

Warren YMCA - Group Fitness Classes

*** **FALL 2024** ***

Sessions: Sept. 3-Oct 5th / Oct. 7-Nov. 9th / Nov. 11-Dec 13th

Monday	Tuesday	Wednesday	Thursday	Friday
		7:00 – 7:45 am Strength Training Weight Room Instructor: Coach K		
8:30 – 9:30 am Les Mills Body Pump® Instructor: Chris	8:00 – 8:45 am Functional Fitness Room Circuits Instructor: Andrea	8:30 – 9:30 am Les Mills Body Pump® Instructor: Chris	8:00 – 8:45 am Functional Fitness Room Circuits Instructor: Andrea	8:30 – 9:30 am Les Mills Body Pump® Instructor: JoAnn
9:00-10:00 am OR 10:15-11:15 am Bouncing for Fitness (55 and older) Instructor: Sharon	9:00 – 10:00 am Yoga (Group Ex. Studio) Instructor: Candi	9:00-10:00 am OR 10:15-11:15 am Bouncing for Fitness (55 and older) Instructor: Sharon	9:00 – 10:00 am Yoga (Group Ex. Studio) Instructor: Candi	9:00-10:00 am OR 10:15-11:15 am Bouncing for Fitness (55 and older) Instructor: Sharon
	10:00 – 11:00 am Bike and Balance (Cycle Studio) Instructor: JoAnn		10:00 – 11:00 am Bike and Balance (Cycle Studio) Instructor: JoAnn	
	10:15 – 11:00 am Mommy & Baby Boot Camp Instructor: Jena		10:15 – 11:00 am Mommy & Baby Boot Camp Instructor: Jena	
	10:30 – 11:30 am Balance & Core Instructor: Coach K		10:30 – 11:30 am Balance & Core Instructor: Coach K	
	12:00 – 1:00 pm Silver Sneakers® Fitness & Stretch Class Instructor: Jena		12:00 – 1:00 pm Silver Sneakers® Fitness & Stretch Class Instructor: Jena	
1:00-2:00 pm Firefly at the Y - Fitness	1:00-2:00 pm Firefly at the Y - Fitness	1:00-2:00 pm Firefly at the Y - Fitness	1:00-2:00 pm Firefly at the Y - Fitness (Swimming)	1:00-2:00 pm Firefly at the Y - Fitness
	4:00 – 5:00 pm Weight Lifting for Teens (Ages 12-15+) Instructor: Alex		4:00 – 5:00 pm Weight Lifting for Teens (Ages 12-15+) Instructor: Alex	
	5:30 – 6:30 pm Les Mills Body Pump® (Group Ex Studio) Instructor: JoAnn		5:30 – 6:30 pm Les Mills Body Pump® (Group Ex. Studio) Instructor: JoAnn	
	5:30 – 6:15 pm KIDZfit Instructors: Jen Hale/Shelley Lewis		5:30 – 6:15 pm KIDZfit Instructors: Jen Hale/Shelley Lewis	
	5:30 – 6:15 pm REAXraft (Pool) Instructor: Jill		5:30 – 6:15 pm REAXraft (Pool) Instructor: Jill	
	6:30 - 7:15 pm Outdoor Workout Locker Instructor: Thad		6:30 - 7:15 pm Outdoor Workout Locker Instructor: Thad	As of 8/7/2024
	6:35 – 7:35 pm Yoga (Group Ex. Studio) Instructor: Candi		6:35 – 7:35 pm Yoga (Group Ex. Studio) Instructor: Candi	*Schedule subject to change

Class Descriptions:

****Below rates are for 5 weeks of classes. Please sign up prior to start of session.**

Visit us at www.warrenymca.org

Balance & Core:

T/Th....\$40 members / \$60 non-members (Instructor: K.Hughes)

Does your balance need to improve? Do you need help getting on and off the floor? This class works on improving your stability, flexibility, and strength. Max participants = 20

Bike and Balance

T/Th.....\$40 members / \$60 non-members (Instructor: JoAnn Hepfner)

This full body class will begin with tempo-targeted movement on a stationary bike to fun and motivating music. As endurance improves, the class will progress into a full 60-minutes of functional balance and strength training in a safe and controlled environment. Targeted to Parkinson's patients, this class is also perfect for anyone who has experienced balance, strength or cognitive decline. Participants will build not only confidence, but a sense of freedom through movement. Participants are encouraged to work at their own pace. Max participants = 16

Bouncing for Fitness:

M/W/F.....\$15 members / \$25 non-members (Instructor: Sharon Harris)

Adults 55 and over will gain muscle strength and endurance while increasing range of motion in all joints. Class is done on "exerballs". Class is held in Group Ex. Studio. Max participants = 20

Firefly at the Y:

Cost = FREE. A program from the Edith L Trees Trust for adults with intellectual disabilities. At each class, the participants will engage in socialization, exercise and nutrition discussions. Thursday is swimming day. Please register for each 5-week session. Max participants = 30

Functional Fitness Room Circuits:

Members = \$2.50 per class. Punch card: \$22.50 for 10 classes members / Non-Members = \$5.00 per class or \$50.00 Punch card for 10 classes

Instructor: Andrea Sedon

Stop in our Functional Fitness Room and let our trained instructors guide you in learning how to use the equipment for a safe, effective workout! Emphasis is on core stability, balance, agility and muscle strength. Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work, or in sports. All levels welcome. Max participants = 8

KIDZfit:

T/Th....\$15 Members / \$30 non-members (Instructor: Jen Hale/Shelley Lewis)

KIDZfit for youth ages 5-12 years. Kids will enjoy 45 minutes of exercise activities such as aerobics, light strength work, yoga and lots of fun in an inclusive environment! Held outdoors. Will move indoors if inclement weather. Max participants = 10

Les Mills Body Pump@: M/W/F...\$18 members/\$56 non-members; T/Th...\$16 members/\$52 non-members

(Instructors: Chris Dolan M/W; JoAnn Hepfner T/Th & Friday am)

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. Max participants = 24

***Body Pump Punch Card: \$16 members/\$52 non-members**

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. Expires 1 year from date of purchase.

Mommy & Baby Boot Camp: T/TH.....\$15 members / \$50 non-members ..\$5.00 Drop-in/class Fee available (Instructor: Jena Swanson)

A Boot Camp exercise class designed for mom & baby. Join Y employee and new mom Jena Swanson as she leads this class utilizing minimal equipment and body weight movements. Go at your own pace and fitness level. Bring your little one in a stroller, car seat, carrier pack or a play mat and game. Email jena@warrenymca.org with any questions. Held in West Gymnasium/Outdoors.

Morning Strength Training – Weight Room Wed....\$15 members / \$50 non-members (Instructor: K.Hughes)

Get comfortable in the weight room! Coach K will lead participants through proper form and technique utilizing weight room equipment. Ages 13&up. Max participants = 15

Outdoor Workout Locker – Join Thad at the OWL for a free strength workout!(Instructor: Thad Turner)

REAXraft in the Pool: T/Th...\$15 members / \$30 non-members. (OR Drop-in Fee: \$5 members/\$8 non-members) (Instructor: Jill Hunter)

REAX rafting in the pool combines popular land formats like HIIT, Yoga and Functional Fitness moves with the instability of the water to provide an efficient and FUN workout! Max participants = 8

SilverSneakers@ Fitness/Stretch: Tues/Thurs.....Free to YMCA members/ \$10 non-members (Instructor, Jena Swanson)

Silver Sneakers 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. Class includes a 20 minute stretch/cooldown. Max participants = 40 (gymnasium)

Weight Lifting for Teens (Ages 12-15): T/TH...\$20 members / \$40 non-members (Instructor: Alex Shaw)

A weight lifting class for teens with limited or no experience with resistance training. Emphasis placed on safety, etiquette, and proper lifting technique. Discussions include progressive overload, benefits of different rep ranges and maximizing results. Max participants = 10

Yoga w/ Candi : T/Th.....\$16 members / \$52 non-members (Instructor: Candi OSheill)

Yoga challenges the body while calming the mind. Stretch, breathe and strengthen with yoga postures (hatha) and posture flows (vinyasa), followed by closing relaxation. Experience a welcome feeling of peace and rejuvenation as you tune in to your own body. All participants are encouraged to obtain physician clearance, go at their own pace and modify as needed. Max participants = 12 (Held in Group Ex. Studio)