

Summer 2019  
Room 2 | Tom Taylor Family YMCA

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>Muscle Toning</b> YMCA Staff 5am - 6am		<b>Muscle Toning</b> YMCA Staff 5am - 6am		<b>Muscle Toning</b> YMCA Staff 5am - 6am		
<b>7am</b>	<b>Cardio Strength</b> Dani F. 7:30am - 8:30am	<b>Cardio Strength</b> Carolyn K. 7am - 7:45am	<b>Cardio Strength</b> Dani F. 7:30am - 8:30am	<b>Cardio Strength</b> Carolyn K. 7am - 7:45am	<b>Cardio Strength</b> Dani F. 7:30am - 8:30am	<b>TRX®</b> Becca L. 7:30am - 8:15am	
<b>8am</b>		<b>TRX®</b> Katrina H. 8am - 8:45am		<b>TRX®</b> Paula L. 8am - 8:45am		<b>Cardio Strength Step</b> DJ . 8:30am - 9:30am	
<b>9am</b>	<b>Low Impact Strength</b> Dani F. 9am - 9:45am	<b>TRX®</b> Shantel W. 9am - 9:45am	<b>Low Impact Strength</b> Dani F. 9am - 9:45am	<b>TRX®</b> Shantel W. 9am - 9:45am	<b>Boot Camp</b> YMCA Staff 9am - 10am		
<b>10am</b>	<b>Low Impact Classic, Chair</b> Nicole N. 10am - 10:45am	<b>Low Impact Circuit</b> DJ . 10am - 10:45am	<b>Low Impact Classic, Chair</b> Nicole N. 10am - 10:45am	<b>Low Impact Circuit, Chair</b> Paula L. 10am - 10:45am	<b>Low Impact Circuit, Chair</b> Dani F. 10:15am - 11am	<b>Zumba®</b> Melissa S. 10am - 11am	<b>Cardio Strength</b> Katrina H. 10am - 11am
<b>11am</b>	<b>Cardio Strength</b> Nicole C. 11:15am - 12:15pm	<b>Zumba®</b> Zumba Ohana 11:15am - 12:15pm	<b>Cardio Strength</b> Lanette M. 11:15am - 12:15pm	<b>Zumba®</b> Zumba Ohana 11:15am - 12:15pm	<b>Cardio Strength</b> Paula L. 11:15am - 12:15pm	<b>Cardio Dance</b> Dorothy W. 11:15am - 12:15pm	<b>Cardio Dance</b> Katrina H. 11:15am - 12:15pm
<b>12pm</b>					<b>Zumba®</b> James H. 12:30pm - 1:30pm		
<b>1pm</b>		<b>Low Impact Circuit, Chair</b> DJ . 1:30pm - 2:30pm		<b>Low Impact Circuit</b> Paula L. 1:30pm - 2:30pm		<b>Taekwondo*</b> YMCA Staff 1pm - 2pm	<b>Hapkido*</b> YMCA Staff 1pm - 3pm
<b>2pm</b>	<b>Low Impact TRX®</b> Katrina H. 2:15pm - 2:45pm		<b>Low Impact TRX®</b> Marty P. 2:15pm - 2:45pm	<b>Registered Programming</b> YMCA Staff 2:30pm - 3pm		<b>Taekwondo*</b> YMCA Staff 2pm - 3pm	
<b>3pm</b>		<b>Rock Steady Boxing®</b> JJ . 3pm - 4:30pm		<b>Rock Steady Boxing®</b> JJ . 3pm - 4:30pm		<b>Rock Steady Boxing®</b> JJ . 3:30pm - 5pm	
<b>4pm</b>	<b>Cardio Strength Step</b> Sherri P. 4:15pm - 5:15pm		<b>Taekwondo*</b> YMCA Staff 4pm - 5pm				
<b>5pm</b>		<b>TRX®</b> Becca L. 5pm - 5:45pm	<b>TRX®</b> Becca L. 5:15pm - 5:45pm	<b>TRX® Circuit</b> Becca L. 5pm - 5:45pm	<b>TRX®</b> Becca L. 5pm - 5:45pm		
<b>6pm</b>	<b>Zumba®</b> Dorothy W. 6pm - 7pm	<b>Zumba®</b> Laura B. 6pm - 7pm	<b>Cardio Dance</b> YMCA Staff 6pm - 7pm	<b>Zumba®</b> Taz . 6pm - 7pm	<b>Registered Programming</b> YMCA Staff 6:30pm - 7:30pm		

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.

Effective July 1 – September 30

### **Muscle Toning**

Condition the total body through strength and endurance exercises using resistance equipment including hand weights, body bars, resistance bands, steps, and resistance balls.

### **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.

### **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.

### **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.

### **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.

### **Boot Camp**

This fast-paced class focuses on agility, strength, and cardio segments. This class may be offered outside, weather permitting.

### **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 Circuit**

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 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.

### **Zumba®**

Move to the music in this Latin-inspired dance aerobic workout fueled by international music.

### **Cardio Dance**

Enjoy lively rhythms and movements in this fun, choreography-based workout.

### **Low Impact Circuit**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a low impact standing circuit workout.

### **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.

### **Hapkido\***

This Korean martial arts class teaches self-defense using kicking, throwing, and joint-lock moves. Hapkido means the way of coordinated power and is a 'soft' martial art, as it follows the circular and water principles.

### **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.

**Registered Programming** This area is reserved for registered programming. Please visit our Welcome Center for more information.

### **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® 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 advanced fitness levels.