

Winter I 2022: Jan. 10<sup>th</sup>—Feb. 20<sup>th</sup>

## MORNING FITNESS CLASS SCHEDULE

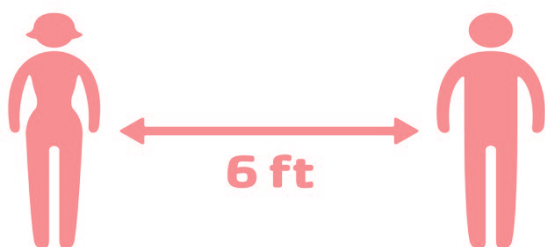
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>KETTLEBELLS</b> 5:30–6:00 AM STAFF	<b>CYCLING</b> 5:30–6:15 AM KIM	<b>KETTLEBELLS</b> 5:30–6:00 AM STAFF	<b>CYCLING</b> 5:30–6:15 AM KIM	<b>KETTLEBELLS</b> 5:30–6:00 AM STAFF	
	<b>KETTLEBELLS</b> 8:15–9:00 AM SUE		<b>KETTLEBELLS</b> 8:15–9:00 AM SUE		
	<b>YOGA</b> 9:00–10:00 AM MONIKA		<b>YOGA</b> 9:00–10:00 AM MONIKA		<b>TAI CHI</b> 9:00–10:00 AM MITCH
<b>Silversneakers</b> <b>CIRCUIT</b> 10:15–11:00 AM SUE	<b>Silversneakers</b> <b>YOGA</b> 10:15–11:00 AM KAREN	<b>Silversneakers</b> <b>CIRCUIT</b> 10:15–11:00 AM SUE	<b>Silversneakers</b> <b>CLASSIC</b> 10:15–11:00 AM KAREN	<b>Silversneakers</b> <b>YOGA</b> 10:15–11:00 AM WHITNEY	

## EVENING FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BOOTCAMP</b> 5:30–6:20 PM ED		<b>INSANITY</b> 5:30–6:00 PM CHRISTA	<b>STRENGTH &amp; SCULPT</b> 5:30–6:20 PM CHRISTA	<b>INSANITY</b> 5:30–6:00 PM CHRISTA
	<b>SHRED</b> 6:00–6:45 PM JULIE	<b>CORE</b> 6:15–6:45 PM CHRISTA		

### Fitness Class Information:

- You will be asked to practice safe social distancing during class (6 ft. apart).



### FITNESS PASS FEES

Y Members Free  
Community Fees:  
12 classes \$53  
18 classes \$65  
Unlimited \$74  
Drop Ins \$8

# FITNESS CLASSES

## **BOOTCAMP**—Instructor: Ed

This high energy workout includes cardiovascular, strength & endurance exercises. Move from one exercise to the next with little or no rest time doing circuits, sports type drills, explosive intervals, & more to burn maximum calories plus tone & tighten every muscle group. Some classes will be held outdoors, weather permitting, to add hill drills, tire flips, & more. Guys & gals will love this invigorating workout! Classes will be held outdoors, weather permitting.

## **CORE**—Instructor: Christa

This workout is for beginners to advanced participants. Focus is on strength and abdominal muscles with a variety of core-specific exercises.

## **CYCLING**—Instructor: Kim

Cycling is a high intensity, non-important workout. Seated & standing, you will ride flat roads, climb hills, do jumps, sprints, TABATAs & more. Cycling is designed for all levels of fitness enthusiasts: you make the ride easier or harder by the amount of resistance you use & your pedal speed. Come prepared to sweat, burn calories & experience great rides to music that keeps you motivated!



## **INSANITY**—Instructor: Christa

INSANITY group exercise brings the revolutionary high-intensity interval training, total body conditioning program to the gym. It is based on the principles of MAX Interval Training which will push you to new training heights, resulting in more calories burned, faster results, & a more efficient metabolism. It is the pinnacle of cardio training. This plateau proof workout has been designed to give participants a safe, challenging & results driven experience by providing a variety of modifications for the ultimate workout regardless of your fitness level, from beginners to athletes!

## **KETTLEBELLS** —Instructors: Sue

Kettlebells provide functional, real-world strength for just about anyone. Resembling a mini bowling ball with a handle, they're great for cardio, strength & flexibility training. This workout delivers an unparalleled mix of strength & conditioning that targets the whole body, but focuses on core, leg & gluteal muscles. Led by alternating instructors.

## **SHRED**—Instructor: Julie

SHRED is a high-intensity & endurance based 30 minute workout utilizing the 3-2-1 interval approach: 3 min. of strength, 2 min. of cardio, 1 min. of abs. You will shed fat, define muscle, transform your physique, enhance your overall health & improve your athletic performance.

## **STRENGTH & SCULPT**—Instructor: Christa

Use a combination of weighted bar, free-weights, body weight, and stability balls and to strengthen arms, core, and legs. Low-impact aerobic moves will be incorporated in an effort to increase the heart rate and help burn more calories.

## **TAI CHI**—Instructors: Mitch & Greg

Regular Tai Chi practice has been shown to improve balance, stress relief, strength, flexibility, cardiovascular health, and to lower blood pressure. Tai Chi consists of a series of postures linked together by graceful, slow motion movements into a relaxing choreography combining mind/body integration.

## **YOGA**—Instructors: Karen, Monika, & Whitney

Practicing Yoga can lead to improved balance, flexibility, range of motion & strength. Considered a mind/body type of exercise, Yoga can also help reduce stress & anxiety plus enhance your mood & overall sense of well-being.

## **PERSONAL TRAINING**—SCW Certified Personal Trainer Hillary Knowles

Trainer will design an exercise & nutrition plan to meet your goals. Includes:

- 1 on 1 training sessions to fit your schedule
- Personalized diet & nutrition plans
- Personalized strength training & exercise plans
- FEES: \$35 1 one-hour session
- \$99 3 one-hour sessions
- \$180 6 one-hour sessions

# Senior Fitness

## Healthy Living

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Monday	Tuesday	Wednesday	Thursday	Friday
Silversneakers CIRCUIT 10:15-11:00 AM SUE	Silversneakers YOGA 10:15-11:00 AM KAREN	Silversneakers CIRCUIT 10:15-11:00 AM SUE	Silversneakers CLASSIC 10:15-11:00 AM KAREN	Silversneakers YOGA 10:15-11:00 AM WHITNEY

SilverSneakers classes are fitness classes designed specifically for seniors and led by certified instructors. Active older adults feel better, have more energy, and meet friends with these classes.

**SilverSneakers Instructors: Karen Taylor, Sue Maurice, Whitney Murphy**

**Does your health insurance cover Silver Sneakers? Senior fitness classes are covered by many health insurance plans, including:**

- SilverSneakers
- Renew Active by United Healthcare
- Silver & Fit

Please contact Dayle at the customer service desk or at [dsarnescantonymca@yahoo.com](mailto:dsarnescantonymca@yahoo.com) for details about your health insurance.



#### SilverSneakers Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, offering head to toe stretching, and complete relaxation in a comfortable position.

#### SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

#### SilverSneakers Yoga

Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Modifications can be made & all fitness levels are welcome.

**FITNESS FEES**  
Y Members Free

**Community Fees:**  
12 classes \$53  
18 classes \$65  
Unlimited \$74  
Drop Ins \$8

Questions? Contact Hillary Knowles at [hknowlescantonymcafitness@gmail.com](mailto:hknowlescantonymcafitness@gmail.com).