

# HEALTH & WELLNESS

## GROUP EXERCISE SCHEDULE

### January 6–February 29

Joining a class at the Y is a great way to stay motivated and get fit, meet new people and have a blast! More than 50 classes a week with something for everyone and every fitness level. Not sure which class is right for you? Call Casey Clark Kelley at 563-9622 to help you find the right class for your goals.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00–6:45am Kettlebells Tammy Fitness Studio	6:30–7:30am Gentle Yoga Courtney Fitness Studio	6:00–6:45am Kettlebells Tammy Fitness Studio	6:30–7:30am Gentle Yoga Courtney Fitness Studio	6:00–6:45am Kettlebells Tammy Fitness Studio	7:30–8:30am Cycling Tate Cycling Studio
6:30–7:15am Cycling Sarah P. Cycling Studio	8–9am Pilates Cynthia Fitness Studio	6:30–7:15am Cycling Sarah P. Cycling Studio	7–8am Cardio Tennis Various Instructors Tennis Center	6:30–7:15am Cycling Sarah P. Cycling Studio	8–9am Vinyasa Yoga Steph Fitness Studio
8–9am Strength & Cardio Sarah N. Court 4	8–9am SYNRGY Casey Location	8–9am Strength & Cardio Sarah N. Fitness Studio	8–9am Pilates Cynthia Fitness Studio	8–9am Strength & Cardio Sarah N. Cycling Studio	<b>SUNDAY</b>
8–9am HIIT Becky Cycling Studio	8–9am TRX Becky Cycling Studio	8–9am Total Body Challenge Hannah Cycling Studio	8–9am TRX Barre Becky Cycling Studio	8–9am Boot Camp Becky Court 4	
8–9am Living Fit Robin Fitness Studio	9:15–10:15am Forever Fit Hannah Fitness Studio	8–9am Living Fit Robin Court 4	9:15–10:15am Forever Fit Hannah Fitness Studio	8–9am Living Fit Robin Fitness Studio	9:15–10:15am Cycling Amanda Cycling Studio
<b>NEW</b> 9:15–10:15am Track Workout Cayce Track	9:15–10:15am Cycling Cynthia Cycling Studio	9:15–10:15am Pilates Jan Fitness Studio	9:15–10:15am Cycling Cynthia Cycling Studio	9:15–10:15am Barre Becky Fitness Studio	<b>GROUP EXERCISE FEES</b> Members <b>FREE</b> Nonmembers <b>\$10/class</b>  <b>KARATE</b> Monthly sessions FM <b>\$35</b> M <b>\$40</b> NM <b>\$80</b>
9:15–10:15am Moderate Yoga Courtney Fitness Studio	10:30–11:30am Strength & Core Cynthia Cycling Studio	<b>NEW</b> 10–11am Pedaling For Parkisons Tate Cycling Studio	9:15–10:15am Tai Chi Becky/Jan Multi-Gen \$	<b>NEW</b> 10–11am Pedaling For Parkisons Tate Cycling Studio	
9:15–10:15am Tai Chi Becky/Jan Multi-Gen \$	12:15–12:45pm Fusion Casey Fitness Studio	10:30–11:30am Enhance@Fitness Robin Fitness Studio \$	10:30–11:30am Strength & Core Cynthia Fitness Studio	10:30–11:30am Enhance@Fitness Robin Fitness Studio \$	
<b>NEW</b> 10–11am Pedaling For Parkisons Tate Cycling Studio	4:15–5pm Cycling Sarah P. Cycling Studio	12:15–1pm TRX Sarah N. Cycling Studio	4:15–5pm HIIT Circuit Trng Becky Fitness Studio		
10:30–11:30am Enhance@Fitness Robin Fitness Studio \$	5–6pm ZUMBA Julie Fitness Studio	5–6pm Cardio Tennis Various Instructors Tennis Center	4:15–5pm Cycling Sarah P. Cycling Studio		<b>CHILDWATCH</b> <b>WEEKDAY MORNINGS</b> 8–11:30am <b>MON, TUES, WED &amp; THURS</b> <b>EVENINGS</b> 4–7pm <b>SATURDAY MORNINGS</b> 7–10am <b>FAMILY MEMBERS FREE</b> <b>MEMBERS \$5/HOUR</b> <b>or \$45 punch card (10 visits)</b> <b>PLEASE PRE REGISTER</b>
12:15–12:45pm Spin and Core Casey Cycling Studio	6:15–7:15pm Cardio Kickboxing Hannah Cycling Studio	5–6pm TBC Cayce Cycling Studio	5–6pm TBC Melissa Fitness Studio		
12:30–1:30 Cardio Tennis Various Instructors Tennis Center	6:30–8pm Karate Nancy Fitness Studio \$	<b>NEW</b> 6–7pm PiYo Tanya Fitness Studio	6:30–8:00pm Karate Nancy Fitness Studio \$		
5–6pm Tabata & TRX Melissa Cycling Studio					
		<b>\$ Specialty Fees Apply</b>			

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## CLASS DESCRIPTIONS

**Barre** With combined movements of Pilates, yoga, and ballet, this class focuses on alignment, posture, and stretching to develop strength, balance and flexibility using isometric exercises that incorporate equipment like light dumbbells, flat resistance bands, mini-balls, and more.

**Bootcamp** Cardiovascular plyometric conditioning and a variety of strength training techniques come together in this class to give you a full body workout.

**Cardio Kickboxing** A group fitness class that combines martial arts techniques with fast-paced cardio.

**Cardio Tennis** Fun, fast-paced fitness on the tennis court. No experience or equipment needed.

**Cycling** Experience an excellent cardiovascular workout as you pedal through hills, sprints, and many other challenging drills on our indoor cycling bikes. All levels welcome, workouts can be self-paced.

**Enhance@Fitness** Using wrist and ankle weights, this evidence-based class helps older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. This is a full hour of fun focusing on dynamic cardiovascular exercise, strength training, balance and flexibility. Modified versions of exercises are demonstrated and chairs are available for balance and lower-body exercises.

**Forever Fit** Similar to Living Fit, but with a modified routine and slower pace that is gentler on the body. The class offers a total body workout for active older adults combining all elements of fitness: cardio, muscle conditioning, balance and flexibility with an emphasis on core, form and posture.

**Fusion** Moves inspired by Pilates and yoga flow together for a high-energy, low-impact workout geared towards increasing strength, flexibility, balance, posture, and core stability.

**Gentle Yoga** Awaken your body and mind with gentle/moderate yoga. This one-hour class incorporates calm movement flows, standing, and floor postures linked with breath in progressive sequences focused on stretching and gently building strength.

**HIIT/HIIT** Circuit Training High-intensity interval training is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

**Kettlebells** Kettlebells are some of the most effective tools for improving your fitness level. The exercises train the entire body. This 45-minute class combines strength training and cardio.

**Living Fit** A class that offers a total body workout for active older adults using free weights, kettlebells, bands and balls combining all elements of fitness: cardio, muscle conditioning, balance and flexibility with an emphasis on core, form and posture.

**Moderate Yoga** A flow style vinyasa yoga practice with movement from pose to pose, linking breath, body and mind. Yoga postures and breathing techniques are used to help strengthen and tone the pelvic floor, diaphragm, lungs, heart, and mental functions as well as helps balance the five systems of the body.

**Pilates** Low-impact, deep-reaching workout for your "core" - your abdominals, pelvis, back, shoulders and buttocks.

**Spin & Core** 20 minutes of indoor cycling cardiovascular work followed by 10 minutes of core strengthening and stretch.

**Strength & Cardio** A low impact, energetic workout that uses bikes, steps, exercise balls and hand weights that encourages participant improvement while being cautious of mobility and joint limitations.

**Strength & Core** A unique exercise class utilizing a multi-dimensional training device that integrates core strengthening, functional training and balance work, along with hand weights and body weight exercises.

**Tabata & TRX** Intense cardio sequences broken into eight 20/10 intervals (20 seconds of work followed by 10 seconds of rest) alternating with functional TRX suspension moves for full body strengthening.

**Total Body Challenge** (TBC) Focus on balance, coordination and cardiovascular endurance with full body strengthening moves and high energy cardio in a versatile class that includes various challenges, from cycling, interval training, weights, body weight resistance moves, track workouts, and more!

**TRX/TRX 30** Build functional strength in upper body, lower body and core with TRX suspension trainers. This workout will focus on proper form and is accessible for all levels of fitness.

**TRX Barre** With combined movements of pilates, yoga, and ballet, this class focuses on alignment, posture, and stretching incorporating TRX straps.

**Vinyasa Flow Yoga** A dynamic style of yoga which joins physical postures with inhales and exhales, creating a steady internal rhythm. Deepen your practice both mentally and physically with this fluid class that builds upon strength, flexibility and skillful transitions.

**PiYo** This class includes a mix of pilates, which focuses on muscle and core building, and yoga, which focuses on strength and flexibility.

**Track Work Out** Challenge your body in various way using our elevated track, free weights, and body weights.

# HEALTH & WELLNESS

## HEALTHY LIVING TEAM

### OUR HEALTHY LIVING TEAM

Y fitness professionals are well-trained in their areas of expertise with a variety of group exercise, personal training and specialty certifications to round-out the team. To ensure safe, effective and innovative classes, we support the continued education of new staff as they progress towards their individual certifications.



**Casey Clark Kelley**  
*Director of Operations  
& Personal Trainer*

Fusion, SYNRGY 360,  
running, cycling, cardio  
barbell fitness



**Becky Drum**  
*Instructor &  
Personal Trainer*

TRX, Tai Chi, DVRT-  
certified weightlifting



**Lauren Ober**  
*Instructor &  
Personal Trainer*

Speed and agility



**Julie Higgins Browne**  
*Instructor*

Zumba



**Melissa Howard**  
*Instructor*

HIIT training, TRX,  
total body fitness



**Cayce Begin**  
*Instructor & Personal  
Trainer*

Total Body Challenge



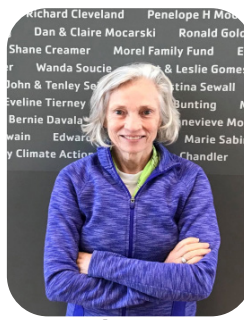
**Cynthia Fort**  
*Instructor*

Pilates, cycling,  
strength training



**Courtney Belolan**  
*Instructor*

Kripalu yoga



**Jan John**  
*Instructor*

Pilates, strength  
training, HIIT, Tai  
Chi



**Sarah Plummer**  
*Instructor*

Yoga, cycling, PiYo,  
Barre, active older  
adult aerobics,  
triathlon training



**Tate Sandrock**  
*Instructor & Personal  
Trainer*

Cycling



**Tammy Plummer**  
*Instructor*

Kettlebells



**Amanda Swanberg**  
*Instructor &  
Personal Trainer*

Strength training and  
weight lifting for women,  
cycling, kettlebells,  
Beginner Step



**Robin Maginn**  
*Healthy Living Specialist*

Personal training,  
aerobics, **Enhance®  
Fitness**, kettlebells, Tai  
Chi for Better Balance



**Hannah Menses**  
*Instructor &  
Personal Trainer*

Cardio Kickboxing



**Sarah Neumann**  
*Instructor &  
Personal Trainer*

HIIT training, TRX,  
strength training