

Warren County YMCA

Group Fitness Classes – *** **Fall 2017** ***

Sessions run: Sept. 5th - Oct. 7th

Oct. 9th - Nov. 11th

Nov. 13th - Dec 16th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	5:15 - 6:00 am Core De Force™ Instructor: Amber Oyler		
	5:15 - 6:15 am Spin & Core (Cycle Studio) Instructor: Sabrina Piaschyk		5:15 - 6:15 am Spin & Core (Cycle Studio) Instructor: Sabrina Piaschyk		
6:30 - 7:15 am TBC - Total Body Conditioning Instructor: Jena Fox	6:30 - 7:15 am Morning Burn Instructor: Jena Fox	6:30 - 7:15 am TBC - Total Body Conditioning Instructor: Jena Fox	6:30 - 7:15 am Morning Burn 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	8:15 - 9:00 am PiYo® Instructor: Dannielle Nebinski	8:00 - 9:00 am Cycle & Strength *Cycle Studio/West Gym Instructor: Dede Latimer	8:15 - 9:00 am PiYo® Instructor: Dannielle Nebinski	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 Yoga Instructor: Sandy Rothenberg	9:10 - 10:10 am Les Mills Body Pump® Instructor: Chris Dolan		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	
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)	
12:15 - 12:45 pm Kettlebell AMPED - Lunchtime Workout Instructor: Jena Fox	1:00 - 1:45 pm The SilverSneakers Fitness Program® Instructor: Irene Garriss (Upstairs - Room#5)	12:15 - 12:45 pm Kettlebell AMPED - Lunchtime Workout Instructor: Jena Fox	1:00 - 1:45 pm The SilverSneakers Fitness Program® Instructor: Irene Garriss (Upstairs - Room#5)		
4:30 - 6:00 pm Pump & Ride *Cycle Studio/Rball# Instructor: Penny Chaffee	1:55 - 2:25 pm The SilverSneakers YOGA Stretch® Instructor: Irene Garriss (Upstairs - Room#5)	4:30 - 6:00 pm Pump & Ride *Cycle Studio/Rball# Instructor: Penny Chaffee	1:55 - 2:25 pm The SilverSneakers YOGA Stretch® Instructor: Irene Garriss (Upstairs - Room#5)		Try a class for FREE before registering!
6:00 - 7:00 pm Sport Fit Instructor: Meg Johnson	6:00 - 7:00 pm Boot Camp Instructor: Thad Turner	6:00 - 7:00 pm Sport Fit Instructor: Meg Johnson	6:00 - 7:00 pm Boot Camp Instructor: Thad Turner		

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 upstairs in Prog.#5 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™: New for Fall 2017 - 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.....**T/TH \$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)**

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 \$14 members / \$45 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. Classes held in the west gym.
Instructors: Chris Dolan (MWF AM) & Leah Egner (M/W 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**

Morning Burn: This 45 minute circuit style class will offer 6-7 power strength circuits of 60 seconds each followed by 1 minute of rest, completing full circuit 5-6 times for day 1. The 2nd day will offer 6-7 power speed circuits of 30 seconds each, short break and then repeat cardio circuits until end. Class will utilize TRX straps, weighted bars, medicine balls and many different body-weight moves. Modifications are always offered to accommodate all fitness levels. Instructor: Jena Fox.....**T/TH \$15.00 YMCA Members / \$50.00 Non Member**

PiYo®: PiYo is a total-body fitness program designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility; all while having a great time doing it! All levels of fitness welcome. All levels of fitness welcome. Instructor: Dannielle Nebinski.....**T/TH \$15 members / \$50 non-members**

Pump & Ride: Forty-five minutes of cycle followed by 45 minutes of strength training. May sign up for strength only or cycle only (using cycle punch card).
Instructor: Penny Chaffee.....**M/W \$30 members / \$60 non-members (Full Class) OR \$15 members / \$30 non-members (Strength Only)**

SilverSneakers® Fitness 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, Irene Garriss.....**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/West gym
Instructor: Sabrina Piaschik.....**T/Th \$16 members / \$52 non-members**

Sport Fit: Build strength and conditioning through extremely challenging and varied workouts. Each workout will test your functional fitness in a hardcore, yet accepting and encouraging environment.
Instructor: Meg Johnson.....**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**

Yoga for Optimal Health: Yoga challenges the body while calming the mind. Stretch, breathe, and strengthen with yoga postures (asana) and posture flows (vinyasa), followed by deep relaxation. Experience a welcome feeling of peace and rejuvenation as you tune in to your own body. As with any new exercise regime, please consult your physician. Held upstairs.
Instructor: Sandy Rothenberg.....**Tues. \$15.00 YMCA members / \$45.00 non-members**