

Vermilion Family YMCA Group Exercise JULY 2017

CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Morning	8:00am CYCLE/STRENGTH 8:45am FITNESS AFTER 50 10:00am SILVER SNEAKERS CLASSIC	8:00am BOOTCAMP	8:00am POWER SCULPT 8:45am FITNESS AFTER 50 10:00am SILVER SNEAKERS CLASSIC	8:00am SCULPT/CORE 10:00am NIA 11:00am SILVER SNEAKERS CHAIR YOGA	8:00am GLIDE FIT 8:45am FITNESS AFTER 50 10:00am SILVER SNEAKERS CLASSIC		
Evening		5:15pm BARRE 5:30pm YOGA	6:00pm CYLCLE				

CLASS PRICING

Class pricing is based on your level of membership at the YMCA.

PLUS Members: ALL CLASSES INCLUDED
 Members: \$8 per month per class
 Program Members: \$16 per month per class
 Non-Members: \$5 per class daily

The following classes are included with a YMCA Membership:

Fitness After 50
 NIA
 Silver Sneakers Chair Yoga
 Silver Sneakers Classic



CLASS DESCRIPTIONS

Barre

Barre workouts will combine several modes of exercise including dance conditioning, isometrics, interval training and physical therapy practices. It is a full body workout! A fusion of dance, yoga, and Pilates!

Boot Camp

Calling all diehards---Drop and give 20!!! This total body workout contains sports conditioning moves, calisthenics, and invigorating drills based on speed, power, and agility.

Cycle/Pilates

The first half of this class will take you on a ride through the flat lands to the mountain tops. Then, search no more for the secret to a firm, controlled, stable core using targeted Pilates movements during the second half of class.

Cycle/Strength

Experience all the benefits of a heart pumping cycling workout fused with muscle sculpting. This full body workout is great for the time-pressed!

Fitness After 50

Using music from Sinatra to Swing to the Supremes, this comprehensive class has a low-impact cardiovascular conditioning, muscular strength work, flexibility, and range-of-motion exercises. We also do exercises designed to improve balance, coordination, manual dexterity, and agility (both physical and mental).

Glide Fit

Tone-Trim-Transform. Glide Fit is a low impact fusion of Pilates, Gliding Discs, ballet, and resistance training. This class will test your core strength, add flexibility, increase stability and body control.

NIA

Nia is a holistic full-body workout that blends dance, tai chi, yoga, martial arts, and healing arts. Classes are done barefoot to great music and are low impact. Nia is a delightful way to connect to your body, your heart, and your spirit.

Sculpt/Core

Sculpt your body from head to toe using weights, tubing, bands, balls, and more. Strengthen and define your muscles, lose fat, and increase your metabolism as you chisel the body of your dreams. Suitable for all levels.

Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are all offered for resistance, and a chair is used for seated and/or standing support. Suitable for beginning-to-intermediate older adult exercisers.

Silver Sneakers Chair Yoga

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and a range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Yoga

Why is Yoga thousands of years old and more popular than ever? Offering you strength, suppleness, energy, and peace—Yoga will transform your body and enrich your spirit. Come experience the harmony of spirit, mind, and body.