



# Exercise Class Schedule:


July 9 - August 10, 2018

Break Week: August 11 - 26, 2018

Phone 674-7488



Ribbon represents cancer survivor friendly classes.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:10-6:10 am	Group Cycling (MPR: 5:10-5:55)	Strength Train Together (AG)	Group Cycling (MPR: 5:10-5:55)	Strength Train Together (AG)	
6:00-7:00 am	Cardio Mix & Strength (ASC) Outdoor Fit (Ice Cream Stand Kendrick Park 6:15-7:00)	Balance & Flex Together (MBC) Outdoor Fit (Ice Cream Stand Kendrick Park 6:15-7:00)	Cardio Mix & Strength (ASC) Outdoor Fit (Ice Cream Stand Kendrick Park 6:15-7:00)	Balance & Flex Together (MBC) Outdoor Fit (Ice Cream Stand Kendrick Park 6:15-7:00)	Cardio Mix & Strength (ASC) Foundational Flow Yoga (MBC)
7:45-8:45 am	AOA Cardio & Strength (ASC)		AOA Cardio & Strength (ASC)		AOA Cardio & Strength (ASC)
8:00-9:00am	Active Together (AG) Group Cycling (MPR: 8:15-9:00)	Small Group Personal Training *\$\$ (WR)	Active Together (AG) Group Cycling (MPR:8:15-9:00)	Small Group Personal Training *\$\$ (WR)	Active Together (AG) Group Cycling (MPR: 8:15-9:00)
8:30-9:00am		Strength Train Together (AG)		Strength Train Together (AG)	
9:00-10:00 am	 Core, Stretch & Balance (AG: 9:15-10:15) Enhance Fitness* (G3: 9:10-10:10)	Gentle Yoga (MBC) Basic Cycle (MPR:9:10-9:40) Y Personal Fitness * (ASC)	Core, Stretch & Balance (AG: 9:15-10:15) Enhance Fitness* (G3: 9:10-10:10)	Gentle Yoga (MBC) Basic Cycle (MPR:9:10-9:40) Y Personal Fitness * (ASC)	Core, Stretch & Balance (AG: 9:15-10:15) Enhance Fitness* (G3: 9:10-10:10)
10:15-11:15 am	AOA Cardio & Strength (ASC)		AOA Cardio & Strength (ASC)		AOA Cardio & Strength (ASC)
12:00-1:15 pm	Cycling Express (MPR: 12:15-12:45)	Yoga Flow (AG:12:15-1:15)	Cycling Express (MPR: 12:15-12:45)	Yoga Flow (AG:12:15-1:15)	
2:00-3:00 pm		Small Group Personal Training *\$\$ (WR)		Small Group Personal Training *\$\$ (WR)	
4:30-5:45 pm	Group Cycling (MPR: 4:30-5:15) Fit Camp (AG: 4:30-5:15)	Simply Circuit (SC) Foundational Flow Yoga (MBC: 4:45-5:45)	Group Cycling (MPR: 4:30-5:15) Fit Camp (AG: 4:30-5:15)	Simply Circuit (SC)	
5:30-6:30 pm			Foundational Flow Yoga (MBC)		
6:00-8:30 pm	Tae Kwon Do (G1)		Tae Kwon Do (G1)		Tae Kwon Do (AG: 6:00-7:30)

## PLEASE NOTE:

CLASS AVAILABILITY IS BASED ON ATTENDANCE: Schedules are subject to change.

CLASSES WITH ASTERISK (\*) ARE SIGN UP BASED: Please call or stop by the front desk.

CLASSES WITH \*\$\$ ARE FEE BASED: Please stop by the front desk or pay online at [www.sheridanymca.org](http://www.sheridanymca.org) (online registration)

# Health & Well-Being Class Descriptions

CLASS	DESCRIPTION	INTENSITY
<b>Active Together</b> (Aerobic Gym)	All the training you need – cardio, strength, balance & flexibility in just one hour. Get stronger & healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements.	Low to moderate
<b>AOA Cardio &amp; Strength</b> (Activity & Support Center)	Join this safe and interactive program that is invigorating for baby boomers and seniors. With lots of on-the-floor movement variety in the gym and easy to use strength circuit machines this workout is interesting and non-intimidating	Low to moderate
<b>Balance &amp; Flex Together</b> (Mind Body Center)	Grow longer & stronger with an invigorating 60 minute mind-body workout. It incorporates yoga & Pilates fundamentals with athletic training for balance, mobility, flexibility & the core.	Moderate
<b>Basic Cycling</b> (Multi-purpose Room)	This 30 minute class takes you on a great ride of rolling hills and flat roads that adds strength endurance moves for the lower body.	Low
<b>Cardio Mix &amp; Strength</b> (Activity & Support Center)	Come spend the next 60 minutes mixing things up by varying cardio and strength workouts in this cross-training program. This class will introduce participants to a wide array of programs available at the Y. Members will gain confidence in their abilities and comfort in different settings.	Moderate
<b>Core/Stretch/Balance</b> (Aerobic Gym)	Optimize your body awareness & good posture while increasing core strength with traditional abdominal exercises while integrating stretching techniques to lengthen muscles to improve flexibility and balance.	Low to moderate
<b>Cycling Express Group Cycling</b> (Multi-purpose Room)	Push your cardio limits on indoor stationary bicycles as you ride various types of terrain, from flat roads to steep climbs and everything in between.	Moderate to high
<b>Enhance® Fitness</b> (*sign-up based) (Gym 3)	An evidence-based class that includes cardiovascular, strength training, balance & flexibility as well as fostering of strong social relationships between participants. Enhance®Fitness is geared toward older adults. Those with a chronic condition, such as arthritis, need not worry; you will never have to do anything that hurts. Participants can use chairs for support, if necessary, and increase the weight you use at your own pace.	Low to moderate
<b>Fit Camp</b> (Aerobic Gym)	A fun and motivating interval style class that incorporates challenging cardiovascular exercises, plyometric and resistance training that will help push you to your personal best. Build strength, endurance, energy and confidence in a fun, motivating and supportive environment that can be personalized to all fitness levels.	Low to high
<b>Gentle Yoga</b> (Mind Body Center)	Quiet the chatter of everyday life, and relieve stress while you focus on using the breath to relax and stretch.	Low
<b>Intro to Core</b> (Mind Body Center)	Strengthen your core muscles while learning the basics on how to properly and effectively perform abdominal exercises to maximize the benefits of good posture, body awareness and control.	Low
<b>Simply Circuit</b> (Strength Circuit Room)	Try this full body strength machine workout that focuses on body awareness and integrated strength to help you perform day-to-day activities with ease to become a stronger, more functional you.	Low to moderate
<b>Small Group Personal Training</b> (*Fee based program) (Free weight area)	Have you had the interest in using free-weights instead of machines but didn't know where to start? This free-weight strength training class will give you the confidence to move from exercise to exercise in the weight room as you learn a variety of lifting techniques with various safe exercises to help you achieve your goals. The support of a group will help you stay motivated while developing strong relationships. Each person will be accountable to one another, therefore attendance is a must! Sign up now so you don't miss out! This class is limited to 6 participants.	Moderate
<b>Strength Train Together</b> (Aerobic Gym)	Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.	Moderate to high
<b>Tae Kwon Do</b> (*Fee based program)	Martial Arts program for youth and adults that improves self-confidence, self-control, concentration, coordination, reflexes, discipline, and overall health as you learn self-defense techniques.	Low to high
<b>Yoga</b> (Mind body Center/Aerobic Gym)	Discover yoga poses, body alignment and safety, terminology, breathing techniques, flexibility, strength, and mental preparation in this motivating and empowering class.	Low to moderate
<b>Y Personal Fitness</b> (*sign-up based) (Activity & Support Center)	Caring staff is here to support and guide you in a private center and small group setting designed to enhance confidence and commitment to physical activity and well-being. This class format will positively impact members' abilities to realize the intrinsic benefits of movement.	Low