✹ GROUP EX & 🚴 SPIN SCHEDULES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					CXWORX (Spin Room) Jan 9:15am * - +	
	SilverSneakers (Classic) (45 min) Nikki 9:00am * -	**Cardio Strengthening (45 min)** Nikki 9:00am *	**SilverSneakers (Classic) (45 min)** Nikki 9:00am * -			
Sculpt & Tone (45 min) Nikki 9:30am *		**Line Dance (45 min)** Eddra 9:45am - +		**Sculpt & Tone (45 min)** Nikki 9:30am *		
Line Dance Eddra 10:30am - +	**Moving For Better Balance** Andrew 10:50am *		**Moving For Better Balance** Andrew 10:50am *	**Chair Yoga** Cynthia 10:30am		
				Yoga Cynthia 11:30am		
Line Dance Eddra 5:15pm						
	CXWORX (Spin Room) Jan 5:30pm * - +					
	Cardio Dance Nikki 5:50pm - +		**Cardio Dance** Nikki 5:50pm - +	**Cardio Dance** Nikki 5:30pm - + (2nd & 4th Friday)		
		Line Dance Eddra 6:30pm - +				

Cycling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jan 6:00pm - +		John 6:00pm - +	Jan 6:00pm - +	Jan 5:30pm - +		

* HEALTH SEEKER
The Health Seeker is new to a health and wellness routine or just getting re-engaged and will need one-on-one attention from YMCA staff.

- STEP-UP
The Step-Up level is for those individuals who don't require one-on-one attention and are already committed to an exercise program two to three times per week.

+ ATHLETE
The Athlete exercises consistently four to five times per week on their own. YMCA staff is available to help and work individually with the Step-Up and Athlete if required.

Class Name	Designation	Class Description
Cardio Strength	Health Seeker Step-up, Athlete	A complete fun cardiovascular and strengthening workout. A variety of equipment may be used to achieve maximum results. **Modifications shown**.
Chair Yoga	Health Seeker, Step-Up	Chair Yoga is practiced primarily sitting in a chair with options to stand or come to the mat. It is a great way to learn time-effective postures to do from a desk, car, or any other time you're sitting. It's also a great class for people with physical challenges as well as pregnant women. Heavy emphasis on breathing techniques and relaxation is practiced in orders to increase strength and flexibility while allowing ample time to rest and integrate.
Cycling	Healthy Seeker, Step-up, Athlete	Cycling is a stationary cycling program personalized for participants of any age or fitness ability. The bike allows participants to control their exertion level while still enjoying the motivation of a group setting.
Martial Arts	Health Seeker, Step-up, Athlete	At the Y participants in our martial arts programs will learn about self-defense, focusing and goal setting. Beyond the basics, participants will also learn about respect and good sportsmanship, all the while building their self-confidence.
Moving for Better Balance	Health Seeker	This is a fall prevention program that uses the principles and movements of Tai Chi in helping older adults improve their balance and increase their confidence in doing everyday activities.
Pole Walking	Health Seeker, Step-up	Pole walking is designed to strengthen and tone your whole body, naturally correct body posture, lessen impact to lower joints and increase cardio. A limited number of poles are available for use during the class. This class requires attendance at a Pole Walking Clinic prior to participation. Please check with your local YMCA for the date of the next clinic.
SilverSneakers® Classic	Health Seeker	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 ball are offered for resistance; and a chair is used for seated and/or standing support.
Yoga	Health Seeker	Participants focus on slow stretches, flexibility, deep breathing and precise alignment of the poses.

***Indicates that the following class is a paid program NOT included with membership.**