

All classes are multi-level, unless otherwise noted.

## General Group Exercise Class Etiquette

- For Y Cycle classes, sign up at the front desk up to 24hrs in advance. For Aqua Deep classes on M,W,F please call up to 48hrs in advance.
- To help ensure a successful first class, **new participants** should arrive five minutes early to get a short orientation from the instructor.
- Class participants should let the instructor know ahead of time if they need to leave class early. Our instructors worry if members leave class unexpectedly!
- To help keep our studio floors clean, please do not wear outside shoes in the studio. For classes requiring shoes, bring a separate pair and change into them in the hallway.
- Be respectful of others when arriving late to a class. Gather equipment quietly and be mindful of others' personal space.
- Socializing is an important part of group exercise but conversations during class can be disruptive. Please save conversations for before and after class.
- Clean up your own equipment after class.
- If a substitute instructor is teaching your class, welcome them and be open to trying new things.
- The warm-up and pre-class instruction are important components to a group exercise class. Please make every effort to arrive on time for a safe and successful class.

We send weekly emails regarding class changes and special group exercise/wellness events. **If you would like to be on our Group Exercise Members email list, please contact our Healthy Living Director at [lynne.zusi@hrymca.org](mailto:lynne.zusi@hrymca.org)**

## Hampshire Regional YMCA

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXERCISE & SOCIALIZE

## Group Exercise

### Winter Session

January 2nd—March 5th, 2017  
HAMPSHIRE REGIONAL YMCA

### Inside:

#### Class Schedule

#### Class Descriptions

#### Specialty Workshops

All Group Exercise classes are free to members and open to participants ages 14 and over.

Youth ages 12 & 13 may participate with an adult.

# Yoga Classes

**Alignment-Based Yoga** — Explore the principals of alignment through a variety of poses and breathing techniques designed to safely stretch and strengthen muscles while bringing the body into a balance of stability and freedom. This multi-level class is uplifting and supportive in nature. **Tuesday at 4:00pm and Sunday at 9:15am with Lois**

**Beginner Yoga** — This class is ideal for, but not limited to, those who are new to yoga or concerned about their age or fitness level. The pace will be slow as students learn to work safely and precisely, stretching and extending deeply. **Monday at 10:35am with Danielle**

**Bliss Flow Yoga** — In this alignment-based Vinyasa yoga class, experiment with a variety of yoga poses, including standing, arm balances, inversions and backbends. Learning safe and skillful body alignment will be a key focus. Explore how the body and breath move together. **Thursday at 9:15am with Beth**

**Dynamic Flow Yoga** — This Vinyasa flow class is a vigorous practice with dynamic movement from one posture to the next, using the rhythm of each inhale and exhale. Modifications will be provided for postures and flows but a basic knowledge of standing postures is recommended for a safe and productive class. Participants are encouraged to work at their own pace. **Wednesday at 5:30pm with Jocelyn**

**Embodyflow Yoga** — An accessible class for beginners who can easily get down on the floor. Experienced yoga practitioners will enjoy the deeper exploration of Embodiment that can inform other practices. Explore aspects of the body/mind in relation to movement, support, alignment, and breath. Flow from one asana to the next at an easy pace. All participants are encouraged to practice mindfully. Once the body is warm, explore twists, balances, simple backbends and possibly inversions. **Tuesday and Thursday at noon with Teresa**

**Friday Yoga** — This is an end of the week class designed to soothe a tired body and refresh all of your systems. This class deepens a yoga practice by adding the mental/emotional element, allowing your practice to create more ease and softness in your life. Friday Yoga is beginner friendly, but more advanced students will appreciate the deeper levels of exploration. **Friday at 10am with Courtney**

**Friday Flow Yoga** — Unwind from your week and prepare for the weekend with a vigorous Vinyasa flow to detoxify and align the body. Emphasis is given to long, even breathing that increases the internal fire and strengthens and purifies the nervous system. Open to all levels, this class will uplift your spirit and challenge your body and mind. **Friday at 5:30pm with Sarah F.**

**Gentle Yoga** — This is a slower pace class designed for all ages, all fitness levels, and all levels of experience. The focus is on listening to your own body and modifying movements and postures to suit your needs. Gentle yoga is a great way to recover from a stressful work week or to gradually wake up the muscles and joints at the start of the day. **Saturday at 8:30am with Donna**

(cont. on next page)

**Deep Water Aerobics**  
**9:05am-10:00am: M,W,F**  
**9:15am-10am: Tuesday & Thursday**  
**Deep Water**  
**No impact**

Large Pool

This class will give you a total body workout, while your feet never touch the floor! Whether or not you know how to swim, you can enjoy a moderate or intense workout in a weightless environment. Exercises in this class are designed to build your cardio endurance while also improving your strength, flexibility and balance. No swimming skills required. Participants can wear a flotation belt for support.

**Deep Aqua Blast**  
**10:05-10:45am: M, W, F**  
**Deep Water**  
**No impact**

Large Pool

Step beyond the Deep Water Aerobics Class. Drills, interval training and a focused push. Expect to raise your heart rate and have fun while doing it. This is a 40min class. No swimming skills required. Participants can wear a flotation belt for support.

New participants should arrive 5minutes prior to their first class in order for instructors help them get the appropriate equipment. All fitness levels are welcome.

Classes will up fill quickly so signing up ahead of time is required. For Deep Water Classes on Monday, Wednesday and Friday Members may call or stop by the front desk up to 48 hours prior to class in order to reserve a spot.



# Yoga Classes

## Power Hour

12:15–1pm: M,W,F

6:00pm–6:55pm: Monday & Wednesday

Shallow Water

Minimal impact to high impact

This class incorporates high intensity cardio intervals and strength training with traditional aquatic fitness disciplines. Great for those looking for a challenging workout that is easy on the joints or if you are looking to add something different to your fitness routine. No swimming skills required

Small Pool

Small Pool



## Deep/Shallow Combo

8:35–9:15am Saturday

No impact/low impact to medium impact

A different instructor teaches each week, offering a variety of exercises in both shallow and deep water. Participants have options to stay in the deep or shallow water if needed. A great way to get to know several of our instructors, enjoy a variety of music, and start the weekend off with a good, total body workout!

Large Pool

**Hatha Yoga** — This multi-level class creates a supportive space for all to align the body, open the breath, and calm the mind. Geared toward everybody, but especially suited for those who want to unwind, who are new to yoga, or have physical concerns or injuries. Members have described this class as “gentle yet challenging,” “fun,” “accessible,” “inclusive,” “non-judgmental”. **Thursday at 4:15pm with Anna**

**Intermediate/Advanced Yoga** — This is an 85-minute class, designed for deepening long term yoga practices. It requires significant yoga experience. Students choose new concepts to explore each month, practicing different types of intensity through flowing movement and by holding postures for longer durations. Class may include inversions, backbends, and arm balances. **Monday at 9am with Courtney**

**Restorative Yoga**—This format is about relaxing and restoring. In restorative yoga, participants place the body in various reclining poses and support it with blankets and other yoga props so that muscles can release and relax deeply. The breath is used to help the body let go of tension and to help the mind de-stress and center. It truly is the practice of being, not doing. **One Sunday a month at 3:00pm with Beth (see schedule page for dates)**

**Vinyasa Flow Yoga**—This flow class incorporates dynamic movement using the rhythm of each breath. Salutations warm the body, and standing posture sequences help build strength and balance. A variety of inversions, arm balances, seated postures, backbends and surrender postures will be practiced. Modifications are offered and the class is suited for all levels. **Tuesday at 9:15am with Serena and Sunday at 10:30am with Sarah/Serena**

**Yin/Yang Yoga**—This style of yoga is a blend of a strength-building, active flow and longer-held, deep, static stretches. Great for many levels and will bring balance to your whole system! **Wednesday at 10:15am with Megan**

**Yoga Flow**—This class is devoted to breath and mindful movement. Participants move through salutations building towards standing, seated and core poses that awaken the strength and balance in the body. **Thursday at 6:00pm with Sarah F. and Saturday at 10:00am with rotating instructors**

**Yoga & Mindfulness**—A moderately-paced, mindful melding of yoga styles. **Tuesday at 6:00pm with Chandra**

**Yoga Strength and Stretch** — This yoga-style class is designed to improve, build, and enhance strength, flexibility, and concentration. **Monday at 5:30pm with Brenda**

## Pilates/Qi Gong/Tai Chi Classes

**Qigong** — Qigong is an ancient Chinese health-maintenance practice, the precursor to Tai Chi and all of the martial arts. Learn to move qi (*chi*)—life force or energy—through simple movements, meditation, breathing practices, and self-applied massage, seated or standing. Qigong is easy and energizing. Wear loose clothing and comfortable shoes. **Wednesday at 11:30am with Rema**

**Tai Chi Basics** — Perfect for beginners, this class includes Tai Chi core principles of breathing awareness, moving in stances, postures that occur in the short form, improvisation, and Liangong flexibility, healing, strengthening exercises. **Monday at 12:00pm with Janet**

**Tai Chi Short Form**—A meditative and flowing pre-arranged form (sequence of postures) that incorporates the 13 core principles in which all Tai Chi practice is rooted (5 directions and 8 movement qualities). **Monday at 12:45pm with Janet**

**Mat Pilates**—Taught by certified Pilates instructors, these classes are multi-level. Develop an awareness of your body's core (abs and back), and learn how to safely and effectively strengthen these muscles for better balance, posture, body awareness and injury prevention. **Wednesday at 9:00am with Lori, and Friday at 8am with Alicia and Saturday at 10am with Lauren**

## Y Cycle Classes

Our indoor bikes have adjustable resistance so YOU can dictate the intensity of you workout. Arrive 10 minutes early to your first class so the instructor can help with bike set-up. All fitness levels are welcome. Many classes fill up so signing up ahead of time is strongly suggested. Members may call or stop by the front desk up to 24 hours prior to class in order to reserve a spot.

**AOA Cycle**—A 45-minute cycle class in a well-lit, relaxed environment with fun music and extra time devoted to bike set-up.

**Cycle 45**—A 45-minute class designed for all levels.

**Cycle**—A multi-level class—each instructor puts their own “spin” on it.

**H.I.I.T. Cycle**—A high-intensity interval training class.

**Stages Power Cycle**—Learn how to use feedback from the Stages Console to give your training the boost that it's been waiting for. Take your cycling to the next level, great for beginners and all fitness levels.

**Sunday Cycle**—a multi-level class offered seasonally, November—May

**Please refer to our Group Exercise schedule on Page 7 for days, times and instructors.**

### Arthritis Friendly

**11:15am–12pm: M, W, F**

**Shallow Water**

**Small Pool**

**No to Low impact**

This gentle water exercise program is designed for people with arthritis and other related conditions, but is great for anyone who is ready to join a low intensity class. You'll strengthen and tone your muscles, increase your flexibility and range of motion to carry out daily tasks more efficiently. This class also helps reduce the pain associated with arthritis, fibromyalgia, and other joint and muscle conditions. Enjoy the buoyancy of water, an ideal environment for relieving pain and stiffness. This program will give you a low to moderate level cardiovascular workout. No swimming skills required.

**Free For Members.**

**Non-Members:**

**10 classes punch card \$50**

**15 classes punch card \$75**

**20 classes punch card \$100**

### AOA Shallow

**11:15am–12pm: Tu, Th**

**Shallow Water**

**Small Pool**

**Minimal impact**

Ready for a workout that's a step beyond the Arthritis Aquatic Program? This is the class for you! This warm-water workout includes arthritis-friendly exercises with minimal impact, and uses a variety of moves to provide stronger cardiovascular conditioning, muscle toning, range of motion, flexibility, and balance. Build your endurance, get stronger, move more easily, and feel better overall! No swimming skills required.

Type: **N**–No Impact **L**–Low Impact **M**–Minimal Impact **H**–High Impact

**For rotating classes**, details on class formats and instructors each week call the Welcome Center or join our weekly email update!



## Aqua Aerobics Class Schedule

All Classes are subject to change due to class participation.

Monday	Class	Type	Pool	Instructor
9:05am	Deep Water Aerobics	N	Large	Lara
10:05am	Deep Aqua Blast**	N	Large	Jenny K
11:15am	Aqua Arthritis**	N/L	Small	Millie
12:05pm	Power Hour	M/H	Small	Sidra
6:00pm	Power Hour	M/H	Small	TBA

Tuesday	Class	Type	Pool	Instructor
9:15am	Deep Water Aerobics	N	Large	Jenny
11:15am	AOA Shallow**	L/M	Small	Sarah M

Wednesday	Class	Type	Pool	Instructor
9:05am	Deep Water Aerobics	N	Large	Pamela
10:05am	Deep Aqua Blast**	N	Large	Jenny
11:15am	Aqua Arthritis**	N/L	Small	Millie
12:05pm	Power Hour	L/M	Small	Bev
6:00pm	Power Hour	M/H	Small	Jenny

Thursday	Class	Type	Pool	Instructor
9:15am	Deep Water Aerobics	N	Large	Jenny
11:15am	AOA Shallow**	L/M	Small	Sarah

Friday	Class	Type	Pool	Instructor
9:05am	Deep Water	N/L	Large	Gloria /Lara
10:05am	Deep Aqua Blast**	N	Large	Jo
11:15am	Aqua Arthritis**	N/L	Small	Pamela
12:05pm	Power Hour	M/H	Small	Pamela

Saturday	Class	Type	Pool	Instructor
8:35am	Deep/Shallow combo**	N/L/M	Large	Rotating Instructors

Type: **N**-No Impact **L** -Low Impact **M** -Minimal Impact **H**-High Impact

For rotating classes, details on class formats and instructors each week call the Welcome Center or join our weekly email update!

AOA-Active Older Adult , Class Duration: \*\*45-min, \*\*\*40-min,\*\*\*\*30-minute

## Specialty Workshops

**When:** First and third Saturday of each month

**Time:** 11:30am –1:00pm

**Location:** Studio 2

### Intro to Alignment-based Yoga with Lois—January 7th

Yoga is for everybody—especially if you are tight! Many of the methods of alignment-based yoga come from Iyengar yoga, teaching how to build an asana (pose) from the ground up in ways that bring health to the bones, joints and muscles (especially those that are tight!). In this workshop, learn key principles of Iyengar yoga to open up the spine and chest, develop balance, and build strength along with flexibility. This workshop is appropriate for new yoga students as well as more advanced students who want to investigate the principle actions in Iyengar yoga for deeper understanding.

### Yin Yoga and Meditation with Megan—January 21st

Yin Yoga is designed to target our fascia and connective tissues. We do this by relaxing our muscles and settling into a posture for 3–5 minutes in stillness. The practitioner will feel deep physical sensations along with emotional and energetic releases. We use meditation as a tool to truly BE with ourselves during this process and move into a more embodied and interceptive state. Yin Yoga is the perfect balance to active forms of exercise and you will leave feeling an increased range of motion and freedom in your body.

### Yoga & Breath Practices for Anxiety with Sarah F.—February 4th

Many people experience periods of anxiety or depression. Over time, these experiences can become overwhelming, impacting our health, work, relationships, and overall well-being. Yoga provides us with practical tools to understand and manage our emotional states, allowing us to move in the direction of peace and freedom. In this workshop, participants will learn to use simple tools such as breath, movement, and guided visualizations to support healing and emotional balance when struggling with depression and/or anxiety.

### Yoga with The Beatles with MacKenzie—February 18th

Turn off your mind, relax and float down stream. All You Need Is Love: Yoga With The Beatles combines the beautiful, rhythmic practice of yoga with the infectious melodies of The Beatles. The 90 minute class takes you on a physical, mental and sometimes even emotional journey through energizing asanas (poses) to revitalizing pranayama (breathing exercises) to a soothing savasana (deep relaxation) choreographed to music from The Beatles. Suitable for all levels.

All we are saying is give peace a chance—John Lennon

### Workshop Rates

**\$8 for members, \$15 for non-members**

Registrations are accepted the day of the workshop but space is limited so pre-registration is encouraged. Workshop fees are non-refundable. Workshops may be canceled if there are no registrations by the day prior.

# Active Older Adult (AOA)

Monday	Class	Instructor	Room
5:45-6:30am	H.I.I.T. & Sculpt	Jennifer	S1
<b>7:00-7:55am</b>	Stages Power Cycle (note time change)	Don	C
7:00-7:45am	Tabata Fusion	Jennifer	S1
9:00-9:55am	Line Dancing	Joan	GYM
9:00-10:25am	Intermediate/Advanced Yoga	Courtney	S2
9:05-10:00am	Barre Sculpt	Jen P.	S1
9:15-10:05am	Stages Power Cycle	Alicia	C
10:10-11:05am	Step & Sculpt	Lynne	S1
10:35-11:30am	Beginner Yoga	Danielle	S2
11:15-12:15pm	Enhance Fitness (registration req)	Lynne	S1
12:00-12:45pm	Tai Chi Basics	Janet	S2
12:45-1:30pm	Tai Chi Short Form	Janet	S2
5:30-6:25pm	Yoga Strength & Stretch	Brenda	S2
5:30-6:25pm	20/20/20	Jo	S1
6:00-6:45pm	Cycle 45	Aylin	C
6:30-7:25pm	Zumba®	Cindy	S1

Tuesday	Class	Instructor	Room
6:00-6:55am	Cycle	Jo G.	C
8:00-8:55am	Dance & Sculpt	Brenda	S1
9:00-9:55am	AOA Dance & Sculpt	Lynne	S1
9:00-9:50am	Cycle	Donna	C
9:15-10:10am	Vinyasa Flow Yoga	Serena	S2
9:15-9:50am	Turbo Fit	Erin	GYM
10:00-10:55am	Functional Strength	Donna	S1
11:00-11:55am	AOA Balance & Stretch	Donna E.	S1
12:00-12:55pm	Embodyflow Yoga	Teresa	S2
4:00-4:55pm	Alignment-based Yoga	Lois	S2
4:30-5:25pm	Zumba	Cindy	S1
5:30-6:10pm	H.I.I.T & Sculpt	Aylin	S1
<b>6:00-6:55pm</b>	Yoga & Mindfulness	Chandra	S2
6:15-7:00pm	Total Body Strength	Season	S1

Wednesday	Class	Instructor	Room
5:45-6:30am	Tabata Fusion	Jennifer	S1
<b>7:00-7:55am</b>	Stages Power Cycle	Don	C
7:00-7:45am	H.I.I.T. & Sculpt	Jennifer	S1
9:00-9:55am	Mat Pilates	Lori	S2
9:05-9:50am	Mid-Week Body Blast	Season	S1
9:15-10:00am	Stages Power Cycle	Rachel	C
10:10-11:05am	Total Body Strength	Rachel	S1
10:15-11:25am	Yin/Yang Yoga	Megan	S2
11:15-12:15pm	Enhance Fitness (registration req)	Joan	S1
11:30-12:40pm	Qi Gong	Rema	S2
5:30-6:25pm	Zumba®	Jo	S1
5:30-6:25pm	Dynamic Flow Yoga	Jocelyn	S2
5:30-6:25pm	Cycle	Deb	C
6:30-6:55pm	Awesome Abs	Jo	S1

**The classes listed below are generally appropriate for most active older adults. Feel free to contact Lynne Zusi, our Healthy Living Director, for guidance choosing a class to suit your individual needs.**

**AOA Balance & Stretch**—Improve core and lower body strength, flexibility, and balance while paying attention to pain and modifying movements as necessary. This modified class also teaches effective breathing techniques. Participants may use chairs and/or mats. **Tuesday at 11:00am with Donna E.**

**AOA Cycle**—Experience indoor cycling in a well-lit, friendly environment with fun music. The instructor will help participants with their bike settings before starting the 30-minute workout. Resistance can be varied individually on each bike, as needed. **Friday at 9:00am with Erin**

**AOA Dance & Sculpt**— A low-impact aerobics segment challenges both brain and body with fun, easy-to-learn movement patterns set to music that spans several decades. Strength and stretching exercises follow to improve muscle tone, bone strength, balance and flexibility. New participants should arrive early to speak with the instructor about their individual fitness needs. **Tuesday and Thursday at 9:00am with Lynne**

**Chair Fitness** — Set to music, this class offers a seated, non-impact aerobic segment, strength work with light hand weights and standing balance challenges (with a chair or the barre for support if needed) The benefits include improved bone strength, balance, coordination, and mind fitness. Non-members may join for a fee. **Thursday with Gliffy at 11:00am**

**Enhance Fitness**— A safe and fun way to stay fit! In this evidence-based fitness and arthritis management program, participants will work to improve balance, flexibility, bone density, endurance, and coordination. Each class includes an aerobic segment, basic strength and flexibility exercises. Chairs are used as needed. Free to members but registration is required. Contact our Healthy Living Director Lynne.zusi@hrymca.org **Monday, Wednesday and Friday at 11:15am with Lynne/Joan**

**Line Dancing** — Dancing promotes brain fitness as well as physical fitness. It increases muscle tone and stamina, and aids in balance and flexibility. It's also fun and social! The line dances in this class are choreographed to exhilarating songs from many decades with vintage Country Western hits, Broadway tunes, Motown and other favorites. **Monday at 9:00am with Joan**

# Cardio and Strength

**Total Body Strength**—A total body strength training class with an emphasis on form and function, incorporating high and low levels of intensity and power bursts. A variety of equipment will be used. **Tuesday at 6:15pm with Season and Wednesday at 10:10am with Rachel**

**Turbo Fit** — This is a 30-minute high-intensity interval training class. Participants will alternate short but intense segments of athletic drills with low-intensity exercise or rest periods. These drills can be individualized for different fitness levels, and both cardio and strength are included **Tuesday at 9:15am with Erin**

**20/20/20**—This is a well-rounded class, accessible for many different levels, consisting of 20 minutes of cardio drills, 20 minutes of strength training and 20 minutes of core conditioning and stretching. **Monday at 5:30pm with Jo**

**Zumba®**— Burn calories and have lots of fun with easy-to-follow, Latin-inspired dance class that feels more like a party than a workout. **Monday at 6:30pm with Cindy, Tuesday at 4:30pm with Cindy, Wednesday at 5:30pm with Jo, Friday at 6:00pm with Krista, Saturday at 11:00am with Lynne and Sunday at 10:00am with Krista**



Thursday	Class	Instructor	Room
6:00-6:55am	Cycle	Deb	C
8:00-8:55am	Dance & Sculpt	Brenda	S1
9:00-9:55am	AOA Dance & Sculpt	Lynne	S1
9:00-9:55am	Cycle	Kay	C
9:15-9:50am	Circuit Fitness	Season	GYM
9:15-10:10am	Bliss Flow Yoga	Beth	S2
10:00-10:45am	Functional Strength	Erin	S1
11:00-11:45am	Chair Fitness	Gliffy	S1
12:00-12:55pm	Embodyflow Yoga	Teresa	S2
1:00-2:00pm	Parkinsons Exercise (registration req)	Alicia/Erin	S1
4:15-5:10pm	Hatha Yoga	Anna	S2
5:30-6:10pm	Cardio Circuit	Alicia	S1
6:00-6:55pm	Yoga Flow	Sarah F.	S2
6:15-7:10pm	Boot Camp	Alicia	S1

Friday	Class	Instructor	Room
7:00-7:45am	Smart Muscle	Dre	S1
8:00-8:55am	Mat Pilates	Alicia	S2
9:00-9:55am	Functional Strength	Rachel	S1
9:00-9:45am	AOA Cycle	Erin	C
9:15-10:00am	Dance Fitness	Lynne	GYM
10:00-11:10am	Friday Yoga	Courtney	S2
10:10-11:00am	Tabata Fusion	Jennifer	S1
11:15-12:15pm	Enhance Fitness (registration req)	Lynne	S1
5:30-6:25pm	Friday Night Flow Yoga	Sarah F.	S2
6:00-6:55pm	Zumba	Krista	S1

Saturday	Class	Instructor	Room
7:30-8:25am	Stages Power Cycle	Don	C
8:30-9:25am	Gentle Yoga	Donna E.	S2
9:00-9:55am	H.I.I.T.Cycle	Jo G.	C
9:00-9:55am	Rotating cardio class	Rotating instructors	S1
10:00-11:10am	Yoga Flow	Rotating instructors	S2
10:00-10:55am	Mat Pilates	Lauren	S1
11:00-11:55am	Zumba®	Lynne	S1
11:30-1:00pm	*Specialty Workshops	Rotating instructors	S2

\*Fee-based, offered the 1st & 3rd Saturday of each month, see page 10 for details)

Sunday	Class	Instructor	Room
9:15-10:10am	Stages Sunday Cycle	Peggy	C
9:15-10:10am	Alignment-based Yoga	Lois	S2
10:00-10:55am	Zumba	Krista	S1
10:30-11:40am	Vinyasa Flow Yoga	Sarah/Serena	S2
3:00-4:10pm	*Restorative Yoga	Beth	S2

\*This class meets once a month on 1/8 and 2/5.

## Cardio and Strength

**Awesome Abs** — In this 30-minute class, participants will strengthen abdominals and back using various equipment that will help tone the abs, as well as challenge and improve core strength and stability. Everyone is encouraged to participate at their own level. **Wednesday at 6:30pm with Jo**

**Barre Sculpt**— This class is for all fitness levels. No Ballet experience necessary. Get a total body workout that increases lean muscle mass and burns calories with a low-impact format that protects joints. Using the ballet barre to perform small isometric movements set to music, target and tone specific muscle groups to achieve improved strength and flexibility. **Monday at 9:05am with Jen P.**

**Boot Camp** — Tone and strengthen muscles as part of a fun, welcoming group. After a session that can include free weights, jump ropes, mat work, sports drills, and more, participants will leave class feeling energized and motivated. All fitness levels are welcome. **Thursday at 6:15pm with Alicia**

**Cardio Circuit** — This 45 minute circuit training class is an easy-to-follow combination of high-intensity aerobics and resistance training set up in stations. A great workout that targets fat loss, muscle building, and heart-lung fitness. **Thursday at 5:30pm with Alicia**

**Chair Fitness** — This class offers a seated, non-impact aerobic segment, strength work with light hand weights and standing balance work (with a chair for support). The benefits include improved bone strength, balance, coordination, and mind fitness. Non-members may join for a fee. **Thursday with Gliffy at 11:00am**

**Circuit Fitness**— For those who like to mix it up, this workout will depend somewhat on the “luck of the draw”, as the instructor uses a deck of cards to determine exercise repetitions in this high-intensity circuit class. Both cardio and body-weight strength exercises will be incorporated, with many modifications offered along the way. **Thursday at 9:15am with Season**

**Cycle**—See various class descriptions on the Cycling page.

**Dance Fitness**—This is an easy-to-follow, 45-minute exercise class that incorporates Latin rhythms, as well as moves from jazz, hip hop and basic aerobic dance. A wide variety of music makes this class fun for many different ages and abilities. **Friday at 9:15am with Lynne**

**Dance and Sculpt** — This class includes 30 minutes of cardio dance followed by 25 minutes of sculpting with free weights and stretching. **Tuesday and Thursday at 8am with Brenda**

**Enhance Fitness**— A safe and fun way to stay fit! Improve balance, flexibility, bone density, endurance, and coordination in this evidence-based, arthritis-friendly exercise program. Each class includes low-impact aerobics, strength and flexibility exercises. Chairs are used as needed. Free to members but registration is required. **Monday, Wednesday and Friday at 11:15am with Lynne/Joan**

## Cardio and Strength

**Functional Strength** — This full-body strength-training class focuses on functional and core training to increase muscular strength, balance, and flexibility. The class emphasizes form and technique using free weights, body weight, and stability balls. **Tuesday at 10:00am with Donna, Thursday at 10:00am with Erin and Friday at 9am with Rachel**

**H.I.I.T. & Sculpt**—An intense but shorter duration class that mixes harder work periods with periods of strength training and core work. HIIT gives your metabolism a kick, so you burn calories up to 48 hours post-workout. Participants are encouraged to work at their own level. **Monday at 5:45am and Wednesday at 7:00am with Jennifer and Tuesday at 5:30pm with Aylin**

**Line Dancing** — Dancing promotes brain fitness as well as physical fitness. It increases muscle tone and stamina, and aids in balance and flexibility. It's also fun and social! The line dances in this class are choreographed to exhilarating songs from many decades with vintage Country Western hits, Broadway tunes, Motown and other favorites. **Monday at 9:00am with Joan**

**Mid-Week Body Blast**—This 45 minute class will help increase power and strength, challenge the core, and enhance cardio fitness. The exercises will change at the beginning of each month, allowing for easy tracking of individual progress. All fitness levels welcome and modifications will be provided. **Wednesday at 9:05am with Season**

**Parkinsons Exercise Program**—A continuation program for participants from our APD program. Please contact Lynne Zusi, Healthy Living Director for more details. **Thursday at 2:00pm**

**Rotating Cardio Class** - Each instructor teaches their own format, always with cardio and strength for an invigorating, total body workout. See our website for more details on each class. **Saturday at 9:00am with rotating instructors**

**Smart Muscle**—A bootcamp-inspired interval class with special emphasis on body-weight strength, power, and agility/balance. Participants will work maximally, but have short rests throughout, as form and safety are critical. Leave feeling “worked”, but energized! **Friday at 7am with Dre**

**Step and Sculpt**— A challenge for both body and the mind. The first half focuses on cardiovascular fitness using movement patterns on the step. The second half focuses on muscular endurance and strength, using sculpting and functional strength movements for a total body workout. **Monday at 10:10am with Lynne**

**Tabata Fusion**—A Tabata sequence consists of 20 seconds maximum intensity exercise, followed by 10 seconds of rest, repeated 8 times. Intensity levels can be individualized so that all participants can experience the benefits of Tabata. **Monday at 7am, Wednesday at 5:45am and Friday at 10:10am with Jennifer**

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