

August 2010 FITNESS CLASS SCHEDULE

All classes listed below are included in YMCA Membership.

AEROBICS ROOM						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m. - 7:00 a.m.	Cardio Strength Tammy	Silent Yoga Lo	Step Tammy			
8:00 a.m. - 9:00 a.m.						Vinyasa Yoga Lo
8:30 a.m. - 9:45 a.m.		Basic Yoga** Kate				
9:00 a.m. - 10:00 a.m.	High Lo Aerobics JoAnn		High Lo Aerobics JoAnn		High Lo Aerobics JoAnn	
9:15 a.m. - 10:45 a.m.				Basic Yoga** Elizabeth		
11:00 a.m. - 12:00 p.m.		Ageless Fitness Tammy		Ageless Fitness Tammy	Pilates w/ Bands Adriane/Ella	
12:10 p.m. - 1:00 p.m.	Cardio Strength Barb		Cardio Strength Barb		Ball & Toning Adriane/Ella	
2:00 p.m. - 3:30 p.m.				Life Exercise Lee		
4:30 p.m. - 5:15 p.m.				Tai Chi* Lee <i>June 17 - Sept. 30</i>		
4:30 p.m. - 5:25 p.m.	Step Molly				Step Molly	
4:45 p.m. - 5:45 p.m.			Cardio Circuit Lesley			
5:30 p.m. - 5:50 p.m.	Core Strength Molly				Core Strength Molly	
5:50 p.m. - 6:10 p.m.			Core Strength Lesley			
5:30 p.m. - 6:30 p.m.		Strength & Tone JoAnn		Strength & Tone JoAnn		

** All Yoga classes will be limited to 25 participants to maintain a safe environment for all. First come, first serve.

MULTIPURPOSE ROOM						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 a.m. - 8:45 a.m.	Morning Stretch Beth		Morning Stretch Beth		Morning Stretch Beth	
9:00 a.m. - 9:55 a.m.		Strength & Tone Robin		Strength & Tone Robin		
9:45 a.m. - 10:30 a.m.	SilverSneakers® YogaStretch Beth		SilverSneakers® YogaStretch Nancy			
10:00 a.m. - 11:00 a.m.		Totin' Tykes Mary		Totin' Tykes Ursula		
10:45 a.m. - 11:45 a.m.	SilverSneakers® Cardio Circuit Tammy		SilverSneakers® Cardio Circuit Nancy		SilverSneakers® Cardio Circuit Tammy	
12:15 p.m. - 1:15 p.m.		SilverSneakers® MSROM Nancy		SilverSneakers® MSROM Tina		
5:30 p.m. - 6:30 p.m.	Flowing Yoga** Lo		Flowing Yoga** Lo			
5:30 p.m. - 7:00 p.m.		Yoga Two** Andrew				

* Introduction to Tai Chi or prior Tai Chi experience recommended prior to taking this class.

** All Yoga classes will be limited to 25 participants to maintain a safe environment for all. First come, first serve.

3rd FLOOR TRAINING ROOM						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m. - 6:45 a.m.	Indoor Cycling** Staci		Indoor Cycling** Staci		Indoor Cycling** Jen	
9:15 a.m. - 10:00 a.m.		Indoor Cycling** Tammy		Indoor Cycling** Mary		
12:15 p.m. - 1:00 p.m.		Indoor Cycling** Mary		Indoor Cycling** Adriane		
5:30 p.m. - 6:15 p.m.				Indoor Cycling** Summer		

** All Indoor Cycling Classes are limited to 10 participants. First come, first serve. Class participants must reserve their bike by

For your safety please arrive to class on time and if new to class please inform the instructor.
Classes are open to non-members with the purchase of a day pass, available at the service desk.

YGROUP FITNESS™

We build strong kids, strong families, strong communities.

Fitness Class Descriptions

Cardiovascular Classes

Cardio Circuit - Aerobics Room

A variety of cardio options such as the step, floor exercises, jump ropes, circuit stations, drills and strength exercises.

Indoor Cycling - 3rd Floor Training Room

This stationary bike class uses great music and drills to deliver a cardio workout for all levels. Space is limited to 10 participants.

High Lo Aerobics (High Intensity, Low Impact) - Aerobics Room

A great cardiovascular floor aerobics class that uses high-intensity moves, but is low impact on the body.

Step - Aerobics Room

A cardiovascular conditioning class with beginning to advanced choreography, depending on class participants' stepping experience.

Totin' Tykes - Multipurpose Room

An varied aerobic class for parents while their children play with other children or sit in a stroller or car seat.

Muscular Conditioning Classes

Ball & Toning - Aerobics Room

Use the stability ball to build muscular strength and flexibility.

Core Strength (20 minutes) - Aerobics Room

Class will concentrate on core muscle groups, including abs, obliques, back and hips. Weights, bands and stability balls may be used.

Cardio Strength - Aerobics Room

Designed to increase cardiovascular conditioning while improving muscular strength and endurance.

Pilates w/ Bands - Aerobics Room

Pilates will be utilized to strengthen and stretch muscles. Bands will be incorporated to enhance the workout. All levels welcome.

Strength & Tone - Aerobics Room

A fitness class that uses weights, bands, stability balls and one's own body weight to strengthen and tone muscles.

Flexibility Classes

Basic Yoga - Aerobics Room

Designed to focus on stretching, strengthening, breathing and relaxing.

Flowing Yoga - Multipurpose Room

Designed to improve dynamic mobility & allow you to learn simple flowing yoga. This class can increase your flexibility & strength.

Morning Stretch - Multipurpose Room

A relaxing fitness class that focuses on improving flexibility and joint mobility.

Vinyasa Yoga - Aerobics Room

A more intense, faster paced, flow style Vinyasa Yoga class.

Silent Yoga - Aerobics Room

Practice yoga together in silence focusing on breath and body, gestures and visual cues will be used to aid in sequencing of movements.

SilverSneakers® YogaStretch - Multipurpose Room

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Tai Chi - Aerobics Room

A continuation of the introduction to Sun-Style class for those interested in strengthening their practice.

Yoga Two - Multipurpose Room

An advanced yoga class to challenge your yoga workout. An ideal class for experienced yoga participants.

Active Older Adult Classes

Ageless Fitness - Aerobics Room

A low-impact fitness class to improve cardiovascular health, muscular strength and flexibility.

Life Exercise - Aerobics Room

Stretching and fluid movement using the jo (Japanese short staff). Some non-competitive partner work.

SilverSneakers® - Muscular Strength & Range of Motion (MSROM) - Multipurpose Room

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® - Cardio Circuit - Multipurpose Room

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

For more information contact
Healthy Lifestyles Director at 733-8630.

 We build strong kids,
strong families,
strong communities.

www.whatcomymca.org