubing and balls are used during the class. A chair is used for seated or standing support

Step: High intensity aerobics class that utilizes fast paced choreography on a step.

Step Interval: Step interval: basic to intermediate step choreography with intervals of strength training.

Stretch: A yoga-inspired 30 minute stretch class suitable for all fitness levels. Each stretch is held for a minimum of 30 seconds and up to 2 minutes.

STRONG 45: Stop counting the reps. Start training to the beat. STRONG 45 by Zumba® combines **body weight, muscle conditioning, cardio** and **plyometric training** moves synced to original music that has been specifically designed to match every single move.

Turbo Kick LIVE: THE ultimate cardio kickboxing party! With real kickboxing moves, calorie-blasting HIIT training, and bodyweight exercises to tone every muscle, you'll leave every class dripping sweat—and ready to conquer anything!

Tai Chi: Tai Chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. Each session lasts three months, ensuring that students will learn the first section. **New registration is required at the beginning of each quarter (Jan., Apr., Jul., Oct.)** There is no additional fee with registration.

Wing Chun: This martial art is based on position, feeling and timing, it is mainly used for the hands and is controlled sparring, meaning you learn to stop attacks short of hard contact. The art is 50% mental and 50% physical and really develops awareness and control of self.

Vinyasa Yoga: a method of yoga in which movements form a flowing sequence in coordination with the breath

Zumba®: A mix of low and high intensity Latin dance moves, for an interval style calorie dance fitness workout - exercise in disguise!

Zumba® Gold Toning: Latin moves and dances designed for active older adults and beginners.