



Fall 2017 Schedule
 Room 2 @ Tom Taylor Family YMCA
 September 24th - December 31st

10550 Harbor Hill Drive
 Gig Harbor, WA 98332
 (253)853-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
7am	Cardio Strength 7:30am - 8:30am		Muscle Toning 7:30am - 8:30am		Cardio Strength 7:30am - 8:30am	TRX® 7:30am - 8:15am	
8am						Cardio Strength Step 8:30am - 9:30am	
9am	Low Impact Strength 9am - 9:45am	TRX® 9am - 9:45am	Low Impact Strength 9am - 9:45am	TRX® 9am - 9:45am	Boot Camp 9am - 10am		
10am	Low Impact Classic, Chair 10am - 10:45am	Low Impact Circuit, Chair 10am - 10:45am	Low Impact Classic, Chair 10am - 10:45am	Low Impact Circuit, Chair 10am - 10:45am	Low Impact Circuit, Chair 10:15am - 11am	Zumba® 10am - 11am	Cardio Strength 10am - 11am
11am	Cardio Strength 11:15am - 12:15pm	Zumba® 11:15am - 12:15pm	Pound 11:15am - 12pm	Zumba® 11:15am - 12:15pm	Cardio Strength 11:15am - 12:15pm	MixedFit® 11:15am - 12:15pm	Zumba® 11:15am - 12:15pm
12pm			Zumba® Gold 12:15pm - 1:15pm		Zumba® 12:30pm - 1:30pm		
1pm		Low Impact Circuit, Chair 1:30pm - 2:15pm		Low Impact Circuit, Chair 1:30pm - 2:15pm		Martial Arts - Taekwondo 1pm - 2pm	
2pm	Low Impact TRX® 2pm - 2:30pm	Healthy Back 2:30pm - 3:15pm	Low Impact TRX® 2pm - 2:30pm	Healthy Back 2:30pm - 3:15pm		Martial Arts - Taekwondo 2pm - 3pm	
3pm		Rock Steady Boxing® 3:30pm - 4:30pm		Rock Steady Boxing® 3:30pm - 4:30pm		Rock Steady Boxing® 3:30pm - 4:30pm	MixedFit® 3pm - 4pm
4pm	Cardio Strength Step 4:15pm - 5:15pm						
5pm		TRX® 5pm - 5:45pm	TRX® Circuit 5pm - 5:45pm				
6pm	Zumba® 6pm - 7pm	Zumba® 6pm - 7pm	Zumba® 6pm - 7pm	Cardio Dance 6pm - 7pm			
7pm	Dance Adult Tap 7:15pm - 8:15pm	Dance - Ballroom 7:15pm - 9:15pm	Ballroom 7:15pm - 9:15pm	MixedFit® 7:15pm - 8:15pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

For further schedule information, including class description, instructor names, lap lane availability or program notifications please visit us at www.ymcapkc.org or on our mobile application.

Holiday Hours:

Thanksgiving Day | 7am– 12pm

Day after Thanksgiving | 7am- 9:30pm

Christmas Eve | 8am – 3pm

Christmas Day | Closed

Day after Christmas | 7am- 9:30pm

New Year's Eve | 8am – 3pm

New Year's Day | 9am – 6pm



Class Descriptions Tom Taylor Family YMCA

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- Ballroom** - Practice the Waltz, Foxtrot, the Tango, Swing, the Cha Cha, and more as a way of staying active and having fun! No instruction.
- Boot Camp** - Join in boot camp style circuits in this fast-paced class that focuses on agility, strength, and cardio segments. This class may be offered outside, weather permitting.
- Cardio Dance** - Enjoy lively rhythms and movements in this fun, choreography-based workout.
- Cardio Strength** - Get a total body workout that focuses on tightening and toning the body with intervals of cardio and strength using hand weights, body bars, resistance bands, steps, and resistance balls.
- Cardio Strength Step** - Get moving in this high-energy workout for all fitness levels that work on optimal strength training and body weight exercises. Arrive a few minutes early to your first class to learn basic technique from the instructor.
- Dance - Ballroom** - Stay active and have fun learning the Waltz, Foxtrot, Tango, Swing, Cha Cha and more. No partner required.
- Dance Adult Tap** - Get ready to make some noise! A dance in which the rhythm is sounded out by clicking taps on the heels and toes of the dancer's shoes. Tap shoes required. For ages 15 and older.
- Healthy Back** - Gain back pain relief through gentle strengthening exercises. Class is open to all wanting to protect their back and keep it healthy.
- Low Impact Circuit, Chair** - Work on upper body strength using hand weights, elastic tubing, and a ball is alternated with low impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.
- Low Impact Classic, Chair** - Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is optional for support.
- Low Impact Strength** - Work on upper body strength using hand weights, elastic tubing, and other resistance tools are alternated with low impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.
- Low Impact TRX®** - A method of leveraged body weight exercises that integrate cardiovascular and functional strength, flexibility, balance, and mobility, and prevent injuries. This class is modified and is specifically geared to the novice.
- Martial Arts - Taekwondo** - A Korean art using hands and feet as a means of practical self-defense is recognized as the national sport of Korea as well as an Olympic sport.
- MixedFit®** - Combine explosive dancing and boot camp toning for a fun and effective workout.
- Muscle Toning** - Condition the total body through strength and endurance exercises using resistance equipment such as hand weights, body bars, resistance bands, steps, and resistance balls.
- Pound** - Transforms drumming into an incredibly effective way of working out through an exhilarating full body workout that combines cardio, conditioning and strength training with yoga and Pilates inspired movements, using lightly weighted drumsticks.
- Rock Steady Boxing®** - Non-contact boxing inspired fitness routine improving the ability of people with Parkinson's to live independent lives. Recent studies suggest intense exercise programs may be "neuro-protective," actually working to delay the progression of symptoms.
- TRX®** - Safely perform hundreds of exercises that build strength, flexibility, balance, and mobility, and prevent injuries through leveraged body weight exercises that integrate functional strength training regimens.
- TRX® Circuit** - Alternate between TRX® suspension straps and a cardiovascular component in this large group TRX® Circuit class for a fast and effective total body workout. Suitable for beginner-advanced fitness levels.
- Zumba®** - Move to the music in this Latin-inspired dance aerobic workout fueled by international music.
- Zumba® Gold** - Exciting Latin inspired dance rhythms created in the original Zumba® class modified for the active older adult, beginner, or anyone needing modifications for a successful class. Includes chair workouts.