



Adult Group Fitness Schedule

Summer 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-6:15 AM Power Pump Natalia-Gym 3		5:15-6:15 AM Power Pump Natalia-Gym 3		
	6-6:45 AM Yoga Graycen-*MP Rm		6-6:45 AM Yoga Graycen-*MP Rm		
7:30-8:30 AM Aqua Gold Jessie-Pool	7:30-8:30 AM Yoga/Pilates Fusion Clairece-Gym 3	7:30-8:30 AM Aqua Gold Jessie-Pool	7:30-8:30 AM Yoga/Pilates Fusion Clairece-Gym 3	7:30-8:30 AM Aqua Gold Jessie-Pool	
8:30-9:30 AM R.I.P.P.E.D. Rachel-Gym 3	7:30-8:30 AM Marine Core* Lacey-Pool	8:30-9:30 AM Buti Yoga* Marika-Gym 3	7:30-8:30 AM Marine Core* Lacey-Pool	8:30-9:30 AM R.I.P.P.E.D. Rachel-Gym 3	8:30-9:30 AM Power Pump Daniel-Gym 3
8:30-9:30 AM Zumba@ Dale-Gym 2	8:30-9:30 AM Aqua Zumba Daniel-Pool	8:30-9:30 AM Zumba@ Dale-Gym 2	8:30-9:30 AM Aqua Zumba Daniel-Pool	8:30-9:30 AM Zumba@ Daniel-Gym 2	8:30-9:30 AM Indoor Cycling Nadia-Cycle Rm
8:30-9:15 AM Indoor Cycling Tom-Cycle Rm		8:30-9:15 AM Indoor Cycling Tom-Cycle Rm		8:30-9:15 AM Indoor Cycling Tom-Cycle Rm	8:30-9:30 AM Yoga Mari-*MP Rm
8:30-9:30 AM H.E.A.R.T.* Susan-Pool	8:30-9:30 AM Power Pump Kelli-Gym 3	8:30-9:30 AM H.E.A.R.T.* Susan-Pool	8:30-9:30 AM Power Pump Kelli-Gym 3	8:30-9:30 AM H.E.A.R.T.* Susan-Pool	9:30-10:30 AM Prenatal Yoga* Mari-*MP Rm
9:30-10 AM Deep* Daniel-Pool	8:30-9:30 AM PIYo@ LIVE Carissa-Gym 2	9:30-10 AM Deep* Daniel-Pool	8:30-9:30 AM PIYo@ LIVE Carissa-Gym 2		10:30-11 AM Mama Baby Yoga* Mari-*MP Rm
9-10:30 AM Family Fit Hillary-Main Entrance		9-10:30 AM Family Fit Hillary-Main Entrance			<p>*MP Rm Multi-Purpose Room</p> <p>*New class descriptions on following page</p> <p>Classes are subject to change without notice</p> <p>Prenatal & Mama Baby Yoga is FREE to all members</p> <p>Non-members pay a monthly \$25 fee at the front desk</p>
9:30-10:40 AM Yoga Mari-Gym 3	9:30-10:10 AM Chair Yoga Lori-Gym 3	9:30-10:40 AM Yoga Mari-Gym 3	9:30-10:10 AM Chair Yoga Lori-Gym 3	9:30-10:40 AM Yoga Lori-Gym 3	
9:30-10:15 AM TRX Justin-Main Gym Foyer	9:35-10:10 AM Tai Chi* Karin-Gym 2	9:30-10:15 AM TRX Justin-Main Gym Foyer	9:35-10:10 AM Tai Chi* Karin-Gym 2	9:30-10:15 AM TRX Justin-Main Gym Foyer	
	10:15-11:15 AM MELT* Karin-Gym 2		10:15-11:15 AM MELT* Karin-Gym 2		
	10:15-11 AM Gentle Yoga Lori-Gym 3		10:15-11 AM Gentle Yoga Lori-Gym 3		
11-11:30 AM Balance & Strength Karin-Gym 3	11-11:30 AM Balance & Strength Lori-Gym 3	11-11:30 AM Balance & Strength Karin-Gym 3	11-11:30 AM Balance & Strength Lori-Gym 3	11-11:30 AM Balance & Strength Karin-Gym 3	
4:30-5:30 PM Power Pump Jesselyn-Gym 3	4:30-5:20 PM Yoga/Pilates Fusion Lori-Gym 3	4:30-5:30 PM Power Pump Jesselyn-Gym 3	4:30-5:20 PM Yoga/Pilates Fusion Lori-Gym 3		
5:15-6 PM TRX Libbie-Main Gym Foyer		5:15-6 PM TRX Libbie-Main Gym Foyer			
5:30-6:15 PM Indoor Cycling Pat-Cycle Rm	5:30-6:15 PM Indoor Cycling Lori-Cycle Rm	5:30-6:15 PM Indoor Cycling Pat-Cycle Rm	5:30-6:15 PM Indoor Cycling Lori-Cycle Rm	5:30-6:15 PM Cycle Lite Pat-Cycle Rm	
5:30-6:20 PM Zumba@ Elena-Gym 3	5:30-6:30 PM STRONG* by Zumba™ Kari-Gym 3	5:30-6:20 PM Zumba@ Elena-Gym 3	5:30-6:30 PM R.I.P.P.E.D. Daniel-Gym 3		
5:30-6:30 PM Yoga Allie-Learning Cntr		5:30-6:30 PM Yoga Allie-Learning Cntr			
	5:30-6:30 PM Water Volleyball* Jessie-Pool	5:30-6:30 PM Aqua Zumba@ Kari-Pool	5:30-6:30 PM Water Volleyball* Jessie-Pool		
6:30-7:30 PM Buti Yoga* Marika-Gym 3		6:30-7:30 PM Buti Yoga* Graycen-Gym 3			



Maintain Your Health Class Schedule Summer 2019

Monday	Wednesday	Friday
7:30-8:30 AM Maintain Your Health Justin-Gym 3/Wellness Center	7:30-8:30 AM Maintain Your Health Justin-Gym 3/Wellness Center	7:30-8:30 AM Maintain Your Health Justin-Gym 3/Wellness Center
10-11 AM Maintain Your Health Karin-Gym 2/Wellness Center	10-11 AM Maintain Your Health Karin-Gym 2/Wellness Center	10-11 AM Maintain Your Health Karin-Gym 2/Wellness Center

Gentle Aqua Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30 AM Aqua Gold Jessie-Main Pool		7:30-8:30 AM Aqua Gold Jessie-Main Pool		7:30-8:30 AM Aqua Gold Jessie-Main Pool
12:15 -1 PM Aqua Yoga Mattie-Therapy Pool	Noon-1 PM Cardio Wave Kelli-Therapy Pool	12:15 -1 PM Aqua Yoga Mattie-Therapy Pool	Noon-1 PM Cardio Wave Kelli-Therapy Pool	

*NEW Class Descriptions

Tai Chi - Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

MELT - The MELT Method is simple self-care using soft balls and a soft body roller to reduce the negative effects of ageing and an active life. You'll learn to easily support your own resilience, reduce and prevent pain, improve athletic performance and reduce recovery time.

BUTI@ Yoga - This practice is a high-intensity fusion of yoga, tribal dance, and plyometrics. Classes combine cardio, strength training and flexibility in one seamless format. Buti@ creates a strong, empowered group that resembles a tribe.

STRONG by Zumba™ - Not a dancer? No worries! This is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition and strength.

H.E.A.R.T. - High Energy Aerobic and Resistance Training - Do you love the water? Splash up your cardio and conditioning workout with this low impact and low-medium-high intensity interval training in shallow-medium depth water--YOU choose the level and intensity. This is a fun, invigorating water workout for ALL fitness levels whether you are new to exercise, cross-training, or recovering from injury.

Marine Core - An energetic aqua workout designed to challenge and condition the entire body with focus on the core.

Deep - We're goin' deep! This deep water aerobics class will build your cardiovascular fitness and challenge every muscle in your body. Get ready to dive in deep!

Maintain Your Health - This small group, instructor led class is designed for those who have experienced or are currently in challenging health situations. Heart attack, stroke, heart disease, diabetes, cancer, and auto-immune illnesses are all examples of chronic conditions that we will address through exercise. This class includes a light 15 minute warm-up held in the main gym and 45 minutes of supervised, individually based workout in the Wellness Center. This class is offered multiple times throughout the week. Please check the class schedule above.

Water Volleyball - Come join us for this team building activity. Exercise with friends as you play the traditional game of volleyball in the water. This is sure to be a good workout and tons of fun at the same time!

Prenatal Yoga

With experience in both teaching and practicing yoga through two pregnancies and births of her own, instructor Mari understands the importance of the tools acquired in a yoga practice and how to use them during your own pregnancy, labor and birthing experience.

- ~ Move more comfortably during pregnancy.
- ~ Learn breathing techniques to combat intensity.
- ~ Practice 'Pain Plans' for labor and contractions.
- ~ Stay connected to the strong female you are in the blossoming body you have!

Mama Baby Yoga - This class is designed to celebrate the joys and challenges experienced in the ever-changing post-partum body in a safe and supportive space. Join instructor Mari Gisele, local Mama of two, as you connect with the breath and other amazing mamas. We will focus on releasing tension in the neck and shoulders, stabilizing your deep core, low back and pelvis, and calming your nervous system, all while bonding with your beautiful new babe.
-Pre Crawling Babies Only-

For more information, contact Kelli Pitzer at kpitzer@wwymca.org