

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. For Deep Water classes on M, W, F you may not come in after the class has begun.

We send weekly emails regarding class changes and special group exercise/wellness events.

For studio classes, contact our Healthy Living Director, Lynne Zusi, at lynne.zusi@hrymca.org

For water classes, contact our Wellness Director, Jennifer Allen, at jennifer.allen@hrymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXERCISE & SOCIALIZE

Group Exercise

Fall 1 Session

September 5th - October 29th, 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.

Hampshire Regional YMCA
286 Prospect Street • Northampton, MA • 01060

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. **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 11:00am 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. **Wednesday at 5:30pm with Jill**

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. **Tuesday and Thursday at 12:00pm with Teresa**

Embodyyoga Alignment—Similar to Embodyflow Yoga but with more emphasis on alignment. **Tuesday at 4:15pm with Alisa**

Energetic Yoga Flow—This class is designed to prepare you for your day. Begin class with a moderately vigorous flow, and end with restorative poses, to help promote strength, flexibility, and mindfulness. **Thursday at 7:00am with Michelle**

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. Friday Yoga is beginner friendly, but more advanced students will appreciate the deeper levels of exploration. **Friday at 10:00am 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**

Deep Water Aerobics

9:05am-10:00am: Monday, Wednesday & Friday

9:15am-10:00am: Tuesday & Thursday

Deep Water

Large Pool

No impact

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: Monday, Wednesday & Friday

Deep Water

Large Pool

No impact

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.**

Signing up ahead of time is required for Deep Water Classes on Monday, Wednesday and Friday. You can sign up for either the 9am or the 10am class but not both. Members may call or stop by the front desk up to 48 hours prior to class in order to reserve a spot. Please arrive on time, if you are late even if you are signed up for the class your spot may be given to someone on the waiting list. No participant may not enter class after the first 10mins of the start of class.

For details and updates on instructors and classes please join our weekly email list. Email Jennifer Allen at Jennifer.allen@hrymca.org



Yoga Classes

Power Hour

12:05–1:00pm: Monday, Wednesday & Friday

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 — In this class, appropriate for all levels, practice breath synched with movement and static postures. Work with simple and effective poses to align the body, breath, and mind. This is a mixed level hatha class, inviting students to practice yoga in a way that makes sense for their bodies, offering more advanced options, along with modifications throughout. **Thursday at 4:15pm with Anna**

Intermediate/Advanced Embodiyoga — This class requires experience because of the mental examination of anatomy and precision of postures. The concepts explored in this class transform students' long-term yoga practices and serve them in other classes they take throughout the week. Students will explore how to soften in challenging, strengthening postures and more fully integrate the movement of body and breath. Work also examines the nervous system/emotional response to practice. Class may include inversions, backbends, and arm balances. **Monday at 9:00am 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. **Sunday at 3:00pm with Beth/Kathleen**

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 multi-level. **Sunday at 10:30am with Sarah/Laura**

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. , Saturday at 10:00am with rotating instructors**

Yoga & Mindfulness—A moderately-paced, mindful melding of yoga styles. Come take care of your body, mind and heart in this class. **Tuesday at 9:15am with Chandra and Tuesday at 6:00pm with Kathleen**

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

Pilates/Qi Gong/Tai Chi Classes

Mat Pilates—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.

Friday at 8:00am with Alicia

Mindful Pilates - A core strengthening class using a blend of Pilates and yoga to develop an awareness of how to use the core muscles for better posture, balance and injury prevention. **Wednesday at 9:00am with Alisa**

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*)—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**

Therapeutic Qi Gong—Awaken your body in this early morning class promoting healing and strengthening. Soft, deliberate movements foster sound body and mind, boost the immune system and help create a more focused and relaxed state of mind. **Tuesday at 7:00am with Makani**

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**



Arthritis Friendly

11:15am-12:00pm: Monday, Wednesday & Friday

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-12:00pm: Tuesday & Thursday

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.



Aqua Aerobics Class Schedule

All Classes are subject to change due to class participation.

Monday	Class	Type	Pool
9:05am	Deep Water Aerobics	N	Large
10:05am	Deep Aqua Blast**	N	Large
11:15am	Aqua Arthritis**	N/L	Small
12:05pm	Power Hour	M/H	Small
6:00pm	Power Hour	M/H	Small
Tuesday	Class	Type	Pool
9:15am	Deep Water Aerobics	N	Large
11:15am	AOA Shallow**	L/M	Small
Wednesday	Class	Type	Pool
9:05am	Deep Water Aerobics	N	Large
10:05am	Deep Aqua Blast**	N	Large
11:15am	Aqua Arthritis**	N/L	Small
12:05pm	Power Hour	L/M	Small
6:00pm	Power Hour	M/H	Small
Thursday	Class	Type	Pool
9:15am	Deep Water Aerobics	N	Large
11:15am	AOA Shallow**	L/M	Small
Friday	Class	Type	Pool
9:05am	Deep Water	N/L	Large
10:05am	Deep Aqua Blast**	N	Large
11:15am	Aqua Arthritis**	N/L	Small
12:05pm	Power Hour	M/H	Small
Saturday	Class	Type	Pool
8:35am	Deep/Shallow combo**	N/L/M	Large

Signing up ahead of time is required for Deep Water Classes on Monday, Wednesday and Friday. You can sign up for either the 9am or the 10am class but not both. Members may call or stop by the front desk up to 48 hours prior to class in order to reserve a spot. Please arrive on time, if you are late even if you are signed up for the class your spot may be given to someone on the waiting list. No participant may not enter class after the first 10mins of the start of class

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.

For details and updates on instructors and classes please join our weekly email list. Email Jennifer Allen at Jennifer.allen@hrymca.org

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

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

Wellness Workshops and Special Events

Yin Yoga for Self-Care with Megan

Saturday, September 9th from 2:00-4:00pm

The first step in self-care is figuring out what you need. Yin yoga can be an incredible tool for finding balance + harmony within. Because these gentle yet deep postures are held for several minutes, you will be allowed the time to listen to your body. Use of breath and meditation techniques will help dial up the healing mode. Stretch out and bring awareness to the entire body, with some gentle yoga and qigong inspired movements, as well. Expect to leave this workshop feeling more embodied, calm and connected to yourself.

Pranayama Techniques and Mindfulness for Equanimity with Courtney

Sunday, September 17th at 12:00-2:00pm

Is your life a rollercoaster of emotions and intensity? Join Courtney Hill, Licensed Acupuncturist, herbalist and yoga teacher in a class designed to shed light on your personal intention that you carry into every other yoga class, exercise routine, and/or mindfulness practice. This class will be very slow, gentle, and methodical but students are encouraged to have taken numerous yoga classes and/or have a meditation practice. This workshop will include substantial emotional work.

Core Strength for Optimal Spinal Health with Alisa

Part 1 – Sunday, October 1st 12:00-2:00pm (cervical-thoracic focus)

Part 2 – Sunday, October 8th 12:00-2:00pm (lumbar-pelvic focus)

Register for one or both

This workshop will support whole-body relaxation and strengthening of the core for better alignment, posture, body awareness and injury prevention.

Various home practice skills to be shared will include:

- Focused movement exercises to increase mobilization and flexibility
- Mindful movement exercises with breath support for better spinal stability
- Increased awareness to habitual holding and movement patterns
- Introduction of new ways of breathing and moving

All workshops—\$15 members/\$30 non-members, no drop-ins

Pre-registration required by 12:00pm on the Friday preceding the workshop

All workshops must meet a minimum of six registrants in order to run

Dance Fitness Party in Pink

In recognition of Breast Cancer Awareness Month, proceeds to benefit Livestrong at the YMCA

Join our team of dance fitness instructors for a variety of dances that will put a smile on your face while supporting our program for cancer survivors.

Sunday, October 29th at 11:30-1:00pm, \$10/person, \$15/family

***Kid-friendly dances from 11:30-12pm**

Active Older Adult (AOA)

Monday	Class	Instructor	Room
5:45-6:30am	H.I.I.T. & Sculpt	Jennifer	S1
7:00-7:45am	Tabata Fusion	Jennifer	S1
9:00-9:55am	Intermediate/Adv.Embodyoga	Courtney	S2
9:05-10:00am	Step & Sculpt	Lynne	S1
10:00-10:55am	Barre Sculpt	Jen P.	S2
10:10-11:10am	Enhance Fitness (registration req)	Lynne	S1
11:00-11:55am	Beginner Yoga	Danielle	S2
11:15-12:15pm	Enhance Fitness (registration req)	Joan	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
7:00-7:50am	Therapeutic Qi Gong (starts 9/12)	Makani	S2
8:00-8:55am	Dance & Sculpt (no class 9/5)	Brenda	S1
9:00-9:55am	AOA Dance & Sculpt	Lynne	S1
9:00-9:50am	Cycle	Donna	C
9:15-10:10am	Yoga & Mindfulness	Chandra	S2
9:15-10:00am	Cardio Kickbox (starts 9/12)	TBA	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
4:15-5:10pm	Embodyoga Alignment	Alisa	S2
4:30-5:25pm	Zumba®	Cindy	S1
6:00-6:45pm	H.I.I.T & Sculpt	Aylin	S1
6:00-6:55pm	Yoga & Mindfulness	Kathleen	S2

Wednesday	Class	Instructor	Room
5:45-6:30am	Tabata Fusion	Jennifer	S1
7:00-7:45am	H.I.I.T. & Sculpt	Jennifer	S1
9:00-9:55am	Mindful Pilates	Alisa	S2
9:05-9:50am	Mid-Week Body Blast	Season	S1
10:10-11:10am	Enhance Fitness (registration req)	Joan	S1
10:15-11:25am	Yin/Yang Yoga	Megan	S2
10:15-11:10am	Body Weight Blast (starts 9/13)	Rachel	GYM
11:15-12:15pm	Enhance Fitness (registration req)	Lynne	S2
11:30-12:30pm	Qi Gong	Rema	S2
5:30-6:25pm	Zumba®	rotating instructors	S1
5:30-6:25pm	Cycle	Deb	C
5:30-6:25pm	Dynamic Flow Yoga	Jill	S2
6:30-7:00pm	Core Strengthening	Jill	S2

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. Registration is required for this program. Contact our Healthy Living Director, Lynne Zusi at Lynne.zusi@hrymca.org **Monday, Wednesday and Friday at 10:10am and 11:15am with Lynne/Joan**

Qi Gong and Tai Chi—These formats are easy on the joints and help to decrease stress while improving balance. See descriptions for these classes on page 4.

Cardio and Strength

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

Turbo Fit — This is a 45-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 **Thursday at 10:00am with Erin**

Zumba®— Burn calories, improve stamina and have lots of fun with easy-to-follow, Latin-inspired dance combinations, with a sprinkling of other rhythms and dance styles from around the world. This class 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 rotating instructors, Friday at 6:00pm with Krista, Saturday at 11:00am with Lynne and Sunday at 10:00am with Krista**

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.

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 experienced cyclists.

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.

Thursday	Class	Instructor	Room
6:00-6:55am	Cycle	Deb	C
7:00-7:55am	Yoga Flow	Michelle	S2
8:00-8:55am	Dance & Sculpt	Brenda	S1
9:00-9:55am	AOA Dance & Sculpt	Lynne	S1
9:00-9:55am	Cycle	Kay	C
9:15-10:10am	Bliss Flow Yoga	Beth	S2
9:15-10:00am	Cardio Circuit (starts 9/14)	Alicia	GYM
10:00-10:45am	Turbo Fit	Erin	S1
10:50-11:30am	Chair Fitness	Gliffy	S1
12:00-12:55pm	Embodifyflow Yoga	Teresa	S2
2:00-3:00pm	Parkinsons Exercise (registration req)	Alicia/Erin/Mike	S1
4:15-5:10pm	Hatha Yoga	Anna	S2
4:30-5:25pm	Doonya Dance Fitness	Aisha	S1
6:00-6:45pm	H.I.I.T. & Sculpt	Jennifer	S1
6:00-6:55pm	Yoga Flow	Sarah F.	S2

Friday	Class	Instructor	Room
7:00-7:45am	Cardio Sculpt	Lynne	S1
8:00-8:55am	Mat Pilates	Alicia	S2
9:00-9:55am	Functional Strength	Rachel	S2
9:00-9:45am	AOA Cycle	Erin	C
9:05-9:50am	Dance Fitness (starts 9/15)	Lynne	GYM
9:05-9:50am	Tabata Fusion	Jennifer	S1
10:00-11:10am	Friday Yoga	Courtney	S2
10:10-11:10am	Enhance Fitness (registration req)	Lynne	S1
11:15-12:15pm	Enhance Fitness (registration req)	Joan	S1
5:30-6:25pm	Friday Night Flow Yoga	Sarah F.	S2
6:00-6:55pm	Zumba®	Krista	S1

Saturday	Class	Instructor	Room
8:30-9:25am	Gentle Yoga	Donna E.	S2
9:00-9:55am	Stages Power Cycle	Jo G.	C
9:00-9:45am	Interval Training	Aaron (Lynne to sub on 9/9)	S1
10:00-11:10am	Yoga Flow	Rotating instructors	S2
11:00-11:55am	Zumba®	Lynne	S1

Sunday	Class	Instructor	Room
9:15-10:10am	Alignment-based Yoga	Lois	S2
10:00-10:55am	Zumba® (no class on 10/29)	Krista	S1
10:30-11:40am	Vinyasa Flow Yoga	Sarah M./Laura	S2
3:00-4:10pm	Restorative Yoga	Beth/Kathleen	S2

Sunday, October 29th at 11:30-1:00pm—Dance Fitness Party in Pink
*See page 5 for details!

Cardio and Strength

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 10:00am with Jen P.**

Body Weight Blast—Utilizing strength supersets and cardio bursts, this class is entirely focused on body weight exercises. Use of the gymnastics equipment opens up a whole new way of working out! Train your body in all of the fundamental movements (push, pull, press, rotation), and have fun while doing it! **Wednesday at 10:15am with Rachel**

Cardio Circuit — This circuit training class consists of 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 9:15am with Alicia**

Cardio Kick—A great cardiovascular workout using kickboxing combinations and athletic drills. **Tuesday at 9:15am**

Cardio Sculpt—This highly-structured, methodical interval class incorporates both strength and cardiovascular conditioning to challenge participants, with mindful transitions between exercises to allow for time and space to maintain proper form. **Friday at 7:00am with Lynne**

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 10:50am**

Core Strengthening — In this 30-minute class, participants will focus on strengthening the abdominals and back for better posture, increased strength and tone, and injury prevention. Body-weight and other props will be used. Everyone is encouraged to participate at their own level. **Wednesday at 6:30pm with Jill**

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 8:00am with Brenda**

Doonya—An easy-to-follow Bollywood-style dance fitness class. **Thursday at 4:30pm with Aisha**

Cardio and Strength

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. Registration is required for this program—contact Lynne Zusi, Healthy Living Director at lynne.zusi@hrymca.org **Monday, Wednesday and Friday at 10:10am and 11:15am**

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 dumbbells and various other props. **Tuesday at 10:00am with Donna and Friday at 9:00am 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 and Thursday at 6:00pm with Jennifer, Tuesday at 6:00pm with Aylin**

Interval Training - A challenging 45-minute body-weight workout designed to improve cardiovascular endurance, strength and balance, with modifications offered throughout. **Saturday at 9:00am with Aaron**

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**

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 9:05am 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 7:00am, Wednesday at 5:45am and Friday at 9:05am with Jennifer**

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. **Wednesday at 10:10am with Rachel**

(cont. on next page)