



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	<b>Cardio Strength</b> 7:30am - 8:30am		<b>Muscle Toning</b> 7:30am - 8:30am		<b>Cardio Strength</b> 7:30am - 8:30am	<b>TRX®</b> 7:30am - 8:15am	
8am						<b>Cardio Strength Step</b> 8:30am - 9:30am	
9am	<b>Low Impact Strength</b> 9am - 9:45am	<b>TRX®</b> 9am - 9:45am	<b>Low Impact Strength</b> 9am - 9:45am	<b>TRX®</b> 9am - 9:45am	<b>Boot Camp</b> 9am - 10am		
10am	<b>Low Impact Classic, Chair</b> 10am - 10:45am	<b>Low Impact Circuit, Chair</b> 10am - 10:45am	<b>Low Impact Classic, Chair</b> 10am - 10:45am	<b>Low Impact Circuit, Chair</b> 10am - 10:45am	<b>Low Impact Circuit, Chair</b> 10:15am - 11am	<b>Zumba®</b> 10am - 11am	<b>Cardio Strength</b> 10am - 11am
11am	<b>Cardio Strength</b> 11:15am - 12:15pm	<b>Zumba®</b> 11:15am - 12:15pm	<b>Pound</b> 11:15am - 12pm	<b>Zumba®</b> 11:15am - 12:15pm	<b>Cardio Strength</b> 11:15am - 12:15pm	<b>MixedFit®</b> 11:15am - 12:15pm	<b>Zumba®</b> 11:15am - 12:15pm
12pm			<b>Zumba® Gold</b> 12:15pm - 1:15pm		<b>Zumba®</b> 12:30pm - 1:30pm		
1pm		<b>Low Impact Circuit, Chair</b> 1:30pm - 2:15pm		<b>Low Impact Circuit, Chair</b> 1:30pm - 2:15pm		<b>Martial Arts - Taekwondo</b> 1pm - 2pm	
2pm	<b>Low Impact TRX®</b> 2pm - 2:30pm	<b>Healthy Back</b> 2:30pm - 3:15pm	<b>Low Impact TRX®</b> 2pm - 2:30pm	<b>Healthy Back</b> 2:30pm - 3:15pm		<b>Martial Arts - Taekwondo</b> 2pm - 3pm	
3pm		<b>Rock Steady Boxing®</b> 3:30pm - 4:30pm		<b>Rock Steady Boxing®</b> 3:30pm - 4:30pm		<b>Rock Steady Boxing®</b> 3:30pm - 4:30pm	<b>MixedFit®</b> 3pm - 4pm
4pm	<b>Cardio Strength Step</b> 4:15pm - 5:15pm						
5pm		<b>TRX®</b> 5pm - 5:45pm	<b>TRX® Circuit</b> 5pm - 5:45pm				
6pm	<b>Zumba®</b> 6pm - 7pm	<b>Zumba®</b> 6pm - 7pm	<b>Zumba®</b> 6pm - 7pm	<b>Cardio Dance</b> 6pm - 7pm			
7pm	<b>Dance Adult Tap</b> 7:15pm - 8:15pm	<b>Dance - Ballroom</b> 7:15pm - 9:15pm	<b>Ballroom</b> 7:15pm - 9:15pm	<b>MixedFit®</b> 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](http://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.