

Warren County YMCA

Group Fitness Classes – *** **Summer 2018** ***

Sessions run:
June 11th - July 14th
July 16th - Aug. 18th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 - 6:00 am Core De Force® Instructor: Amber Oyler	5:15 - 6:15 am Les Mills Body Pump® Instructor: Leah Egner	5:15 - 6:00 am Core De Force® Instructor: Amber Oyler	5:15 - 6:15 am Les Mills Body Pump® Instructor: Leah Egner		Try a class for FREE before registering!
5:15 - 6:15 am Spin & Core Instructor: Sam		5:15 - 6:15 am Spin & Core Instructor: Sam			
6:30 - 7:15 am TBC - Total Body Conditioning Instructor: Jena Fox		6:30 - 7:15 am TBC - Total Body Conditioning Instructor: Jena Fox		6:30 - 7:15 am TBC - Total Body Conditioning Instructor: Jena Fox	
8:00 - 9:00 am Cycle & Strength *Cycle Studio/West Gym Instructor: Dede Latimer	9:00 - 10:00 am Women on Weights *Free Weight Room Instructor: Jena	8:00 - 9:00 am Cycle & Strength *Cycle Studio/West Gym Instructor: Dede Latimer	9:00 - 10:00 am Women on Weights *Free Weight Room Instructor: Jena	8:00 - 9:00 am Cycle & Strength *Cycle Studio/West Gym Instructor: Dede Latimer	
9:10 - 10:10 am Les Mills Body Pump® Instructor: Chris Dolan	9:00 - 10:15 am Deep Stretch Retreat Instructor: Sam	9:10 - 10:10 am Les Mills Body Pump® Instructor: Chris Dolan	9:00 - 10:15 am Deep Stretch Retreat Instructor: Sam	9:10 - 10:10 am Les Mills Body Pump® Instructor: Chris Dolan	
9:00 - 10:00 am Bouncing for Fitness II (55 and older) (Room #5) Instructor: Sharon Harris		9:00 - 10:00 am Bouncing for Fitness II (55 and older) (Room #5) Instructor: Sharon Harris		9:00 - 10:00 am Bouncing for Fitness II (55 and older) (Room #5) Instructor: Sharon Harris	As of 5/11/2018
10:15 - 11:15 am Bouncing for Fitness I Instructor: Sharon Harris (Room #5)		10:15 - 11:15 am Bouncing for Fitness I Instructor: Sharon Harris (Room#5)		10:15 - 11:15 am Bouncing for Fitness I Instructor: Sharon Harris (Room #5)	
	1:00 - 1:45 pm The SilverSneakers Fitness Program® Instructor: Jena Fox		1:00 - 1:45 pm The SilverSneakers Fitness Program® Instructor: Jena Fox		
12:15 - 12:45 pm Kettlebell AMPED - Lunchtime Workout Instructor: Jena Fox	1:55 - 2:25 pm The SilverSneakers YOGA Stretch® Instructor: Jena Fox	12:15 - 12:45 pm Kettlebell AMPED - Lunchtime Workout Instructor: Jena Fox	1:55 - 2:25 pm The SilverSneakers YOGA Stretch® Instructor: Jena Fox	12:15 - 12:45 pm Kettlebell AMPED - Lunchtime Workout Instructor: Jena Fox	
	6:00 - 7:00 pm Boot Camp Instructor: Thad Turner		6:00 - 7:00 pm Boot Camp Instructor: Thad Turner		Try a class for FREE before registering!
	5:45 - 6:30 pm Cycling 101 Instructor: Sam		5:45 - 6:30 pm Cycling 101 Instructor: Sam		

Class Descriptions: ****Below rates are for 5 weeks of classes. Please sign up prior to start of session.** Visit us at www.warrenymca.org
Option of Flex Enrollment* (Unlimited classes) \$30.00 per session - YMCA Members Only (WGH employees who are YMCA members: \$15.00 per session/WGH employees Non-members \$40.00 per session)
**Flex Card may not be used for water exercise classes, group cycling, Pump & Ride, SilverSneakers, or Bouncing for Fitness. Classes held new Group Exercise Fitness Studio will permit flex if space/enrollment permits.

Boot Camp: This class is for intermediate to advanced fitness levels who want serious results from their training. Class structure is based on simple yet effective fundamental movement patterns executed at high intensity. These workouts deliver measurable health and fitness improvements in the most efficient manner possible. Held in the West gym and uses the TRX suspension trainers along with jump ropes, free weights, kettlebells and medicine balls. Instructor: Thad Turner..... **Tues/Thurs \$16 members / \$52 non-members**

Bouncing for Fitness: Adults 55 and over will gain muscle strength and endurance while increasing range of motion in all joints. Class is done on "exerballs". Class will be held upstairs. Space is limited. Instructor: Sharon Harris..... **M/W/F \$6 members / \$12 non-members**

Core De Force®: An MMA inspired, total body workout that uses core combinations, body-weight moves, and cardio spikes for total body definition. No equipment needed besides YOU! Instructor: Amber Oyler..... **M/W \$15 members / \$50 non-members**

Cycle & Strength: Cycle and strength combination class - 30 minutes of cycling followed by 25 minutes of strengthening. **May sign up for strength portion only. Cycle studio/West gym Instructor: Dede Latimer..... **M/W/F \$18 members / \$56 non-members (Full Class) OR \$15 members / \$50 non-members (Strength Only)**

Cycling 101: For the brand new cycle riders...this class will introduce participants to all aspects of indoor group cycling including learning about the bike, body alignment, training zones and class formats. Progression and endurance will increase gradually over 5 week session, allowing participants to move into our standard cycle classes. Limited to 8 participants. Instructor: Sam Rotodelli..... **T/Th \$16 members / \$52 non-members**

Deep Stretch Retreat: Relieve your body while calming the mind. Stretch, breathe, and strengthen with yoga-based postures (asana) and posture flows (vinyasa), followed by deep relaxation. Experience a welcome feeling of peace as you tune in at a slow and gentle pace. Beginner to advance variations are offered. As with any new exercise regime, please consult your physician. Held in new Group Exercise Fitness Studio. Instructor: Sam Rotondelli..... **(Drop in Fee = \$8.00 / \$10.00)..... Tues/Thu. \$16.00 YMCA members / \$52.00 non-members**

Kettlebell AMPED: Kettlebell AMPED takes heart-pumping music and your favorite kettlebell moves and combines them into 30 minutes of calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Weights vary from 5-15 lbs so the workout can be modified to suit individual needs. Instructor: Jena Fox..... **M/W/F \$16 members / \$52 non-members**

Les Mills Body Pump®: This 60 minute strength training workout will challenge all of your major muscle groups by using the best muscle sculpting moves like squats, presses and curls. Great music, easy to follow cues and your choice of weight all combine to inspire you to achieve the results you are looking for - fast. Co-ed, all levels welcome. Instructors: Chris Dolan (MWF AM), Leah Egner (T/Th AM), Lisa Franklin (MWF AM)..... **2 day/week = \$16 members / \$52 non-members: 3 day/week = \$18 members / \$56 non-members**

Body Pump Punch Card: Available for participants to use at their convenience to attend a Les Mills®Body Pump class. Punch cards are good for 10 classes. Does not need to be used in a 5-week session. It can be used if space permits at the class start. Does not expire..... **\$16 members/\$52 non-members**

SilverSneakers® Fitness/Yoga classes are low-impact and are appropriate for individuals who may not have exercised in years or for those who exercise on a regular basis. The goal of the class is to encourage illness prevention, minimize aging-related physical deterioration, and increase a sense of well being through social interaction in a group exercise setting. Instructor, Jena Fox..... **Tues/Thurs..... Free to YMCA members/ \$10 non-members**

SS YOGA: Free to members / \$4.00 non-members

Spin & Core: Cycle and core combination class - 45 minutes of cycling followed by 15 minutes of core strengthening. Cycle studio/Fitness Studio and/or Functional Fitness Room Instructor: Sam Rotondelli..... **M/W \$16 members / \$52 non-members**

TBC - Total Body Conditioning: Challenge yourself with this 45 minute fast paced, calorie-blasting, body weight workout. This workout is INSANE! Modifications are always offered to accommodate all fitness levels. Instructor: Jena Fox..... **M/W/F \$16 members / \$52 non-members**

Women on Weights: Interested in learning more about free weights and how to incorporate them into your workouts? Then this class is for you! This small group class teaches women proper weight-lifting etiquette, technique and routine. The goal is to assist women in improving posture, increasing strength and losing body mass, all while becoming comfortable in the weight room. After completion of a 5-week session, participants will be ready to use the room on their own. Class size limited to 8. Instructor: Jena Fox, ACE Certified Personal Trainer..... **T/TH \$16 members / \$52 non-members**