



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Lighthouse/City YMCA - **EFFECTIVE April 7th, 2019**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AEROBICS STUDIO	6:00 AM	<i>YOGA</i> Elise		<i>YOGA</i> Elise				
	8:00 AM	<i>SENIOR AEROBICS</i> Aida	<i>Functional Fitness***</i> Aida	<i>SENIOR AEROBICS</i> Aida	<i>Functional Fitness***</i> Aida			
	8:30 AM		<i>TABATA POWER</i> AIDA		<i>TABATA POWER</i> AIDA		<i>POWER CORE</i> THERESA	
	9:00 AM						<i>LIFT</i> THERESA	
	9:15 AM							<i>BARRE</i> COLLEEN M
	9:30 AM		<i>ZUMBA</i> Rebecca		<i>ZUMBA</i> Aida			
	10:00 AM	<i>MAT PILATES</i> CARLOS		<i>MAT PILATES</i> CARLOS		<i>MAT PILATES</i> CARLOS	<i>ZUMBA</i> Armando	
	10:15 AM							<i>STEP</i> ORALIA
	10:30 AM		<i>SilverSneakers</i> Classic Rebecca		<i>SilverSneakers</i> Classic Monica			
	11:00 AM	<i>ENHANCE FITNESS</i> CARLOS		<i>ENHANCE FITNESS</i> CARLOS		<i>ENHANCE FITNESS</i> CARLOS		
	11:30 AM							<i>GENTLE YOGA</i> Susan
	12:00 PM					<i>TAI CHI</i> CARLOS	<i>KARATE*</i> RALPH	
	4:30 PM		<i>BARRE**</i> COLLEEN M		<i>BARRE**</i> COLLEEN M			
	5:30 PM	<i>CARDIO +CORE</i> JANE	<i>LIFT</i> THERESA	<i>CARDIO CARVE</i> ARMANDO	<i>LIFT</i> THERESA			
6:30 PM	<i>YOGA</i> CARLOS	<i>ZUMBA</i> Armando	<i>KARATE*</i> RALPH	<i>YOGA</i> CARLOS				
CYCLE	8:00 AM						<i>CYCLING</i> LETY	
	8:30 AM	<i>CYCLING</i> ANDREA		<i>CYCLING</i> ANDREA		<i>CYCLING</i> ANDREA		
	5:30 PM	<i>CYCLING</i> MARI		<i>CYCLING</i> MARI				
POOL	8:15 AM						<i>ZUMBA</i> Colin	
	8:30 AM	<i>WATER FITNESS</i> RYAN	<i>WATER FITNESS</i> MAGGIE	<i>WATER FITNESS</i> RYAN	<i>WATER FITNESS</i> MAGGIE	<i>WATER FITNESS</i> RYAN		
	5:30 PM					<i>ZUMBA</i> COLIN		



CLASS DESCRIPTIONS

AQUA ZUMBA®: This class blends Zumba philosophy with water resistance. Less impact on your joints and the water creates a natural resistance (Shallow water class).

BARRE: This class uses ballet-based movements to strengthen and tone the entire body. Small, light weights and small exercise balls used.

CYCLING: An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning

ENHANCE FITNESS: 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 a part of every class.

FUNCTIONAL FITNESS: This class uses equipment to teach you how to understand and perform foundational movements, improving your performance in everything else you do. You will move better and move with a purpose.

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

POWER CORE: Strengthen and tone using a variety of resistance training exercises designed to target your core and lower body.

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

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.

TABATA POWER: Tabata training is the hottest trend in high-intensity, low- (or no-) equipment workouts. This structured interval workout consists of 20 seconds of all-out work, followed by 10 seconds of rest, repeated for a total of eight times on the same exercise.

WATER FITNESS: This class is high energy, low-impact fitness designed for all ages and all fitness levels. Deep water fitness uses buoyancy belt.

YOGA: YMCA yoga classes are designed to work with various levels of experience in a way that is meditative, relaxing, strengthening and safe. Ages 9 & up.

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

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DOWNLOAD THE Y MOBILE APP TODAY.

- APP FEATURES:**
- record workouts,
 - check-in,
 - find a class,
 - set wellness goals,
 - participate in challenges,
 - request a Trainer,
 - & connect with others!



Classes are 55 minutes in length unless noted. Sign up for Y Notified at the Member Service Desk and receive a text or email when changes occur in your favorite class. Classes have a maximum based off capacity of people and available equipment. Classes are on a first come first serve basis. Instructors can vary the class to individual needs. All levels are welcome to any class. Children between the ages of 8-15 must be supervised by their parent or guardian in the class. Children under age 13 are not permitted in strength-based classes. Children cannot be in the class if they are not participating.