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.

### GROUP EXERCISE SCHEDULE

**January 6–February 29**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-6:45am Kettlebells</td>
<td>6:30-7:30am Gentle Yoga</td>
<td>6:00-6:45am Kettlebells</td>
<td>6:30-7:30am Gentle Yoga</td>
<td>6:00-6:45am Kettlebells</td>
<td>7:30-8:30am Cycling</td>
</tr>
<tr>
<td>Tammy</td>
<td>Courtenay Fitness Studio</td>
<td>Tammy Fitness Studio</td>
<td>Courteney Fitness Studio</td>
<td>Tammy Fitness Studio</td>
<td>Tate Cycling Studio</td>
</tr>
<tr>
<td>Fitness Studio</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30-7:15am Cycling</td>
<td>8-9am Pilates</td>
<td>6:30-7:15am Cycling</td>
<td>7-8am Cardio Tennis</td>
<td>6:30-7:15am Cycling</td>
<td>8-9am Vinyasa Yoga</td>
</tr>
<tr>
<td>Sarah P.</td>
<td>Cynthia Fitness Studio</td>
<td>Sarah P. Cycling Studio</td>
<td>Various Instructors</td>
<td>Sarah P. Cycling Studio</td>
<td>Steph Fitness Studio</td>
</tr>
<tr>
<td>Cycling Studio</td>
<td></td>
<td></td>
<td>Tennis Center</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8-9am</td>
<td></td>
<td>8-9am Strength &amp; Cardio</td>
<td>8-9am Pilates</td>
<td>8-9am Strength &amp; Cardio</td>
<td>8-9am Vinyasa Yoga</td>
</tr>
<tr>
<td>Strength &amp; Cardio</td>
<td></td>
<td>Sarah N. Location</td>
<td>Cynthia Fitness Studio</td>
<td>Sarah N. Fitness Studio</td>
<td>Steph Fitness Studio</td>
</tr>
<tr>
<td>Sarah N. Court 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8-9am</td>
<td></td>
<td>8-9am Total Body Challenge</td>
<td>8-9am TRX Barre</td>
<td>8-9am Boot Camp</td>
<td>9:15-10:15 Cycling</td>
</tr>
<tr>
<td>HIIT</td>
<td></td>
<td>Hannah Cycling Studio</td>
<td>Becky Cycling Studio</td>
<td>Becky Cycling Studio</td>
<td>Amanda Cycling Studio</td>
</tr>
<tr>
<td>Becky</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cycling Studio</td>
<td>9:15-10:15am</td>
<td>8-9am Living Fit</td>
<td>9:15-10:15am</td>
<td>8-9am Living Fit</td>
<td>9:15-10:15 Cycling</td>
</tr>
<tr>
<td>Living Fit</td>
<td></td>
<td>Forever Fit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Robin</td>
<td></td>
<td>Hannah Fitness Studio</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fitness Studio</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Workout</td>
<td>Cycling</td>
<td>Pilates</td>
<td>Cycling</td>
<td>Barre</td>
<td></td>
</tr>
<tr>
<td>Cayce</td>
<td>Cycling</td>
<td>Jan</td>
<td>Cycling</td>
<td>Becky</td>
<td></td>
</tr>
<tr>
<td>Track</td>
<td>Cycling Studio</td>
<td></td>
<td></td>
<td>Becky/Jan</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Multi-Gen</td>
<td></td>
</tr>
<tr>
<td>NEW 9:15-10:15am</td>
<td>10:30-11:30am</td>
<td>NEW 10-11am</td>
<td>9:15-10:15am</td>
<td>9:15-10:15am</td>
<td></td>
</tr>
<tr>
<td>Moderate Yoga</td>
<td>Strength &amp; Core</td>
<td>Pedaling For</td>
<td>Cycling</td>
<td>Barre</td>
<td></td>
</tr>
<tr>
<td>Courteney</td>
<td>Cynthia</td>
<td>Parkisons</td>
<td>Cycling</td>
<td>Beckey/Jan</td>
<td></td>
</tr>
<tr>
<td>Fitness Studio</td>
<td>Cycling Studio</td>
<td>Tate</td>
<td>Cycling Studio</td>
<td>Multi-Gen</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>Tai Chi</td>
<td></td>
<td>12:15-12:45pm</td>
<td>10:30-11:30am</td>
<td>10:30-11:30am</td>
<td></td>
</tr>
<tr>
<td>Becky/Jan</td>
<td>Fusion</td>
<td>Casey</td>
<td>Enhance@Fitness</td>
<td>Strength &amp; Core</td>
<td></td>
</tr>
<tr>
<td>Multi-Gen</td>
<td>Fitness Studio</td>
<td>Fitness Studio</td>
<td>Robin</td>
<td>Cynthia</td>
<td></td>
</tr>
<tr>
<td>$</td>
<td></td>
<td></td>
<td>$</td>
<td>Fitness Studio</td>
<td></td>
</tr>
<tr>
<td>NEW 10-11am</td>
<td>4:15-5pm</td>
<td>12:15-1pm</td>
<td>4:15-5pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pedaling For Parkisons</td>
<td>Cycling</td>
<td>TRX</td>
<td>HIIT Circuit Trng</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tate</td>
<td>Sarah P.</td>
<td>Sarah N.</td>
<td>Becky</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cycling Studio</td>
<td>Cycling Studio</td>
<td>Cycling Studio</td>
<td>Fitness Studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30-11:30am</td>
<td>5-6pm</td>
<td>5-6pm</td>
<td>4:15-5pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Enhance@Fitness Robin</td>
<td>ZUMBA</td>
<td>Cardio Tennis</td>
<td>Cycling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Robin</td>
<td>Julie</td>
<td>Various Instructors</td>
<td>Sarah P.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fitness Studio $</td>
<td>Fitness Studio</td>
<td>Tennis Center</td>
<td>Cycling Studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:15-12:45pm</td>
<td>6:15-7:15pm</td>
<td>5-6pm</td>
<td>5-6pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spin and Core</td>
<td>Cardio Kickboxing</td>
<td>TBC</td>
<td>TBC</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Casey</td>
<td>Hannah</td>
<td>Cayce</td>
<td>Melissa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cycling Studio</td>
<td>Cycling Studio</td>
<td>Cycling Studio</td>
<td>Fitness Studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30-1:30</td>
<td>6:30-8pm</td>
<td>NEW 6-7pm</td>
<td>6:30-8:00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardio Tennis</td>
<td>Karate</td>
<td>PiYo</td>
<td>Karate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Various Instructors</td>
<td>Nancy</td>
<td>Tanya</td>
<td>Nancy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tennis Center</td>
<td>Fitness Studio $</td>
<td>Fitness Studio $</td>
<td>Fitness Studio $</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>$</td>
<td></td>
<td></td>
<td>$ Specialty Fees Apply</td>
</tr>
</tbody>
</table>

### GROUP EXERCISE FEES

- **Members FREE**
- **Nonmembers $10/class**
- **KARATE**
  - Monthly sessions
  - FM $35 M $40 NM $80

### CHILDWATCH

**WEEKDAY MORNINGS**

- **8–11:30am**
  - MON, TUES, WED & THURS

**EVENINGS 4–7pm**

**SATURDAY MORNINGS**

- **7–10am**

**FAMILY MEMBERS FREE**

- **MEMBERS $5/HOUR**
- **or $45 punch card (10 visits)**

**PLEASE PRE REGISTER**
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.
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.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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