



NEW TO EXERCISE & ACTIVE OLDER ADULTS GROUP EXERCISE SCHEDULE

Effective 2-25-19 to 4-20-19 (Land classes shaded gray/Program Center classes shaded yellow)

| TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Sat/Sun |
|-----------------|--|---|--|---|--|---|
| 6:00 - 7:00AM | | | | | SATURDAY 8:00-9:00am Vinyasa Yoga Program Center Rachel | |
| 8:00 - 9:00AM | | AM YOGA Group Exercise Studio Mickey | 9:00-10:00 ZUMBA WAKE UP Program Center Caroline | | AM YOGA Group Exercise Studio Mickey | SATURDAY 9:15 - 10:00 CARDIO SURPRISE Group Exercise Studio Instructor Rotation |
| 9:30 - 10:00AM | 10:00-10:45am SilverSneakers® Circuit Training Program Center Mickey | | Functional Walk Cardio Gym 2 Natalie | | Functional Walk Cardio Gym 2 Penny | |
| 10:05 - 10:50AM | 10:30-11:00am BARRE Alicia Group Exercise Studio | | SilverSneakers® Classic Natalie Program Center | | SilverSneakers® Classic Penny Program Center | |
| 10:40 - 11:40AM | 10:45-11:30am Aqua Total Fit Evonne <u>Pool 2</u> | 10:30-1:30pm Drop-in Pickleball Gym 2 | 10:30-11:00am YOGA Group Exercise Studio Mickey | 10:30-1:30pm Drop-in Pickleball Gym 2 | 10:15a-12:00p Drop-in Pickleball Gym 2 | |
| 11:00 - 11:45AM | Gentle Yoga Program Center Mickey | 11:00-12:00 Line Dancing Group Exercise Studio Alice | SilverSneakers® Yoga Program Center Mickey | 11:00-11:30am BARRE Group Exercise Studio Heidi | Gentle Yoga Group Exercise Studio Mickey | SUNDAY 11am-1pm Drop-in Pickleball Gym 2 |
| See Times | 10:00a-12:00p Drop-in Pickleball Gym 2 | | 11:00-11:45am Work It In The Water Evonne <u>Pool 2</u> | 11:30-12:15pm Cardio Mash-Up Group Exercise Studio Mickey | 11:00-11:45am Chair Yoga Program Center Sally | |
| 12:00 - 12:45PM | 12:00-12:45pm Cardio Mash-Up Group Exercise Studio Mickey | SilverSneakers@ Splash Christine <u>Pool 2</u> | Aqua Movin' & Groovin' Christine <u>Pool 2</u> | Gentle Water Exercise Christine <u>Pool 2</u> | Gentle Water Exercise Sally <u>Pool 2</u> | |
| 12:15 - 12:45PM | NEW TIME! ↑ | | | MINI YOGA Group Exercise Studio Mickey | | |
| 1:00 - 1:45PM | Aqua Total Fit Sally <u>Pool 2</u> | Warm Water Intervals Natalie <u>Pool 2</u> | | Aqua Movin' & Groovin' Natalie <u>Pool 2</u> | 1:30-2:30pm Aqua Zumba Alicia <u>Pool 2</u> | |
| See Times | 2:30-3:30 Delay the Disease Program Center Sally *Fee | 2:00-2:45pm Arthritis Foundation Aquatic Program Natalie <u>Pool 2</u> | | 2:00-2:45pm Arthritis Foundation Aquatic Program Natalie <u>Pool 2</u> | 2:30-3:30 Delay the Disease Program Center Sally *Fee | |
| 5:30 - 6:00PM | 5:30-6:15pm Cardio/Core Group Exercise Studio Penny | | NEW DAY ANDTIME! ↓ | | | More for your membership! ALL Group Exercise classes are included in your membership! Schedules available on our mobile app! Download by searching Butler County Family YMCA |
| See Times | NEW COMBINED TIME! ↑ | NEW TIME! ↓ | 6:45-7:45pm ZUMBA Group Exercise Studio Kati | 6:00-7:00pm LIIT Strength Training Group Exercise Studio Kimberly | | |
| 7:30 - 8:30PM | ZUMBA Group Exercise Studio Kati | 7:15-8:15 Mindful Yoga Group Exercise Studio Ben | | 7:00-7:30pm YOGA Stretch Group Exercise Studio Kimberly | | |

LAND CLASSES

AM YOGA/Mini Yoga - All inclusive and accessible practice for everyone offering many options in all the poses.

Barre - A safe, low impact program that will tone & strengthen your body. Safe & effective for all fitness levels. Using a combination of postures inspired by ballet & other disciplines like yoga & pilates, the class will focus on strength training combined with range-of-motion movements.

Cardio Mash-Up - A mix of low impact cardio mixed with short bursts of strength! Fun & effective! Great for beginners and Active Older Adults.

Cardio Surprise - A FUN high-energy class that will mix cardio with balance, agility, coordination and body weight strength. Class format is Instructor choice.

Chair Yoga - Introductory class focusing on the fundamentals of yoga. Class will contain yoga poses both seated & standing (using the chair if needed as support), along with modifications of the poses to suit participant's needs.

Cardio/Core - Strengthen your core through a variety of movements that focus not only on core strength, but also balance/stability. Using the BOSU & balance on the floor, increase overall core stabilization & improve back support & posture.

Functional Walk Cardio - Join this cardiovascular class which will mix variable-paced walking with optional obstacle course maneuvers in our gym. Whether you want a challenging fast-paced power walk or a moderately-paced stride, this class will provide the means to increase your overall cardiovascular fitness as well as your balance, coordination and agility.

Gentle YOGA - This class is a blend of Yoga styles taught from a mat on the floor. All participants must possess self-sustained balance & must be comfortable in transitioning from a prone position on the floor to a standing position without support.

A basic functional assessment test may be required to attend this class. Great for the beginner!

LIIT Strength Training - Effective method to build & maintain lean muscle mass using free weights & body weight.

Line Dancing - Research shows thinking and moving is superb for Active Older Adults. Join the fun!

Mindful Yoga - Each class will begin with a short guided meditation, linked with breathing & awareness of the body. All poses will be very low impact and presented in a way that is suitable for everyone.

Pickleball - Pickleball is great exercise for the active older adult. Drop in any time, bring a friend and stay as long as you like. First hour is for beginners, remainder of the time is for more advanced players.

SilverSneakers® Circuit Training - Warm-up, 6 circuits of alternating cardio and weights, cool-down and stretch!

SilverSneakers® Classic - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living skills. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is available, if needed, for seated or standing support.

SilverSneakers® Yoga - This class 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 seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Vinyasa Yoga - The movement is aligned and linked with the breath so that you move with each inhale and exhale.

YOGA Stretch - Targets all primary muscle groups surrounding the hips, hamstrings, quadriceps, shoulders & back.

Zumba® - This class fuses Latin rhythms and easy to follow moves to create a dynamic workout that will blow you away! Achieve long-term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, muscle pumping, body energizing movements meant to tone & sculpt your body while burning fat.

Zumba Wake Up - This class will wake up your mind & give you energy to get the day moving in a positive way!

WATER CLASSES

Aqua Fit & Tone - This is geared toward those who want a class that keeps moving & will help condition the cardiovascular system to get fit. A combination of pool equipment will be used to tone the body without the added stress on the joints.

Aqua Movin' & Groovin' - A FUN, new class in the warm water pool where we'll be movin' & groovin' to the beat of anything from "oldies but goodies" to some modern music. No swimming required. Come try it!

Aqua Zumba - Aqua Zumba blends the Zumba philosophy with water resistance, for a pool party you shouldn't miss! There is less impact on your joints. Water creates natural resistance, every step is more challenging and helps tone muscles.

Arthritis Foundation Aquatic Program - This class will be conducted in the warm water McLaughlin Pool and will consist of exercises for the total body to increase range of motion, flexibility, & coordination for those with arthritis.

Gentle Water Exercise - A light cardio workout! Increase flexibility and strength using a variety of water exercise equipment.

SilverSneakers® Splash - Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility & flexibility while addressing cardiovascular, strength & endurance conditioning. No swimming ability required. A SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance & coordination.

Warm Water Intervals - This class is designed to help improve your overall fitness with different types of interval & recovery exercises for a total body workout that is gentle on your joints. No swimming required. Each participant decides their own intensity level for the day. Same great class-new name! Come and try it!

Work It In The Water - Let water be your resistance! Work your body in a comfortable and safe manner while increasing heart rate and challenging your endurance. If you have joint or bone issues, this class will give you the workout you need!

Regardless of your physical limitations, the YMCA has something to meet your health & wellness needs! Wellness classes can be strenuous. Please consult your physician. By participating in these classes, you indicate that you have no physical conditions or health problems.

Please bring water to class!

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