



Group Exercise Class Schedule:

February 17 – March 21, 2020

Break Week: March 22-29, 2020

Phone: 307-674-7488

Ribbon represents cancer survivor friendly classes.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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)	Group Cycling (MPR: 5:10-5:55)	
6:00-7:00 am	Cardio Mix & Strength (ASC) Tabata (AG: 6:00-6:45)	Balance & Flex Together (MBC) Group Cycling (MPR: 6:10-6:55)	Cardio Mix & Strength (ASC) Jump 'n Jab (AG: 6:00-6:45)	Balance & Flex Together (MBC) Group Cycling (MPR: 6:10-6:55)	Cardio Mix & Strength (ASC)	
7:45-9:00 am	AOA Cardio & Strength (ASC: 7:45-8:45)		AOA Cardio & Strength (ASC: 7:45-8:45)		AOA Cardio & Strength (ASC: 7:45-8:45)	
8:00-9:30 am	Active Together (AG: 8:00-9:00) Group Cycling (MPR: 8:15-9:00)	Small Group *\$\$ Personal Training (WR: 8:00-9:00) Strength Train Together (AG: 8:30-9:30)	Active Together (AG: 8:00-9:00) Group Cycling (MPR: 8:15-9:00)	Small Group *\$\$ Personal Training (WR: 8:00-9:00) Strength Train Together (AG: 8:30-9:30)	Active Together (AG: 8:00-9:00) Group Cycling (MPR: 8:15-9:00)	POP-UP Saturday 8:30-9:30 Feb 22: Yoga Tutorial (MBC) Feb 29: Group Cycling (MPR) Mar 7: Strength Train Together (AG) Mar 14: Yoga (MBC) Mar 21: Fit Camp (AG)
9:00-10:15 am All Classes in this time frame	Enhance@ Fitness* (G3: 9:00-10:10) Core, Stretch & Balance (AG: 9:15-10:15)	Gentle Yoga (MBC: 9:00-10:15) Basic Cycling (MPR: 9:10-9:40)	Enhance@ Fitness* (G3: 9:00-10:10) Core, Stretch & Balance (AG: 9:15-10:15)	Gentle Yoga (MBC: 9:00-10:15) Basic Cycling (MPR: 9:10-9:40)	Enhance@ Fitness* (G3: 9:00-10:10) Core, Stretch & Balance (AG: 9:15-10:15) Slow Flow & Restore Yoga (MBC: 9:15-10:15)	
10:15-12:00 pm	AOA Cardio & Strength (ASC: 10:15-11:15)	LIVESTRONG * (Feb 18-May 7 ASC: 10:30-12:00)	AOA Cardio & Strength (ASC: 10:15-11:15)	LIVESTRONG * (Feb 18-May 7 ASC: 10:30-12:00)	AOA Cardio & Strength (ASC: 10:15-11:15)	
12:15-1:15 pm	ZUMBA (AG: 12:00-12:45) Cycling Express (MPR: 12:15-12:45)	Yoga (AG: 12:15-1:15) Y Personal Fitness* (ASC: 12:15-1:15)	Tabata (AG: 12:10-12:55) Cycling Express (MPR: 12:15-12:45)	Yoga (AG: 12:15-1:15) Y Personal Fitness* (ASC: 12:15-1:15)	ZUMBA (AG: 12:00-12:45) Cycling Express (MPR: 12:15-12:45)	
1:30-2:30 pm		Small Group *\$\$ Personal Training (WR)		Small Group *\$\$ Personal Training (WR)		
4:30-5:30 pm	Group Cycling (MPR: 4:30-5:15) Fit Camp (AG: 4:45-5:30)	Balance & Flex Together (MBC: 4:30-5:30) Strength Train Together (AG: 4:40-5:40)	Group Cycling (MPR: 4:30-5:15) Fit Camp (AG: 4:45-5:30)	Balance & Flex Together (MBC: 4:30-5:30) Strength Train Together (AG: 4:40-5:40)	Group Cycling (MPR: 4:30-5:15) Fit Camp (AG: 4:45-5:30)	
5:30-6:45 pm	Group Cycling (MPR: 5:30-6:15) ZUMBA (AG: 5:45-6:45)	Fitness 101 * (Feb 18-Mar26 ASC: 5:30-6:30) Yoga (MBC: 5:45-6:45) Strength Train Together (AG: 5:45-6:45)	Group Cycling (MPR: 5:30-6:15) Yoga (MBC: 5:30-6:30) ZUMBA (AG: 5:45-6:45)	Fitness 101 * (Feb 18-Mar26 ASC: 5:30-6:30) Restorative Yoga (MBC: 5:45-6:45) Strength Train Together (AG: 5:45-6:45)		
6:00-8:30	TaeKwon-Do *\$\$ (G1)		TaeKwon-Do *\$\$ (G1)		TaeKwon-Do *\$\$ (AG: 6:00-7:30)	

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 (online registration)

Health & Well-Being Class Descriptions

CLASS/ROOM	DESCRIPTION	INTENSITY
Active Together (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
AOA Cardio & Strength (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
Balance & Flex Together (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
Basic Cycling (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
Cardio Mix & Strength (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
Core, Stretch & Balance (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
Cycling Express Group Cycling (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
Enhance@ Fitness (* Registration required) (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
Fitness 101 (*Registration required) (ASC)	A class for those who aren't sure where to begin and want to learn more about fitness and wellness. This 6 week program will have a educational & physical components that changes focus on a week-to-week basis so you can find what is most interesting to you and set you up for success in living a healthy lifestyle.	Low
Fit Camp (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
Gentle Yoga (Mind Body Center)	Quiet the chatter of everyday life, and relieve stress while you focus on using the breath to relax and stretch.	Low
LIVESTRONG at the YMCA (Activity & Support Center)	A program committed to reaching out to cancer survivors who deserve the opportunity to reclaim or gain their health following their cancer diagnosis and beyond. The 12-week program is free, takes place in a clean and supportive environment and is facilitated by specially trained instructors. The goal of this program is to provide the cancer survivors with a unique healing experience. It is open to all cancer survivors whether newly diagnosed or 20 years out.	Low
Restorative Yoga (Mind Body Center)	Restorative yoga is an opportunity to release physical & mental stress in the comfort of supported yoga postures. A wide range of yoga props as well as breath & relaxation guidance are used to contribute to a deep state of rest.	Low
Slow Flow & Restore (Mind Body Center)	Slow Flow & Restore Yoga is an opportunity to get into poses through a flow then release physical & mental stress in the comfort of supported yoga postures. A wide range of yoga props as well as breath & relaxation guidance are used to contribute to a deep state of rest.	Low
Small Group Personal Training (*Fee based program) (* Registration required) (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
Strength Train Together (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
Tabata (Aerobic Gym)	Tabata features 20 seconds of extreme work followed by 10 seconds of rest repeated 8 times. These bursts of intense work have been found to improve both anaerobic and aerobic systems. Modifications will be shown for anyone who would prefer a less intense or lower impact approach.	Moderate to high
Tae Kwon Do (*Fee based program) (* Registration required)	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
Yoga (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
Yoga Tutorial NO FEE (Mind body center)	Not only for beginners but for anyone newer to yoga or for those who would like to learn more. Join us as we learn about yoga pose alignment, adjustments, terminology, breath and adaptations that will allow you to get the most out of your yoga practice. We ask that you sign up so we know how many people to accommodate for.	Low
Y Personal Fitness (* Registration required) (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
Zumba (Aerobic Gym)	This Latin-inspired, easy-to-follow, dance-fitness party works all your major body groups in a high-energy cardio blast that leaves you energized, restored and full of life!	Low to moderate