ADULT FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-6:30 AM Open Tabata Circuit JESSE	5:30 AM Indoor Cycling JESSE	5-6:30 AM Open Tabata Circuit JESSE	5:30 AM Indoor Cycling JESSE		7-8:00 AM Open Tabata Circuit JESSE
8:35– 9:35 AM Aquafit Aerobics HEATHERLYN	5:30 AM Rise and Grind HAYLEI	8:35– 9:35 AM Aquafit Aerobics HEATHERLYN	5:30 AM Rise and Grind MONTANA	8:35– 9:35 AM Aquafit Aerobics HEATHERLYN	
9:15 AM Body Sculpting APRIL	9:15 AM Circuit APRIL	9:15 AM Body Sculpting LAUREN	9:15 AM Circuit AMY	9:15 AM Circuit AMY	9:00– 10:00 AM Zumba MARI
9:35– 10:35 AM Splash Aerobics KIM/CAROL	9:00– 10:00 AM Fluid Strength DIANA	9:35– 10:35 AM Splash Aerobics KIM/CAROL	9:00– 10:00 AM Fluid Strength DIANA	9:35– 10:35 AM Splash Aerobics KIM/CAROL	10:00– 11:00 AM Grit and Grind APRIL
10:10– 11:00 AM Silver Sneakers Classic DANI	10:00– 11:00 AM Zumba AMY	10:10– 11:00 AM Silver Sneakers Classic DANI	10:00– 11:00 AM Zumba AMY	10:10– 11:00 AM Silver Sneakers Yoga KASIE	
	11:00– 12:00 AM Strength & Balance AMY		11:00– 12:00 AM Strength & Balance AMY		
12:10– 1:00 PM Indoor Cycling SARAH		12:10– 1:00 PM Indoor Cycling TRESSA	1:00 PM– Beginner Tai Chi 2:00 PM– Advanced Tai Chi AJ	12:10– 1:00 PM Indoor Cycling TRESSA	
			4:30– 5:30 PM Tabata ANNETTE	4:30– 5 PM: ZUMBA® 5– 5:30: Strength & Balance AMY	
5:30– 6:30 PM Tabata ANNETTE	5-5:30 PM: Kickboxing 5:30-6 PM: Toning ANNETTE		5:30– 6:00 PM Core JULIE		
6:30– 7:30 PM Zumba ® MARI	6:00-6:45 PM Bootcamp SAM	6:30– 7:30 PM Zumba® MARI	6:00– 6:45 PM Bootcamp SAM		
	7:00– 8:00 PM Yoga April		7:00– 8:00 PM Yoga April		

For Updates:

YMCA of Mount Vernon
www.mtvymca.org

Class Descriptions

AQUAFIT: This is a Moderate to High cardio workout in the water which will increase your heart rate, strengthen your muscles, utilizing the water as a resister in order to define & improve physical endurance. **Instructor: Heatherlyn**

CIRCUIT TRAINING: Alternating stations of cardio & strength training allow you to get a total body workout & work at your own level. **Instructors: Amy, Annette & April**

BARRE STRONG: Barre class mixes elements of pilates, dance, yoga and strength training using the barre and other exercise equipment to sculpt, slim and stretch your entire body. **Instructor: Amy**

BODY SCULPTING: A 45 minute total body workout combining cardio and strength training. Bodysculpting will get your heart rate up to help you burn fat and calories. **Instructor: April & Lauren**

BOOTCAMP: A 45 minute high intensity workout with a combination of strength and cardio using dumbbells, kettlebells, ropes, medicine balls and bodyweight. This workout is sure to get your heart rate up! Ideal for gaining muscle and losing fat. **Instructor: Sam**

CORE: 30 minutes of concentrated abdominal and back work, focusing on the core for strength and stability. **Instructor: Julie**

CYCLING: A 45 minute challenge for the body. Enhance your cardiovascular system and define your body through aerobic and anaerobic rides. **Instructors: Jesse, Sarah & Tressa**

FLUID STRENGTH: This is a Moderate to High cardio workout in the water. This is a deep water aerobic workout utilizing the water as a resister to strengthen your heart, muscles & define & improve physical endurance. **Instructor: Diana**

GRIT & GRIND: 60 minutes of resistance cardio through the use of dumbbells, barbells, kettlebells and bodyweight with a focus on full body, functional movement. **Instructor: April**

KICKBOXING: A fun workout combining non-impact kickboxing elements such as blocks, jabs, and kicks in heart-pumping cardio combinations. Strength training will also be added to this class to give you that total-body workout, allowing you to burn fat and calories and tone muscles. This workout can be modified to accommodate all fitness levels. **Instructor: Annette**

RISE & GRIND: Wake up and work out before your body even knows what's going on! Rise and Grind is a high intensity class focusing on a full body workout. You will leave ready to conquer the day. **Instructor: Haylei & Montana**

SPLASH: This is a Moderate cardio workout in the water which will help strengthen your heart, muscles, as well as define and improve physical endurance. This is a great way to increase resistance with low impact on joints. **Instructor: Carol & Kim**

SILVER SNEAKERS: This program is designed to provide a fun and challenging way for you to continue the lifelong journey of holistic health. The program is easily personalized to address multiple fitness levels and differences in health needs. A variety of equipment and techniques will be used in this program. Chairs will be used for some of the exercises and will be available to you as necessary to work toward improved strength and endurance. If you use a wheelchair, you will find this program adaptable to your specific needs. **Instructors: Dana & Kasie**

STRENGTH & BALANCE: A 45-50 minute class formatted as a total body workout using both sides of the brain to complete balance/coordination excises in order to enhance balance ability while training all major muscles and targeting the core. Better balance ability helps us avoid injury and improve coordination. **Instructor: Amy**

TABATA: Tabata Bootcamp is High Intensity Interval Training (HIIT) using the 20-10 Microburst Training Protocol (20 seconds work, 10 seconds rest). Workouts are short in duration and designed to boost post exercise calorie burn so your metabolism keeps burning more calories long after the exercise is over. Participate in Tabata workouts that will result in true, successful weight loss and muscle gain.

TAI CHI: Tai Chi is an internal art focusing on mind, body and spirit. It is a gentle exercise, often referred to as moving meditation. There are many scientifically documented health benefits, and through regular practice, one can improve mental focus, and reduce the effects of stress, strengthen internal muscles, improve balance and breathing, and cultivate an overall healthier approach to daily life. **Instructor: AJ**

ZUMBA®: A latin inspired aerobics class that tricks you into working out! The structure of the class is based on the interval training theory; work heavy, then light, then heavy, then light. The foundation for Zumba® is to have fun! Getting fit and healthy is a side effect! **Instructors: Amy & Mari**

YOGA: Beginning level Hatha Yoga using a combination of both static poses and vinyasa flow sequences. Poses are easily modified to meet different levels and flow sequences are presented in a slow easy to follow format. Benefits include improved flexibility, balance, muscle tone and stress relief. **Instructors: April**

MEMBERS: ALL CLASSES FREE NON-MEMBER: $5 PER INDIVIDUAL CLASS OR PURCHASE A PUNCH CARD ($50/11 classes)

Any class cancellations will be posted on our Facebook page