



Group Exercise Classes
August 24 - October 16, 2020
Break Week: October 17-25, 2020
Phone: 307-674-7488

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10 - 6:10am	Group Cycling (MPR: 5:10 - 5:55)	Strength Train Together (G1) Group Cycling (MPR: 5:10 - 5:50)	Group Cycling (MPR: 5:10 - 5:55)	Strength Train Together (G1) Group Cycling (MPR: 5:10 - 5:50)	Group Cycling (MPR: 5:10 - 5:55)	
6:00 - 7:00 am	Cardio Mix & Strength (ASC) Tabata (G1: 6:00-6:45)	Balance & Flex Together (MBC) Group Cycling (MPR: 6:00-6:45)	Cardio Mix & Strength (ASC)	Balance & Flex Together (MBC) Group Cycling (MPR: 6:00-6:45)	Cardio Mix & Strength (ASC)	
7:45 - 9:15 am	AOA Cardio Strength (G3/ASC: 7:45-8:45) Active Together (G1: 8:00-9:00) Group Cycling (MPR: 8:15-9:00)	Strength Train Together (G1: 8:15-9:15)	AOA Cardio Strength (G3/ASC: 7:45-8:45) Active Together (G1: 8:00-9:00) Group Cycling (MPR: 8:15-9:00)	Strength Train Together (G1: 8:15-9:15)	AOA Cardio Strength (G3/ASC: 7:45-8:45) Active Together (G1: 8:00-9:00) Group Cycling (MPR: 8:15-9:00)	
9:00 - 10:15 am	Enhance® Fitness* (G3: 9:00-10:10) Core, Stretch & Balance (G1: 9:15-10:15)		Enhance® Fitness* (G3: 9:00-10:10) Core, Stretch & Balance (G1: 9:15-10:15)		Enhance® Fitness* (G3: 9:00-10:10) Core, Stretch & Balance (G1: 9:15-10:15)	
10:15- 11:15 am	AOA Cardio Strength (G3/ASC)		AOA Cardio Strength (G3/ASC)		AOA Cardio Strength (G3/ASC)	
12:00 - 1:00 pm	Cycling Express (MPR: 12:15-12:45)	Yoga (G1: 12:00-1:00)	Tabata (G1: 12:10-12:55) Cycling Express (MPR: 12:15-12:45)		Cycling Express (MPR: 12:15-12:45)	
4:30 - 5:40 pm	Group Cycling (MPR: 4:30-5:15) ZUMBA (G1:4:30-5:15)	Strength Train Together (G1: 4:40-5:40)	Group Cycling (MPR: 4:30-5:15) ZUMBA (G1:4:30-5:15)	Yoga (MBC: 4:30-5:30) Strength Train Together (G1: 4:40-5:40)		
5:30 - 6:50 pm	Group Cycling (MPR: 5:30-6:15)	Strength Train Together (G1: 5:50-6:50)	Group Cycling (MPR: 5:30-6:15) Yoga (MBC:5:30-6:30)	Strength Train Together (G1: 5:50-6:50)		
5:30-6:45 pm	TaeKwon-Do *\$* (Minis class 6:00-6:45) (G1)		TaeKwon-Do *\$* (Minis class 6:00-6:45) (G1)		TaeKwon-Do *\$* (Minis class 6:00-6:45) (G1)	

CLASS AVAILABILITY IS BASED ON ATTENDANCE:

Schedules are subject to change

CLASSES WITH AN 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](#))

AG: Aerobic Gym
 ASC: Activity Support Center
 G1/3: Gym 1/3
 MBC: Mind Body Center
 MPR: Multi-Purpose Room
 WR: Weight Room

HEALTH & WELLNESS CLASS DESCRIPTIONS

CLASS/ROOM	DESCRIPTION	INTENSITY
Active Together (Gym 1)	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 (Gym 1)	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 both educational & physical components that change 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
MetCon (Gym 1)	Each metabolic conditioning (MetCon) class will consist of cardiovascular and multi-joint movements that are scaled to your fitness and comfort level. MetCon is the best class for overall, non specific training. With consistent participation you will notice an increase in strength, improve your cardiovascular system and have you sweating and burning calories long after you leave the gym.	Moderate 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
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 (Gym 1)	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 (Gym 1)	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)	Discover yoga poses, body alignment and safety, terminology, breathing techniques, flexibility, strength, and mental preparation in this motivating and empowering class.	Low to moderate
Zumba (Gym 1)	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