

Warren County YMCA

Group Fitness Classes *** **Fall 2018** ***

Sessions run: Sept. 4th - Oct. 6th Oct. 8th - Nov. 10th Nov. 12th - Dec. 15th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 - 6:15 am Les Mills Body Pump® Instructor: Lisa Franklin West Gym	5:15 - 6:00 am Core De Force® Instructor: Amber Oyler West Gym	5:15 - 6:15 am Les Mills Body Pump® Instructor: Lisa Franklin West Gym	5:15 - 6:00 am Core De Force® Instructor: Amber Oyler West Gym	5:15 - 6:00 am Deep Stretch Retreat Instructor: Sam Group Ex. Studio	Try a class for FREE before registering!
6:15 - 6:45 am TBC - Total Body Conditioning Instructor: Jena Fox West Gym	5:15 - 6:15 am Spin & Core Instructor: Lisa Cycle Studio/West Gym	6:15 - 6:45 am TBC - Total Body Conditioning Instructor: Jena Fox West Gym	5:15 - 6:15 am Spin & Core Instructor: Lisa Cycle Studio/West Gym	6:15 - 6:45 am TBC - Total Body Conditioning Instructor: Jena Fox Cycle Studio/West Gym	
8:30 - 9:30 am Les Mills Body Pump® Instructor: Chris Dolan West Gym		8:30 - 9:30 am Les Mills Body Pump® Instructor: Chris Dolan West Gym		8:30 - 9:30 am Les Mills Body Pump® Instructor: Chris Dolan West Gym	
9:00 - 10:00 am Bouncing for Fitness II (55 and older) Instructor: Sharon Harris Group Ex. Studio		9:00 - 10:00 am Bouncing for Fitness II (55 and older) Instructor: Sharon Harris Group Ex. Studio		9:00 - 10:00 am Bouncing for Fitness II (55 and older) Instructor: Sharon Harris Group Ex. Studio	
10:15 - 11:15 am Bouncing for Fitness I Instructor: Sharon Harris	1:00 - 1:45 pm The SilverSneakers Fitness Program® Instructor: Jena Fox Group Ex. Studio	10:15 - 11:15 am Bouncing for Fitness I Instructor: Sharon Harris	1:00 - 1:45 pm The SilverSneakers Fitness Program® Instructor: Jena Fox Group Ex. Studio	10:15 - 11:15 am Bouncing for Fitness I Instructor: Sharon Harris	As of 8/6/2018
12:15 - 12:45 pm Kettlebell AMPED - Lunchtime Workout Instructor: Jena Fox Group Ex. Studio	1:55 - 2:25 pm The SilverSneakers YOGA Stretch® Instructor: Jena Fox Group Ex. Studio	12:15 - 12:45 pm Kettlebell AMPED - Lunchtime Workout Instructor: Jena Fox Group Ex. Studio	1:55 - 2:25 pm The SilverSneakers YOGA Stretch® Instructor: Jena Fox Group Ex. Studio	12:15 - 12:45 pm Kettlebell AMPED - Lunchtime Workout Instructor: Jena Fox Group Ex. Studio	
4:30 - 6:00 pm Pump & Ride Instructor: Penny Cycle Studio/ Exer.Studio		4:30 - 6:00 pm Pump & Ride Instructor: Penny Cycle Studio/ Exer.Studio			
5:30 - 6:00 pm TBC - Total Body Conditioning Instructor: Jena West Gym	5:30 - 6:30 pm Les Mills Body Pump® Instructor: Leah Group Ex. Studio	5:30 - 6:00 pm TBC - Total Body Conditioning Instructor: Jena West Gym	5:30 - 6:30 pm Les Mills Body Pump® Instructor: Leah Group Ex. Studio		Try a class for FREE before registering!
6:00 - 6:45 pm Hiit & Kick - Kickboxing Intervals Instructor: Josh West Gym	6:00 - 7:00 pm Boot Camp Instructor: Thad Turner West Gym	6:00 - 6:45 pm Hiit & Kick - Kickboxing Intervals Instructor: Josh West Gym	6:00 - 7:00 pm Boot Camp Instructor: Thad Turner West Gym		

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 in Group Ex. Studio. 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! Held in West Gym. Instructor: Amber Oyler.....**T/Th \$15 members / \$50 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 Studio. Instructor: Sam Rotondelli.....**(Drop in Fee = \$8.00 / \$10.00) Fri. \$14.00 YMCA members / \$45.00 non-members**

Hiit & Kick: This 45-minute kickboxing style class will give you a great cardio workout with intervals of kicking, striking and core work. All fitness levels welcome. Held in West Gym. Instructor: Josh Jennings.....**M/W \$15 members / \$50 non-members**

Kettlebell AMPED Luchtime Workout: 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. Held in Group Exercise Studio. Instructor: Jena Fox.....**M/W/F \$15 members / \$50 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. Held in West Gym for Summer. Instructors: Chris Dolan (MWF AM), Leah Egner (T/Th PM), Lisa Franklin (MW 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**

Pump and Ride: Forty five minutes of group cycling followed by 45 minutes of strength training using body bars and dumbbells. All fitness levels welcome. Sign up for full class or pump only. If attending cycle only must purchase a cycle punch card. Held in upstairs Cycle Studio/Lower Level Group Exercise Studio. Instructor: Penny Chaffee.....**M/W Pump only \$15.00 YMCA Members / \$30.00 non-members.....Full Class = \$30.00 YMCA members / \$60.00 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. Held in Group Exercise Studio. 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: Lisa Franklin.....**T/Th \$16 members / \$52 non-members**

TBC - Total Body Conditioning: Join us for a heart pumping, intense, full-body workout! Only 30 minutes in length. (2% of your day!) TBC workouts consist of body-weight movements and occasionally use of dumbbells or kettle bells. Different workouts each class to keep it fresh and to keep challenging your muscles. Come rock out on Monday/Wednesday/Friday mornings and/or Monday/Wednesday evenings. Modifications are always offered to accommodate all fitness levels. Held in West Gym

Instructor: Jena Fox.....**M/W (PM) \$14 members / \$45 non-members.....M/W/F (AM) \$15 members / \$50 non-members**