

ADAMS ROOM SCHEDULE (10/3 - 12/23)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:25 – 5:55 am Stretch	5:25 – 5:55 am Stretch		5:25 – 5:55 am Stretch		8 – 8:55 am 2/4 th Group Kick/ 1 st /3 rd Corebar
6 – 6:55 am Group Power	6–6:30 am Cardio/Intervals	6 – 6:55 am Group Power	6–6:55 am Group Blast	6 – 6:55 am Group Power	9 – 9:55 am Group Active
7:05 – 7:55 am Group Active	6:35 – 7:05 am Group Core	7:05 – 7:55 am Group Active		7:05 – 7:55 am Group Active	10:05–11 am Zumba
8:10 – 8:50 am Balance & Stretch		8:10 – 8:50 am Balance & Stretch		8:10 – 8:50 am Balance & Stretch	11:05–12 pm Doonya Bollywood
9 – 9:55 am Group Blast	9–9:55 am Group Power	9 – 9:55 am Group Kick	9–9:55 am Group Power	9 – 9:55 am Group Blast	
10:05 –11 am Group Active	10:05 – 11 am Group Groove	10:05 –11 am Group Active	10:05 – 11 am Group Groove	10:05 – 11 am Group Active	SUNDAY
11:05 – 11:40 am Balance & Stretch		11:05–11:40 am Balance & Stretch		11:05–11:40 am Balance & Stretch	9 – 9:55am Group Blast
12–12:55 pm Group Power	12 – 12:30 pm Core	12 – 12:55 pm Group Power	12 – 12:30pm Core	12:00–12:55 pm Group Power	10 – 10:55 am Group Power
1 – 2 pm Enhance Fitness	12:30 – 1 pm HIIT	1 – 2 pm Enhance Fitness	12:30 – 1 pm HIIT	1 – 2 pm Enhance Fitness	
5 – 5:30 pm Core	4:30–5:25 pm Group Blast	5 – 5:30 pm Group Core	4:30–5:25 pm Group Kick	5 – 5:30 pm Core	
5:35 – 6:30 pm Group Kick®	5:30 – 6:25 pm Zumba	5:35 – 6:30 pm Group Blast	5:30 – 6:25 pm Group Power	5:35–6:20 pm Zumba	
6:35–7:30 pm Zumba	6:35–7:30 pm Group Power	6:35–7:30 pm Zumba	6:45 – 7:30 pm Blackout		
	7:35 – 8:25 pm Doonya Bollywood	7:30 pm Learn to Dance/Open Dance			

YMCA HOURS

Monday – Thursday
5 am – 9:30 pm

Friday
5 am –9 pm

Saturday
7 am –8:30 pm

Sunday
8 am –5 pm

**YMCA will be closed
November 24
for Thanksgiving**

See Web site for class descriptions
and Yoga rigor/ levels.

Classes and schedule subject to change without notice.

WELLNESS CENTER, GYM, WEIGHT ROOM SCHEDULE (10/3 - 12/23)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6 - 6:55 am PiYo -W-			
		7 - 7:30 am Foam Roller -W- must bring own roller			8 - 8:55 am Yoga Vinyasa -M/V 2/3 -W-
9 - 10 am Tai Chi for Health -W-	9 - 9:55 am Yoga- Iyengar G -W-		9 - 9:55 am Yoga- Iyengar- M1/2 -W-		9 - 9:55 am Yoga Embodyoga-M 1/2 -W-
9:45 - 10:45 am Enhance Fitness -G-	9:30 - 10:30 am Beginner Strength -WR- \$	9:45 - 10:45 am Enhance Fitness -G-	9:30 - 10:30 am Beginner Strength -WR- \$	9:45 - 10:45 am Enhance Fitness -G-	
	10:30 - 11:30 am Tai Chi for Diabetes -W-		10:30 - 11:30 am Tai Chi for Diabetes -W-		10:05 - 11 am Pilates -W-
11 - 11:55 am SilverSneakers -G-		11:00-11:55 am Silersneakers -G-		11 - 11:55 am SilverSneakers -G-	
		12:00-1:25 pm Yoga for Breast Cancer -W-			SUNDAY
1:30 - 2:30 pm Yoga for Chronic Pain- G -W-		1:30 - 2:30 pm YOGA for Chronic Pain-G -W-			9 - 10 am Yoga Vinyasa- M 2 -W-
	3:30-4 pm Wellness Room Closed	5 - 5:30 pm Foam Roller -W- must bring own roller	3:30-4 pm Wellness Room Closed		
5:30 - 6:30 pm Yoga Embodyoga-G -W-	5:30 - 6:30 pm Yoga Iyengar- M/2 -W-	5:30 - 6:30 pm Yoga Emboyoga - M1/2 -W-	5:30 - 6:30 pm Yoga Vinyasa -M/V 2 -W-	5:30 - 6:30 pm PiYo -W-	
5:30 - 6:30 pm Extreme Exertion -G-		5:30 - 6:30 pm Extreme Exertion -G-			
6:35 - 7:30 pm Meditation 10/3-10/24 -W- Preregister	6:35 - 7:30 pm Barre -W-	6:35 - 7:30 pm Pilates -W-	6:35 - 7:30 pm Barre -W-		

W - Wellness Center
G - Gym
WR - Weight Room

\$\$ - Fees applied,
pay at Welcome Center

Yoga Key
G - Gentle
M- Moderate
V - Vigorous
1 - Level 1
2 - Level 2
3 - Level 3

See Web site for class descriptions

GROUP EXERCISE AND WELLNESS CLASS DESCRIPTIONS

BALANCE & STRETCH

A stretch class with a balance and core strengthening component.

BARRE CLASS

Class will mix elements of Pilates, dance, yoga and functional training. Each workout will use the ballet barre and exercise equipment like small hand weights to sculpt, slim and stretch the body.

BEGINNER WEIGHT TRAINING

Set in the Free Weight Room, run by two instructors who will set you up on an individual program. Fees apply, pre-register at the Welcome Center.

BLACKOUT

Boot camp style workout packed with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab/core training moves. Done under black lights! Starts in October.

BOLLYWOOD DANCE

Bollywood Dance combines dynamic choreography with the hottest music from around the world. A cardio workout that cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated all at the same time. Draws from the music and dance of Bollywood, the film industry of India.

CARDIO STEP INTERVALS

Get your heart pumping with cardio intervals using the step. Lower impact options will be demonstrated. 30 minutes.

CORE

30 minute class focusing on the core muscles, abs and back. Utilizes a variety of equipment.

COREBAR™

Class consists of high intensity cardio intervals & strength training to focus on your Power Center. Using a unique U- shaped 2-3 lb. weighted bar. A mix of high energy aerobic and muscle conditioning. Meets 1st and 3rd Saturdays

ENHANCE®FITNESS

Senior exercise program that is designed to decrease falls and improve daily activity. Works on flexibility, balance, strength training, and aerobic activity. Must preregister with Jayne ext 448.

EXTREME EXERTION

High-intensity, athletic, interval training in a cooperative, supportive, environment. A series of exercise activities trains your upper body, lower body, core, cardio system, and functional athletic abilities.

FOAM ROLLER

Using a foam roller you will stretch muscles and tendons, break down soft tissue adhesions and scar tissue. You can perform a self-massage, break up trigger points, and soothe tight fascia while increasing blood flow and circulation to the soft tissues. Must bring your own foam roller.

GROUP ACTIVE®

For the new or the infrequent exercisers. Basic stepping, strength training, balance and flexibility all in one class.

GROUP BLAST®

Utilizes the step as an effective training tool. Encourages a simple and fun way to cardio train. Formerly Group Step.

GROUP CORE®

Work your core, front to back, shoulders to hips, improve athletic performance, prevent back pain, and get ripped abs! **Bring a towel.**

GROUP GROOVE®

Sweat with a smile during your energizing hour of dance fitness. A sizzling cardio experience that is set to all types of music. Join the party and *GET A MOVE ON!*

GROUP KICK®

Tap into the hottest mixed martial arts class, movements done at a quick pace to improve your overall fitness.

GROUP POWER®

Barbell class that strengthens all your major muscles in an inspiring, motivating group environment. If this is your first class, try attending a less crowded 6am, 9am or noon class.

HIIT

Enhanced form of interval training (alternating periods of short intense anaerobic exercise with less intense recovery periods) Everyone works at their own intensity. Similar to Tabata / Insanity.

INTRODUCTION TO MEDITATION

Designed to help participants start the journey to discover and utilize their own inner resources for bringing balance, health, and peace of mind to their lives. Runs October 3-24, 2016.

PILATES

An intensive core workout that focus on supporting the neutral spine through muscle strength, flexibility, balance and posture. Emphasis on correct breathing mat based.

PIYO™

Unique class designed to build strength & gain flexibility. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability. For the moderate to advanced participant.

SILVERSNEAKERS®

Increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and balls are offered for resistance. Chairs available for support.

TAI CHI FOR HEALTH / DIABETES

Tai Chi is a form of exercise that has demonstrated under scientific studies to have a powerful effect on health. It integrates the mind and body through slow, fluid movements.

YOGA

Our instructors teach many different forms of Yoga, below you will find the pace/rigor and levels for the different classes.

Gentle A slow paced practice with detailed instruction and modification offered for all poses. Sequences may include restorative poses and there are a limited number of transitions between standing poses and floor poses (i.e., seated, kneeling, prone, or supine).

Moderate Classes include more complex poses, and depending on the style of the teacher, may include vinyasa (flow) sequences, more transitions between standing to floor poses, and longer holds for poses.

Vigorous A fast-paced extended vinyasa (flow) practice with quick transitions between the poses and many transitions between standing and floor poses.

Level 1 Presents basic yoga poses held for a few breaths with an emphasis on understanding correct alignment in each pose and developing strength, stamina, stability, and flexibility.

Level 2 Includes a broader range of yoga poses than Level 1 including more advanced standing balance poses and modified inversions.

Level 3 Routinely incorporates some of the more physically challenging yoga poses such as arm balances, deep backbends, and full inversions.

YOGA FOR CHRONIC PAIN

Do you live and work with chronic physical pain? Then this gentle and restorative yoga class is for you. Focus will involve gentle movement, relaxation, awareness, and skills for working with undesirable sensations.

YOGA FOR BREAST CANCER SURVIVORS

Pre-register with Pam Roberts 423-625-2402.

ZUMBA®

Try the hottest dance craze! With easy to follow steps, set to all different types of music. Be prepared to sweat.

GROUP EX / WELLNESS CLASS POLICIES

Class participants must be 13 years or older.

Clean and appropriate footwear

First come, first served

No scents or perfume, but please use deodorant

If class has started, please respect others and do not enter.

No cell phone, texting, photo or video used during classes.