



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Spring Group Fitness

\* Chair Yoga begins on 3/23/2021

| Monday   | Tuesday  | Wednesday  | Thursday                                 | Friday  | Saturday  |
|--|--|--|--|---|---|
|  |  | <b>SS – CIRCUIT</b><br>Amanda - GYM<br>9 - 9:45AM  |  | <b>SS – CIRCUIT</b><br>Amanda - GYM<br>9 - 9:45AM |   |
|  | <b>Chair Yoga</b><br>Caroline - AR<br>10 - 10:45AM |  |  |   |   |
|  |  |  |  |   | <b>H.I.I.T</b><br>Luis - AR<br>12 - 12:45PM                   |
| <b>Total Body</b><br>Allison - AR/WC<br>6:15 - 7PM | <b>Zumba</b><br>Sandy - AR<br>6:15 - 7PM           | <b>Vinyasa Yoga</b><br>Caroline - AR<br>6:15 - 7PM | <b>Zumba</b><br>Sandy - AR<br>6:15 - 7PM |   | WC – Wellness Center<br>AR – Aerobics Room<br>GYM - Gymnasium |

# CLASS DESCRIPTIONS

## Chair Yoga

Move your whole body through a complete series of yoga postures. Chair yoga assists in supporting individuals for a safe experience. It provides the ability to perform a variety of seated and standing postures designed to increase flexibility, balance, range of movement while reducing anxiety and stress.

## H.I.I.T – High Intensity Interval Training

H.I.I.T has found its way to our YMCA! H.I.I.T is a class where you have a blast... It's also a class in which you give all-out, max effort through quick, intense bursts of exercise, followed by short recovery periods. This type of training gets and keeps your heart rate elevated and is proven to burn more calories in LESS time!

## Silver Sneakers – CIRCUIT

Designed for Silver Sneakers participants to combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. A chair is also used for seated and/or standing support. This class will be held outside if weather permits.

## Total Body

This class maximizes your workout results with 45 minutes of impactful strength training. This workout features a variety of moves, including squats, lunges, curls and presses and covers upper body, lower body and core. Add motivational music, and it is simply the most fun you'll have strength training.

## Vinyasa Yoga

Through guided poses and a focus on controlled, mindful breathing will help people of all exercise levels find balance. This class combines the perfect blend of relaxation, posture, and breathing. It will also promote flexibility, stamina, and peace to the mind and body. We do ask that you bring your own mat.

## Zumba

The world's largest and exciting Latin dance-based fitness program. Just bring a towel and water while the instructor will take care of the music and making sure that every class is like a party! This class will be held outside if weather permits.