



September Group Exercise Schedule

West Shore Family YMCA

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

9:30-10:20am: Y Cycle with Judy - CS
9:40-10:30am: Silver Sneakers Circuit with Rosie - Gym
10:45-11:35am: Fitness after 50 with Rosie - Gym
11:40-12:00pm: Ab Lab with Rosie – GES
7:00-7:50pm: Vinyasa Yoga with Kim- GES

Class Locations:

CS-Cycle Room

GES-Group Exercise Room

Schedule is Subject to change

Tuesday

10:45-11:35am: Silver Sneakers Classic with Andrea - Gym
6:00-6:50pm: Bootcamp with Mike - Gym
7:00-7:20pm: Ab Lab with Mike - GES

Wednesday

9:30-10:20am: Y Cycle with Erin/Judy/Abbey - CS
10:30-11:20am: Silver Sneakers Yoga with Rob - GES
10:45-11:35am: Fitness after 50 with Rosie - GES
6:00-7:00pm: Power Yoga with Katie - GES

Thursday

10:45-11:35am: Silver Sneakers Classic with Andrea - Gym
6:00 - 6:50am: Y Cycle with Deb – CS
7:00 - 7:50pm: Pilates with Deb – YPS

Friday

8:30-9:20am: Power Sculpt with Chris - Gym
9:30-9:55am: Flex Core Express with Chris - Gym
10:00-10:50am: Silver Sneakers Yoga with Rob - GES

Saturday

9:00-9:50am: Cardio Combo with Jan – Gym

Class Descriptions

Ab Lab: Step into the gym for an intense core workout that targets the abdominals, hips, glutes and low back. 20 minutes in and out!

Boot Camp: This class will utilize the entire gym space with intense hi/low intervals, multi joint movements, and fun and creative workouts. Challenge yourself or a classmate during the timed workouts to up the intensity. Join us and play fun games like dodge ball, freeze tag or Uno but with a fitness twist.

Cardio Combo: Calling all fitness buffs! This class has it all: cardio, strength training, plyometrics, bosu balls stability balls, medicine balls and everything in between.

Flex Core: This class is designed to improve posture, flexibility, and body alignment using rhythmic movements and strength conditioning. This class is suitable for all levels. Member must be able to get up and down from the floor

Fitness after 50: Using music from Sinatra to Swing to the Supremes, this comprehensive class uses low impact circulation, breathing, posture, and body awareness. Strong core muscles support the spine, reduces back pain, and are integral component of athletic performance as well as every day balance.

Pilates: Pilates is a conditioning routine that can help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It focuses on spinal and pelvic alignment, breathing, developing a strong core, and improving coordination and balance.

Power Sculpt: Sculpt your body from head to toe using weights, tubing, bands 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. Member must be able to get up and down from the floor.

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 offered for resistance, and a chair is used for seated and/or standing support. This class is open to all YMCA members and is suitable for beginning-to-intermediate exercisers.

Silver Sneakers® Yoga

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

Vinyasa Yoga: Yoga is thousands of years old and more popular than ever because it builds strength and provides energy. Come experience the vigorous sun-salutation style to build harmony of spirit, mind and body while transforming your body and enrich your spirit.

Y Cycle/Power Cycle: Strength, Endurance, Intervals, Race Day, and Recovery are the names of the heart rate energy zones that you will visit in this unique studio cycling format. Y cycle is best suited for beginners while Power Cycle is most suitable for intermediate to advanced cyclists, but fit for all levels.

West Shore Family YMCA 1575 Columbia Rd. Westlake, OH 44145
P:440-871-6885
www.clevelandymca.org