

West Shore Family YMCA

DECEMBER Group Exercise Schedule

MORNING	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00 AM				PT Intro Max/Studio 12/28 only		
	8:30 AM	Zumba Roula/Gym			Zumba Roula/Gym (8:30-9:20am)		
	9:00 AM			Pure Strength Tyler/Studio		Pure Strength Tyler/Studio	Yoga Flow Vinyasa Lauren/Studio
	10:00 AM	Fitness After 50 Rosie/Gym	SilverSneakers Classic Rosie/Gym Aqua Fit Shallow Dawn/Pool	Fitness After 50 Rosie/Gym	SilverSneakers Classic Tyler/Gym Aqua Fit Shallow Dawn/Pool	BOOM Combo Erin/Gym Aqua Fit Shallow Dawn/Pool	
	11:00 AM	Flexible Core Express Rosie/Studio	SilverSneakers Yoga Christine/Studio			Tai Chi Easy Elizabeth/Studio	
11:30 AM							
EVENING	5:00 PM	PT Intro Tyler/Studio 12/18 only				PICKLEBALL HOURS Monday – Friday 5:30 a.m. – 7:00 a.m. 11:00 a.m. – 1:00 p.m. MARTIAL ARTS (\$) Tuesday/Thursday Beginner: 5:00 – 5:45 p.m. / Gym Advanced: 5:45 – 6:45 p.m. / Gym CHILD WATCH HOURS Monday – Wednesday: 9:30 a.m. – 12:30 p.m / 4:30 p.m. – 7:30 p.m Thursday: 4:30 p.m. – 7:30 pm	
	5:30 PM	Power Hour Tyler/Studio		Power Hour Melissa/Studio (5:30-6:20pm)			
	6:00 PM		Gentle Yoga Lauren/Studio (5:45-6:35pm)	Zumba Nicole/Gym			
	6:30 PM						
Schedule may change due to special events. All changes are announced on the West Shore page of our website: clevelandymca.org							
A Dollar Sign (\$) indicates that a fee and sign-up are required prior to the class. An Asterisk (*) indicates the starting date of the designated class.							
Please see reverse side for class descriptions.							

West Shore Family YMCA Class Descriptions

Aqua Fit Shallow: Use the shallow end of the pool in this class that focuses on cardiovascular fitness, muscular strength, core, and balance.

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.

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.

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

Gentle Yoga: Gentle yoga is a combination of postures coordinated with breath, performed at slow pace which allows time to be present in each pose. This class provides the opportunity to explore your practice, to find the play between strength and flexibility, stability and ease, and to gain a greater understanding of physical alignment and balance. Gentle yoga is for all levels of experience and flexibility.

Introduction to Personal Training: These free one-time 30-minute intro sessions give you a taste of what it's like to work with a trainer without the expense or commitment. Maximum of 5 participants per session. *Sign-up ahead of time* for either our 12/18 or 12/28 class! Contact Tyler Stark at tstark@clevelandymca.org

Power Hour: You have one hour to do as much work as you can. Each class looks different, with a focus on functional movements performed at high intensity with weights, TRX and resistance bands. This class is for everyone. Each movement can be modified and the intensity level is up to you. Try it today!

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

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.

SilverSneakers Yoga®: This class offers a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of postures designed to increase flexibility, balance and range of movement. Breathing exercises and final relaxation promote stress reduction and mental clarity. You will not exercise on the floor in this class. This class is open to ALL YMCA members and suitable for all levels of exercisers.

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 – Vinyasa: Vinyasa style yoga links poses with breath to create a continuous flow of movement from one pose to the next. The instructor safely guides you in and out of poses to allow for the benefits of deep stretching, strength building, proper alignment and attention to breath. Yoga Flow provides a safe environment for beginners as well as advanced practitioners.

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!