



SALEM FAMILY YMCA

Winter Group Fitness Schedule

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM - 6:00 AM	Cycling Room	Cycling <i>Shannon</i>		Cycling <i>Katie</i>		Cycling <i>Katie</i>	
5:30 AM - 6:25 AM	Anderson Room	Boot Camp <i>Andrea</i>		Boot Camp <i>Andrea</i>		Boot Camp <i>Andrea</i>	
	Kells Room		Body Flex <i>Ginny</i>		Body Flex <i>Ginny</i>		
5:45 AM - 6:35 AM	Anderson Room		Core Align <i>Margot</i>		Core Align <i>Margot</i>		
8:15 AM - 9:10 AM	Anderson Room						Body Flex <i>Ginny</i>
	Kells Room						Flow Yoga <i>Andrea</i>
8:15 AM - 9:25 AM	Cycling Room						Cycling <i>Tiffany U</i>
9:15 AM - 10:25 AM	Anderson Room						Cardio Step <i>Tina</i>
9:30 AM - 10:25 AM	Anderson Room	Cardio Step <i>Valerie</i>	Pilates <i>Fenny</i>	Cardio Step <i>Valerie</i>	Pilates <i>Fenny</i>	Cardio Step <i>Raschel</i>	
9:30 AM - 10:30 AM	Cycling Room	Peddling for Parkinsons <i>Erin</i>		Peddling for Parkinsons <i>Erin</i>		Peddling for Parkinsons <i>Erin</i>	
10:30 AM - 11:25 AM	Anderson Room	Enhance@Fitness <i>Debi</i>	Tai Chi <i>Susan</i>	Enhance@Fitness <i>Debi</i>	Tai Chi <i>Susan</i>	Enhance@Fitness <i>Debi</i>	Zumba@ <i>Corinna</i>
	Kells Room	*Low Impact/Barre <i>Katie/Andrea</i> (45/30) mins.	Body Flex <i>Debi</i>	*Low Impact/Barre <i>Katie/Andrea</i> (45/30) mins.	Body Flex <i>Debi</i>	*Low Impact/Barre <i>Katie/Andrea</i> (45/30) mins.	
	Cycling Room	Cycling <i>Tina</i>		Cycling <i>Tina</i>		Cycling <i>Tina</i>	
	Mat Room <i>3rd Floor</i>		Flow Yoga <i>Fenny</i>		Flow Yoga <i>Fenny</i>		
12:00 PM - 12:55 PM	Anderson Room	Zumba@ <i>Andrea</i>	Low Impact HIIT <i>Katie</i>	Zumba@ <i>Andrea</i>	Low Impact HIIT <i>Katie</i>	Zumba@ <i>Andrea</i>	
	Kells Room	Body Flex <i>Tina</i>	Y-Barre <i>Rachel</i> *(40 Min)	Body Flex <i>Tina</i>	Y-Barre <i>Rachel</i> *(40 Min)	Body Flex <i>Tina</i>	
	Cycling Room	Cycling (45 Min) <i>Varies</i>	Cycling (45 Min) <i>Debi</i>	Cycling (45 Min) <i>Varies</i>	Cycling (45 Min) <i>Debi</i>		
	Mat Room <i>3rd Floor</i>	Gentle Yoga <i>Laurie</i>		Gentle Yoga <i>Laurie</i>		Gentle Yoga <i>Laurie</i>	Sunday
1:00PM - 1:55PM	Kells Room	Body Flex <i>Debi</i>		Body Flex <i>Debi</i>		Body Flex <i>Debi</i>	
4:30 PM - 5:25 PM	Moore Room	Circuit Training <i>Katie</i>		Circuit Training <i>Katie</i>		Circuit Training <i>Katie</i>	Zumba@ Sunday 2 PM-3:15 PM <i>Katie</i>
	Anderson Room	Flow Yoga <i>Andrea</i>	HIIT <i>Varies</i>	Flow Yoga <i>Andrea</i>	HIIT <i>Varies</i>	Flow Yoga <i>Andrea</i>	
5:30 PM - 6:25 PM	Anderson Room	Cardio Step <i>Tina</i>	Body Flex <i>Debi</i>	Cardio Step <i>Tina</i>	Body Flex <i>Debi</i>	Boot Camp <i>Carolyn</i>	
	Cycling Room	Cycling <i>Debi</i>		Cycling <i>Tiffany U</i>		Cycling <i>Holly</i>	
	Gym Court 1		Zumba@ <i>Tina/Katie</i>		Zumba@ <i>Tina/Katie</i>		
6:30 PM - 7:25PM	Anderson Room	Body Flex <i>Katie</i>	Pilates <i>Fenny</i>	Body Flex <i>Katie</i>	Mind/Body Mix <i>Laurie</i>		
7:30 PM - 8:25 PM	Anderson Room		Flow Yoga <i>Laurie</i>		Flow Yoga <i>Laurie</i>		

BE HEALTHY! BELONG!

12/10/2017



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

<i>Spirit, Mind, and Body</i>	<i>All classes are designed to be taken by all fitness levels, unless noted.</i>
Pilates	It focuses on core postural muscles which are essential to providing support for the spine. In particular, Pilate's exercises retrain proper movement patterns, rebalance, muscle strength and flexibility, and realign the spine. Expect to leave class feeling taller and moving with less effort and strain.
Flow Yoga	Learn the graceful, peaceful Vinyasa style (flow) poses in this class. Attention to detail and the meditative flow can allow the joints and muscles to release tension and create a state of deep relaxation.
MindBody Mix	Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of Yoga.
Y-Barre	Y-Barre class uses a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements.
Core Align	Focusing on core stability, postural alignment, stretching and strengthening, this class is designed to improve structural and mechanical function, returning the body to efficient functioning position.
Senior Fitness	<i>All classes are designed to be taken by all fitness levels, unless noted.</i>
Enhance®Fitness	EnhanceFitness at the YMCA is a proven community-based senior fitness and arthritis management program. Its purpose is to help older adults become more active, energized and empowered for independent living. A certified instructor leads classes at a pace that works for each participant.
Low Impact	Fun, low-impact class designed to provide a well-rounded fitness workout for the 50 plus participant. Utilizes a wide variety of group fitness formats and equipment to improve both cardiovascular and muscular strength & endurance. Appropriate for all fitness levels.
<i>Muscle Toning Endurance</i>	<i>All classes are designed to be taken by all fitness levels, unless noted.</i>
Body Flex	Using traditional weight training techniques set to music, this class enables you to achieve extra muscle tone to help re-shape your body, increase strength, flexibility, endurance and bone density.
Boot Camp	This is a high intensity, military style workout class. It will incorporate cardiovascular & strength training. This class routine will vary from obstacle courses to circuit training. Each participant will experience progress according to their own level fitness. This is for all levels of physical fitness.
<i>Cardio Fitness</i>	<i>All classes are designed to be taken by all fitness levels, unless noted.</i>
Peddling for Parkinsons	Pedaling a bicycle may change the life of someone with Parkinson's disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace - optimally, 80-90 revolutions per minute. To register contact Nickole at (503) 399-2770
Cardio Step	Come learn basic to advanced moves on the Reebok Step. Learn simple 32 count combinations as a beginning student while seasoned students can do more advance combinations in the same block of music. Total Fat burning workout that will leave you in a sweat.
HIIT	High-intensity interval training (HIIT), also called high-intensity intermittent exercise (HIIE) or sprint interval training (SIT), is a form of interval training, an exercise strategy alternating short periods of intense anaerobic exercise with less-intense recovery periods. HIIT is a form of cardiovascular exercise.
Zumba®	Combines high energy and motivational music with unique moves and combinations that allow you to dance away your worries. This class utilizes the principals of fitness interval training and resistance training, maximize caloric output, fat burning and total body toning.
Group Cycling	This is a unique group stationary cycling class that simulates outdoor road racing. This class is great for all fitness levels as you control the amount of resistance and pedal speed. Bring a towel and water.
Low Impact HIIT	Fun, low-impact class designed to provide a well-rounded fitness workout for all fitness levels using a variety of equipment and group fitness formats. Build muscle, lose weight quickly, and don't put pressure on your joints with this style of circuit training.

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