

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 @ Legion Pool** *(starts June 8)*

TUESDAY

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

8:25-8:55am – **Chair Conditioning w/ Robin**

9:00-9:45am – **Silver Sneakers w/ Robin** (In Gymnasium)

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

5:30-6:30pm – **Zumba w/ Jamie**

WEDNESDAY

8:00-9:00am – **Strength & Cardio Flow w/ Robin**

9:15-10:15am – **Strength Training w/ Rose**

11:00am-12:00pm – **Shallow Water Fitness @ Legion Pool** *(starts June 10)*

7:00-8:00pm – **Full Body Ball Class w/ Robin** *(Last class May 27-dropping for summer)*

THURSDAY

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

8:25-8:55am – **Chair Conditioning w/ Robin**

9:00-9:45am – **Silver Sneakers w/ Robin** (In Gymnasium)

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

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

5:30-6:30pm – **Zumba w/ Jamie** *(In Gymnasium – Moving to Aerobics Room June 11)*

FRIDAY

7:45-8:45am – **HIIT w/ Robin**

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

10:00-10:45am – **Beginner Line Dance w/ Karen** *(2nd & 4th Friday of each month)*

10:00-11:00am – **Walking w/ Mary McDade @ Goodell Gardens** *(starts May 29)*

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

11:00am-12:00pm – **Shallow Water Fitness @ Legion Pool** *(starts June 12)*

SATURDAY

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

SUNDAY

11:00am-12:00pm – **Yogilates w/ Michelee @ Goodell Gardens**

Effective May 18
Some classes starting
June (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.

Beginner Line Dance: A "No partner required" low impact dance class. This class is a continuous set of choreographed routines that keep moving using your brain and body.

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.

Chair Conditioning: This class can be taken from a seated or standing position designed to help strengthen and stretch core muscles.

Core Conditioning: This core strengthening class is designed to explore your core and how to engage all these muscles to feel stronger in all you do.

Full Body Ball Class: Full-body strength and stability class that uses a yoga ball to build core strength, improve balance, and target every major muscle group in a fun, low-impact workout.

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 & Cardio Flow: This class builds muscular endurance and cardiovascular fitness taught in a flow sequence.

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

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

Zumba: This class is a high-energy, dance-based aerobic workout that blends Latin and international music with easy-to-follow choreography.