

YMCA LIVE

SUMMER GROUP CLASSES

COUNTY LOCATION



MONDAY

8:00-9:00am – **Bootcamp w/ Robin**

9:00-9:30am – **Core Conditioning w/ Robin**

10:15-11:15am – **Intermediate Yoga w/ Mary Dougan**

11:00am-12:00pm – **Shallow Water Fitness w/ Robin @ Legion Pool** *(ends Aug. 18)*

TUESDAY

7:15-8:15am – **Pilates Fusion w/ Michelee**

8:00-8:45am – **Core Off The Floor w/ Robin (In North Gym)**

9:00-9:45am – **Silver Sneakers w/ Mary McDade (In North Gym)**

10:00-10:45am – **A.O.A.F w/ Mary McDade (In North Gym)**

WEDNESDAY

8:00-9:00am – **Strength Training w/ Robin**

11:00am-12:00pm – **Shallow Water Fitness w/ Robin @ Legion Pool** *(ends Aug. 20)*

THURSDAY

7:15-8:15am – **Pilates Fusion w/ Michelee**

8:00-8:45am – **Core Off The Floor w/ Robin (In North Gym)**

9:00-9:45am – **Silver Sneakers w/ Mary McDade (In North Gym)**

9:00-10:00am – **Intermediate Yoga w/ Michelee**

10:00-10:45am – **A.O.A.F w/ Mary McDade (In North Gym)**

FRIDAY

7:00-7:45am – **HIIT w/ Robin**

9:00-10:00am – **Strength Training w/ Laura**

10:00-11:00am – **Walking w/ Mary McDade @ Goodell Gardens** *(ends Aug. 22)*

10:30am-11:15am – **Water Arthritis w/ Robin @ Legion Pool** *(ends Aug. 29)*

11:00am-12:00pm – **Balance/Proprioception w/ Mary McDade @ Goodell Gardens** *(ends Aug. 29)*

11:15am-12:00pm – **Deep Water Fitness w/ Robin @ Legion Pool** *(ends Aug. 22)*

SATURDAY

8:00-9:00am – **Strength Training w/ Rose**

SUNDAY

11:00am-12:00pm – **Yogilates w/ Michelee @ Goodell Gardens** *(ends Aug. 30)*

Effective July 7, with some classes ending in August (dates above)

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Class Descriptions

A.O.A.F: Active Older Adult Fitness focuses on improving your activities of daily living. This includes balance, strength, flexibility, and cardiovascular exercises.

Balance/Proprioception: This fun and engaging class focuses on improving stability and body awareness. Improve your balance and coordination in a supportive and motivating environment.

Bootcamp: Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using a stability ball.

Core Off The Floor: This class will begin with 15 min. of standing cardio followed by movements from a seated or standing position designed to help strengthen and stretch core muscles.

Deep Water Fitness: Classes encourage the use of a float belt to allow participants to remain vertical and exercise in a bottomless environment. Exercises are performed without pressure and impact on the muscles and joints.

HIIT: High Intensity Interval Training uses timed periods of work and rest to maximize your fitness benefits.

Intermediate Yoga: An age and gender friendly practice of yoga poses (Asanas) designed to limber joints, improve circulation, promote suppleness to the spine and increase muscle strength, stamina and overall body tone.

Pilates Fusion: This mind-body class will focus on strengthening the core by promoting pelvis stability and abdominal control through an inward approach. Connection of the breath, and purpose of movement.

Shallow Water Fitness: Exercises are performed primarily in a vertical position in a chest-to-navel water depth and are "non-swimmer" friendly. Water Fitness classes use the water's resistance to create an environment that improves cardiovascular conditioning, strength and endurance, and flexibility and balance.

Silver Sneakers: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Strength Training: This class is designed to enhance your muscle strength and fitness. You will work all muscles groups with various pieces of equipment.

Water Arthritis: Gentle movements are performed in the water to increase one's range of motion, muscle strength, and endurance.

Yogilates: A fusion of Yoga and Pilates designed to create balance, core strength and mind-body connection.