



Spring 2018  
 Room 1 @ Tom Taylor Family YMCA  
 April 1st - June 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Cycling</b> 5am - 5:45am	<b>Cycling</b> 5am - 5:45am	<b>Cycling</b> 5am - 5:45am	<b>Cycling</b> 5am - 5:45am	<b>Cycling</b> 5am - 5:45am		
6am	<b>Cycling</b> 6am - 7am	<b>Cycling</b> 6am - 6:50am	<b>Cycling</b> 6am - 7:15am		<b>Cycling</b> 6am - 7:15am	<b>Cycling</b> 6:45am - 7:30am	
7am		<b>Yoga</b> 7am - 7:30am		<b>Cycling</b> 7:30am - 8:30am		<b>Cycling</b> 7:45am - 8:45am	
9am	<b>Cycling</b> 9am - 10am	<b>Cycling</b> 9am - 10am	<b>Cycling</b> 9am - 10am	<b>Cycling</b> 9am - 10am	<b>Cycling</b> 9:15am - 10am	<b>Cycling</b> 9am - 10am	<b>Cycling</b> 9am - 10am
10am	<b>Jillian Michael's BODYSHRED™</b> 10:15am - 11am	<b>Reserved</b> 10:30am - 1:30pm	<b>Jillian Michael's BODYSHRED™</b> 10:15am - 11am	<b>Reserved</b> 10:30am - 1:30pm	<b>Jillian Michael's BODYSHRED™</b> 10:15am - 11am		
11am	<b>Zumba® Gold</b> 11:15am - 12:15pm				<b>Zumba® Gold</b> 11:15am - 12:15pm	<b>Zumba Toning®</b> 11:15am - 12:15pm	
12pm	<b>Cycling</b> 12:30pm - 1:15pm		<b>Cycling</b> 12:30pm - 1:15pm		<b>Cycling</b> 12:30pm - 1:15pm		
1pm	<b>Pilates</b> 1:30pm - 2:30pm		<b>Pilates</b> 1:30pm - 2:30pm		<b>Pilates</b> 1:30pm - 2:30pm	<b>Martial Arts - Taekwondo</b> 1pm - 2pm	<b>Martial Arts - Hapkido</b> 1pm - 3pm
2pm		<b>Healthy Back</b> 2:30pm - 3:15pm		<b>Self Defense</b> 2pm - 2:30pm		<b>Martial Arts - Taekwondo</b> 2pm - 3pm	
				<b>Healthy Back</b> 2:30pm - 3:15pm			
3pm	<b>Pedaling for Parkinson's</b> 3pm - 4pm		<b>Pedaling for Parkinson's</b> 3pm - 4pm		<b>Pedaling for Parkinson's</b> 3pm - 4pm		
5pm	<b>Kickboxing</b> 5pm - 5:45pm	<b>Jillian Michael's BODYSHRED™</b> 5:30pm - 6:15pm	<b>Martial Arts - Taekwondo</b> 5pm - 6pm	<b>Jillian Michael's BODYSHRED™</b> 5:30pm - 6:15pm			
6pm	<b>Cycling</b> 6pm - 6:45pm	<b>Martial Arts - Hapkido</b> 6:30pm - 8pm	<b>Cycling</b> 6:15pm - 7:15pm				

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.ymcapk.org](http://www.ymcapk.org) or on our mobile application.

**Holiday Hours;**

Easter | April 1, CLOSED

Memorial Day | May 28, 7am-3pm



## Class Descriptions Tom Taylor Family YMCA

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**Cycling** - Build endurance and strength during this high-energy, interval class of cardio-muscular training. All fitness levels welcome. Bring a towel and water bottle.

**Healthy Back** - Gain back pain relief through gentle strengthening exercises. Class is open to all wanting to protect their back and keep it healthy.

**Jillian Michael's BODYSHRED™** - Jillian Michaels BODYSHRED™ is a high intensity and endurance based 30 minute workout. You will shred fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance.

**Kickboxing** - Focus on cardiovascular strengthening in this high energy class utilizing punches, kicks, and intervals set to music.

**Martial Arts - Hapkido** - Korean martial arts class teaches self-defense using kicking, throwing, and joint-lock moves.

**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.

**Pedaling for Parkinson's** - Research conducted at Cleveland Clinic showed 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace-optimally, 80-90 revolutions per minute.

**Pilates** - Increase core strength through gentle rhythmic movements focusing on breath, flexibility, strength, and core stabilization.

**Reserved** - Reserved for meetings and programming overflow. Available to adults 18 years and older when not in use. Visit the Welcome Center for access to Youth Center.

**Self Defense** - Learn a variety of self-defense techniques from both standing and ground positions.

**Yoga** - Control breathing through a series of flowing movements designed to strengthen and lengthen muscles while developing a mind-body connection. Guidance through yoga postures improves strength, balance and flexibility.

**Zumba Toning®** - Combines targeted body-sculpting exercises and high-energy cardio with Latin-infused Zumba moves to create a calorie-burning, strength training fitness class.

**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.