



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST SHORE FAMILY YMCA JANUARY GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING CLASSES					
8:30-9:15am Zumba® Roula <i>in the Studio</i>			8:30-9:15am Zumba Roula <i>in the Gym</i>		
	9:00-9:50am Pure Strength Tyler <i>in the Studio</i>	9:00 – 9:50am Yoga Flow Wendy <i>In the studio</i>	9:00-9:50am Pure Strength Tyler <i>in the Studio</i>		
10:00 – 10:50am Fitness After 50 Rosie <i>in the Gym</i>	10:00-10:50am SilverSneakers® Classic Rosie <i>in the Gym</i> 10:30- 11:20am Aqua Fit Dawn <i>Pool</i>	10:00 – 10:50am Fitness After 50 Rosie <i>in the Gym</i>	10:00-10:50am SilverSneakers Classic Tyler <i>in the Gym</i> 10:30- 11:20am Aqua Fit Dawn <i>Pool</i>	10:00-10:50am BOOM® Combo Erin <i>in the Gym</i>	10:00-10:50am Chair Yoga Sarah <i>in the Studio</i>
11:00 – 11:25am Flexible Core Express Rosie <i>in the Studio</i>	11:00-11:50am Chair Yoga Wendy <i>in the Studio</i>		11:30-12:15pm ABC Arthritis Balance Crosswalk Tyler <i>in the studio</i> *See back for details	11:00-11:50am Tai Chi Easy Elizabeth <i>in the Studio</i>	11:00-11:30am Meditation Sarah <i>in the Studio</i>
11:00-12:30pm Pickleball <i>Gym – Full Court</i>	11:00-12:30pm Pickleball <i>Gym – Full Court</i>	11:00-12:30pm Pickleball <i>Gym – Full Court</i>	11:00-12:30pm Pickleball <i>Gym – Full Court</i>	11:00-12:30pm Pickleball <i>Gym – Full Court</i>	
EVENING CLASSES					
5:30-6:20pm Sprint 8 Tyler <i>in the Studio</i>	5:00-5:45pm Martial Arts - Beginner (fee) <i>in the Gym</i> 5:45-6:45pm Martial Arts – Advanced (fee) <i>in the Gym</i>	5:30-6:20pm Sprint 8 Tyler <i>in the Studio</i> 6:00-6:50pm Zumba Nicole <i>in the gym</i>	5:00-5:45 pm Aqua Strength (fee) Tyler <i>in the Pool</i> *01/05 5:00-5:45pm Martial Arts - Beginner (fee) <i>in the Gym</i> 5:45-6:45pm Martial Arts – Advanced (fee) <i>in the Gym</i>		

Schedule may change due to special events.
All changes are announced on the West Shore page of our website: clevelandyymca.org

West Shore Family YMCA Class Descriptions

SilverSneakers 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. Chairs are used for support. This class is open to ALL YMCA members and suitable for new to intermediate exercisers.

Fitness After 50: This intermediate-level class has low-impact cardiovascular conditioning, muscular strength work, and flexibility exercises. Exercises are designed to improve balance, coordination, manual dexterity, and agility. Your heart, lungs, muscles, balance, and energy will all improve.

BOOM® Combo: Up your game with this combination class of BOOM Muscle with BOOM Move. This class will take you through several groups of exercises that focus on different muscle groups mixed with cardio consisting of simple dance moves and sequences providing a great workout and plenty of fun.

Flexible Core Express: This Pilates-inspired classic focuses on the abs and the low back area.

Zumba®: Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. Add some Latin flavor and international zest into the mix, and you've got Zumba!

Chair Yoga: Chair yoga is a gentle practice that moves through yoga postures with the support of the chair, both seated and standing, breath work, and self-study to strengthen muscles, deepen flexibility, and create a healthy, vibrant, and confident lifestyle.

Pure Strength: This classic muscle building and conditioning class will upgrade your fitness with dumbbells, kettlebells, light barbells, resistance bands, and body weight.

Sprint 8: Sprint 8 is an efficient, fat-burning sprint-intensity interval program that gives you a complete cardio workout, including warm-up and cool-down, in just 20 minutes. Each Sprint 8 session will be complemented with 20 minutes of Strength Training and 10 minutes of foam roller work. Get your full body workout twice a week!

Tai Chi Easy: Tai Chi Easy™ is an approach to Tai Chi that makes it easy, beneficial and fun. The Tai Chi Easy™ methods are designed to improve the quality of life for people of all ages in a very simple, easy-to-learn way.

Yoga Flow: Yoga flow incorporates energetic movement through a series of postures matched with breath to create a sense of flow, strength and ease. Movements are performed standing, kneeling, and lying down.

Pickleball: No pickles required! Join one of the fastest growing sport in the country. Pickleball is a combination of sports like badminton and tennis played with a solid paddle, a whiffle-type ball and a low net. It's a fun, easy-to-learn sport that is suitable for all ages and abilities.

Aqua Fit: Strengthen your body with low impact to your joints. This popular water aerobics workout is a blend of cardio and resistance training incorporating resistance tools such as buoyant water weights and noodles. No swimming skills are necessary.

Aqua Strength: Aqua Strength is a new balance and strength based workout floating on Aqua Boards. Aqua Strength will challenge you to maintain proper postural control and alignment while performing High Intensity Interval Training with resistance bands and a medicine ball on a water fitness board. You will burn calories, increase strength, balance, endurance and focus while having the time of your life!

\$30 for a 4-week session. Ends 01/05/23

ABC Arthritis Balance Crosswalk: We have enhanced the Arthritis Foundation's scientifically proven "Walk With Ease" program to bring you this 8-week program, ideal for people of all walking abilities, even those who use walkers or canes. In ABC, you will walk 3 times each week and participate in weekly group education. The best part is that there is no cost for YMCA members!

* For more information or to register contact Tyler at tstark@clevelandymca.org Starts 11/17, runs 9 weeks.