

MONDAY

Time	Class	Location	Instructor
10:00-10:30AM	S.F.B. -It's Back! Starts 5/21	LMR	Kristen Buss
12:10-12:50PM	Yoga*	SMR	Florence Price
12:15-1:00PM	TNT	LMR	Breiane Ham
5:15-6:00PM	Body Vengeance	SMR	Marty Crowe
5:30-6:15PM	Zumba	LMR	Niki Maxwell
5:30-6:15PM	Water Aerobics	IH	Doris Duvendack

TUESDAY

Time	Class	Location	Instructor
8:30-9:30AM	Yoga*	LMR	Mike Gadson
11:00-11:30AM	Cycle N Strength	LMR	Britt Vermeire
12:10-12:50PM	Vinyasa Flow	SMR	Aimee Gunther
12:15-12:45PM	Abs and Ends TRX	LMR	Lisa Bohan
5:30-6:15PM	Water Aerobics	IH	Doris Duvendack
5:45-6:45PM	Pilates	LMR	Beth Wagner
7:00-7:45PM	Cycling - NEW!	LMR	Beth Wagner

WEDNESDAY

Time	Class	Location	Instructor
10:00-10:30AM	S.F.B. -It's Back! Starts 5/21	LMR	Kristen Buss
12:10-12:50PM	Yoga*	SMR	Florence Price
12:15-1:00PM	TNT	LMR	Breiane Ham
5:15-6:00PM	Body Vengeance	SMR	Marty Crowe
5:30-6:15PM	Zumba	LMR	Niki Maxwell

THURSDAY

Time	Class	Location	Instructor
8:30-9:30AM	Yoga*	LMR	Mike Gadson
11:00-11:30AM	Cycle N Strength	LMR	Britt Vermeire
12:10-12:50PM	Vinyasa Flow	SMR	Aimee Gunther
12:15-12:45PM	Abs and Ends TRX	LMR	Lisa Bohan
5:45-6:45PM	Pilates	LMR	Beth Wagner
7:00-7:45PM	Cycling - NEW!	LMR	Beth Wagner

FRIDAY

Time	Class	Location	Instructor
12:15-1:00PM	HIIT	LMR	Kris Paisley

SATURDAY

Time	Class	Location	Instructor
9:00-10:00AM	Yoga*	SMR	Florence Price

Class Descriptions

Abs and Ends TRX - Learn the basics of the TRX Suspension trainer in this 30 minute class. Suspension training is a unique workout that uses every muscle in your body to train! Class training regiment will also include circuit workouts. Space is limited, sign up early.

Body Vengeance - This class is a dynamic and multifaceted course designed to improve your overall fitness level; including strength and flexibility. Body vengeance targets abs, back, hips and glutes, covering the 28 muscles of the core and then throwing in some cardio bursts to maximize your workout! Utilizing ground based exercises with optional light/medium weights to challenge your core.

Cycle N Strength- Join Britt for a 30 minute lunch hour class where we will ride for 20 minutes and then hit the floor for core and strength.

Cycling- Indoor cycling is a form of exercise focusing on endurance, strength, intervals, high intensity (race days) and recovery.

HIIT - A whole-body, heart-pumping workout done in a full length class. Combine strength and endurance training with high-intensity cardio bursts. Modifications for all fitness levels.

Pilates - Pilates is a body conditioning method based on the fusion of body and mind which results in improved posture, flexibility, strength and the transformation of the way a persons body feels, looks and performs. Pilates is different from other forms of exercise as it focuses on multiple muscles groups at the same time. We will focus on: Alignment, Breath, Concentration on Core strength, Control and Stability.

S.F.B - SFB is an effective workout for increasing strength, muscular endurance, core fitness, and balance. SFB is a perfect workout for older active adults looking to increase functional movement capabilities. Participants will use a chair for exercises.

TNT - Prepare to sweat in this 45 min, explosive boot camp style workout. This class is done in timed intervals to keep you on your toes. This high-intensity workout fuses plyometrics, weight training & cardio.

Vinyasa Yoga - This is an intermediate level Vinyasa Flow class. Building strength, flexibility, and balance by flowing breath and movement together. Focusing on skills to advance your practice! Taught by Aimee G, certified yoga instructor by Yoga7even and Michelle Wilkerson.

Water Aerobics - Looking for a great way to exercise that is easy for your joints? Water Aerobics is a low impact aerobics class for which all fitness levels would benefit. The YMCA will be offering water aerobics at the Irish House swimming pool.

Yoga - Great stretching and relaxation for all ages! Yoga makes the body strong and flexible. *Free class

Zumba - A Latin-inspired dance fitness class that incorporates Latin and international music with dance movements. This class combines fast and slow rhythms to tone and sculpt the body. Join the party and sign up!