



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness Schedule

LYNDEN PROGRAM CENTER

Effective: March 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m.– 8:45 a.m.		Indoor Cycling Felicia		Indoor Cycling Felicia	
8:00 a.m.– 9:00 a.m.					Tai Chi Sandy
9:00 a.m.– 9:30 a.m.		Core & Stretch Paula		Core & Stretch Paula	
9:15 a.m.– 10:15 a.m.	SilverSneakers® Classic JoAnne/Felicia		SilverSneakers® Classic Felicia		SilverSneakers® Classic Kristina/Felicia
9:45 a.m.– 10:45 a.m.		SilverSneakers® Circuit Felicia		SilverSneakers® Circuit Felicia	
10:30 a.m.– 11:15 a.m.	SilverSneakers® Yoga Felicia		SilverSneakers® Yoga David		SilverSneakers® Yoga David
11:30 a.m.– 12:30 p.m.	Pedaling for Parkinson's Emma		Pedaling for Parkinson's Felicia		Pedaling for Parkinson's Felicia

All classes listed above are included in YMCA Membership. Classes are open to non-members with the purchase of a day pass, available at the service desk.

KEEPING MEMBERS SAFE

If the Lynden School District is closed due to inclement weather, there will be no group fitness programming at the Lynden YMCA. However, if schools are on late arrival, please call the Lynden YMCA to find out the status of classes, 360-354-5000 or check our website for class alerts, www.whatcomymca.org.

Whatcom Family YMCA Lynden Program Center

100 Drayton, Lynden, WA 98264
360 354 5000 www.whatcomymca.org

GROUP FITNESS CLASS DESCRIPTIONS

Core & Stretch:

This class will provide a variety of standing & floor work for strengthening the core muscles, followed by a relaxing stretch.

Indoor Cycling:

Join us for an efficient way to get faster and stronger on your bike. Classes use a variety of drills and games to keep riders engaged. All levels welcome. Hard soled shoes and biking shorts suggested to increase rider comfort. Water is key during class, please bring a water bottle.

Pedaling for Parkinson's:

Must be age 30-75 years and diagnosed with Idiopathic PD. Must complete and submit a signed consent form and medical clearance. PFP Participants are first priority, empty bikes may be filled by Y membership who would like to participate.

SilverSneakers® Circuit:

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.

SilverSneakers® Classic:

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® Yoga:

SilverSneakers Yoga 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 seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Tai Chi:

This basic Tai Chi class is low impact and puts minimal stress on muscles and joints. All levels welcome.

Weight Loss Program:

Let us help you become a new you! Participating in the YMCA Weight Loss Program is a great way to learn sustainable ways to eat healthier, move more and lose weight. There are no gimmicks and no restrictive approaches, just the tools you need to make the necessary changes in your lifestyle to achieve your weight loss goals.

This program discusses the importance of physical activity and nutrition, while also discussing motivation, obstacles and pitfalls that make losing weight (and keeping it off) challenging.

Must be 18 years or older. Sign up for a 12 week session. This program is \$50/session for YMCA Members, pre-registration is required. **Contact Felicia for information, 360-354-5000.**