

# Warren YMCA - Group Fitness Classes (Adult/Teen)

\*\*\* **FALL 2022** \*\*\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:15 – 6:45 am</b> Total Body Conditioning TBC Instructor: <b>Andrea</b>		<b>6:15 – 6:45 am</b> Total Body Conditioning TBC Instructor: <b>Andrea</b>			
<b>8:30 – 9:30 am</b> Les Mills Body Pump® Instructor: <b>Chris</b>	<b>8:00 – 8:45 am</b> Functional Fitness Circuits Instructor: <b>Andrea</b>	<b>8:30 – 9:30 am</b> Les Mills Body Pump® Instructor: <b>Chris</b>	<b>8:00 – 8:45 am</b> Functional Fitness Circuits Instructor: <b>Andrea</b>	<b>8:30 – 9:30 am</b> Les Mills Body Pump® Instructor: <b>Chris</b>	
9:00-10:00 am OR 10:15-11:15 am Bouncing for Fitness (55 and older) Instructor: <b>Sharon</b>	<b>9:00 – 9:45 am</b> Yoga Instructor: <b>Hannah</b>	9:00-10:00 am OR 10:15-11:15am Bouncing for Fitness (55 and older) Instructor: <b>Sharon</b>	<b>9:00 – 10:00 am</b> Golf Fitness Instructor: <b>K. Hughes</b>		
	<b>10:15 – 11:00 am</b> Mommy & Baby Boot Camp Instructor: <b>Jena</b>		<b>10:15 – 11:00 am</b> Mommy & Baby Boot Camp Instructor: <b>Jena</b>		Try a class for FREE before registering!
	<b>10:30 – 11:30 am</b> Balance & Core Instructor: <b>K. Hughes</b>	← <i>Begins Thurs. Sept. 8th</i>	<b>10:30 – 11:30 am</b> Balance & Core Instructor: <b>K. Hughes</b>		
	<b>12:00 – 1:00 pm</b> The SilverSneakers Fitness and Stretch Program® Instructor: <b>Jena</b>		<b>12:00 – 1:00 pm</b> The SilverSneakers Fitness and Stretch Program® Instructor: <b>Jena</b>		<b>1:00 – 1:45 pm</b> KIDZfit Winter Outdoor Fun (Nov/Dec Session) Instructors: Jen Hale/Shelley Lewis
<b>1:00-2:00 pm</b> Firefly at the Y - Fitness	<b>1:00-2:00 pm</b> Firefly at the Y - Fitness	<b>1:00-2:00 pm</b> Firefly at the Y - Fitness	<b>1:00-2:00 pm</b> Firefly at the Y - Fitness (Swimming)	<b>1:00-2:00 pm</b> Firefly at the Y - Fitness	
<b>Functional Fitness Circuits YOUTH 212 3:45 – 4:30 pm</b> Instructor: <b>Jena/Chris</b>	<b>3:30/3:45 – 5:00 pm</b> Lift & Condition (13+) Instructor: <b>K. Hughes</b> <i>*Begins Sept. 13th</i>	<b>Functional Fitness Circuits YOUTH 212 3:45 – 4:30 pm 2</b> Instructor: <b>Jena/Chris</b>	<b>3:30/3:45 – 5:00 pm</b> Lift & Condition (13+) Instructor: <b>K. Hughes</b> <i>*Begins Sept. 13th</i>		
	<b>5:30 – 6:15 pm</b> KIDZfit Instructor: <b>Jen Hale/Shelley Lewis</b>		<b>5:30 – 6:15 pm</b> KIDZfit Instructor: <b>Jen Hale/Shelley Lewis</b>		
	<b>6:00 - 6:45 pm</b> REAXraft (Pool) Instructor: <b>Jill</b>		<b>6:00 - 6:45 pm</b> REAXraft (Pool) Instructor: <b>Jill</b>		
	<b>6:00 - 6:45 pm</b> Boot Camp Instructor: <b>Thad Turner</b>		<b>6:00 - 6:45 pm</b> Boot Camp Instructor: <b>Drew Murphy</b>	<b>As of 8/12/2022</b>  <b>*Schedule subject to change</b>	

## Class Descriptions:

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

Visit us at [www.warrenymca.org](http://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

### **Boot Camp:** T/Th.....\$15 members / \$50 non-members (Instructor: Thad Turner/Drew Murphy)

This class is for intermediate to advanced fitness levels who want serious results from their training. Held either outdoors or in the West gym and uses the TRX suspension trainers along with jump ropes, free weights, kettlebells and medicine balls. Max participants = 24

### **Bouncing for Fitness:** M/W.....\$12 members / \$20 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. Please register for each 5-week session. Max participants = 30

### **Functional Fitness Room Circuits:** T/TH (am) (Instructor: Andrea Sedon)

**Members = \$2.50 per class or \$22.50 punch card for 10 classes / Non-Members = \$5.00 per class or \$50.00 Punch card for 10 classes**

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

### **Functional Fitness Youth '212' Class (Members Only):** M/W (Instructors: Jena Swanson/Chris Dolan)

### **Golf Fitness:** Thursday...\$40 members / \$60 non-members (Instructor: K. Hughes)

Improve your mobility, flexibility, strength and power needed for the game of golf. Max participants = 10

### **KIDZfit:** T/Th....\$15 members / \$30 non-members (Instructors: Jen Hale/Shelly Lewis)

All-inclusive exercise class for youth ages 5-12. Activities include aerobics, light strength work, stretching, fitness games and more! Max participants=10.

### **KIDZfit Winter Outdoor Fun: Saturday (Nov/Dec)....\$10 members / \$20 non-members (Instructors: Jen Hale/Shelly Lewis)**

All-inclusive outdoor exercise class for youth ages 5-12. Activities include cross-country skiing, sled riding, snow play, etc. Dress for weather. Max participants=6.

### **Les Mills Body Pump®:** M/W/F=\$18 members/\$56 non-members (Instructor: Chris Dolan)

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 (gymnasium)

### **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.

### **Lift & Condition:** T/Th...Punch Card Class: \$20 members / \$50 non-members (10 classes) (Instructor: K. Hughes)

Students age 13+. Improve on your muscular strength, endurance and flexibility while preparing for the upcoming sport season or fitness goals. Max participants = 20 per class

### **Mommy & Baby Boot Camp:** T/Th.....\$15 members / \$50 non-members (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](mailto:jena@warrenymca.org) with any questions. Held in West Gymnasium.

### **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/cool-down. Max participants = 30 (gymnasium)

### **Total Body Conditioning:** M/W/F.....\$14 members / \$45 non-members (Instructor: Andrea Sedon)

Join TBC for a heart-pumping, intense, full-body workout! Only 30 minutes length, TBC consist of body-weight movements and occasionally use of dumbbells or kettlebells. Come rock out early mornings on Monday and Wednesday and get your day started! Modifications are always offered to accommodate all fitness levels. Held in West Gymnasium and/or Functional Fitness room.

### **Yoga w/ Hannah:** Tuesday.....\$14 members / \$45 non-members (Instructor: Hannah Pearson)

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 go at their own pace and modify as needed. Max participants = 10 (Held in Group Ex. Studio)