

EXERCISING TOGETHER

The Bear | Levin | Studer Family YMCA



Greenhut Multipurpose Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am LES MILLS BODYPUMP Brittany/Tami R.		5:45 am LES MILLS BODYPUMP Karen		5:45 am LES MILLS BODYBALANCE Karen	8:15 am LES MILLS BODYPUMP Rotating Instructor: 1/6 Tami 1/13 Fabienne 1/20 Brittany 1/27 Karen
8:15 am STEP Yuri	8:15 am LES MILLS BODYPUMP Fabienne	8:15 am STEP AEROBICS Emily	8:15 am LES MILLS BODYPUMP Fabienne	8:15 am STEP Yuri	
9:30 am LES MILLS BODYPUMP Fabienne	9:30 am SOUL BODY BARRE UNHITCHED Fabienne		9:30 am SOUL BODY BARRE UNHITCHED Fabienne	9:30 am LES MILLS BODYBALANCE Amy	
10:45 am SENIOR FIT Tammy C	10:45 am CHAIR YOGA Michelle	10:45 am SENIOR FIT Michelle	10:45 am CHAIR YOGA Lauren	10:45 am SENIOR FIT Rachel R	
12:00 pm CORE AND MORE Nina		12:00 pm KETTLEBELL AMPD Nina		12:00 pm Yogalates Marcia	
5:30 pm LES MILLS BODYPUMP Amelia	5:30 pm LES MILLS BODYPUMP Carol /Amy	5:30 pm LES MILLS BODYPUMP Karen	5:30 pm Step Yuri	5:30 pm LES MILLS BODYPUMP Carol	
6:35 pm WORLD VIBES DANCE Sandra		6:35 pm ZUMBA Dana	6:35 pm WORLD VIBES DANCE Sandra	January 1–31	

Bubba Watson Foundation Basketball Courts

**Scheduled Classes and Programs have priority of the Court.
All other activities are welcome outside the posted schedule.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8–1 pm PICKLEBALL 2 COURTS		8–1 pm PICKLEBALL 2 COURTS		8 – 10 am PICKLEBALL 2 COURTS
				10 am–12 pm PICKLEBALL 2 COURTS	11 am –1 pm VOLLEYBALL
	5:30 pm BOOTCAMP Amelia		5:30 pm BOOTCAMP Amelia		1 pm–3 pm Special Olympics
6:45-8:45 pm VOLLEYBALL	6:45-8:45 pm VOLLEYBALL	6:00-8:30 pm PICKLEBALL	6:45-8:45 pm VOLLEYBALL		

**Sundays:
12–5 pm Pickleball 2 Courts**

EXERCISING TOGETHER



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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Pen Air

7:45 am PILATES Michelle	5:45 am VINYASA FLOW Heidi	7:45 am PILATES Michelle	7:45 am YOGALATES Marcy	5:45 am Cardio Kickbox Betsy	8:15 am GENTLE YOGA Lauren
9:15 am YOGA Michelle	8:15 am STRENGTH & STRETCH Michelle	9:15 am YOGA Michelle		8:15 am Barre & Pilates Fusion Rachel R	9:30 am VINYASA Rotating Instructor: 1/6 Lauren 1/13 Heidi 1/20 Alayna 1/27 Alayna
	9:30 am GENTLE YOGA Lauren			9:30 am RESTORATIVE YOGA Lauren	
12:15 pm Parkinson's Program Jenny	12:00 pm Barre & Pilates Fusion Rachel R	12:15 pm Parkinson's Program Rosie	12:00 pm VINYASA YOGA Alayna	12:15 pm Parkinson's Program Morgan	
	4:30 pm LES MILLS BODYBALANCE Karen				
6:00 pm INTRO to VINYASA Lauren	5:45 pm YOGA BURN Heidi	5:45 pm Intermediate VINYASA Shahana	5:45 pm VINYASA YOGA Heidi	5:45 pm RESTORATIVE YOGA Lauren	
	7:00—8:00 pm KIDS KARATE Ages 5-13		7:00—8:00 pm KIDS KARATE Ages 5-13		
	8:00—9:00 pm ADULT KARATE		8:00—9:00 pm ADULT KARATE	January 1—31	

Appleyard Cycle Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 am CYCLING Marcy		5:45 am CYCLING Karen		8:15 am CYCLING Rotating Instructor: 1/6 Marcy 1/13 Rosie 1/20 Karen 1/27 Hanna
8:15 am CYCLING Steve	8:15 am CYCLING Rosie	8:15 am CYCLING Tammy C	8:15 am CYCLING Steve	8:15 am CYCLING Rosie	
9:30 am CYCLING Tammy M		9:30 am CYCLING Emily		9:30 am CYCLING Steve K	
5:30 pm RHYTHM RIDE Barbara	4:45 pm CYCLING Andrea	5:30 pm RHYTHM RIDE Barbara	5:30 pm CYCLING Marcy/Hanna	12:00 pm CYCLING Andrea	

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CARDIOVASCULAR

- **STEP** a great cardio workout that mixes classic step fitness with resistance and core moves that makes this class not just a real calorie blaster but FUN too!
- **WORLD VIBES DANCE** Fun and entertaining, Experience the music and dancing from around the world. Move to vibes of Africa, America, Brazil, Caribbean, India, Korea and more.
- **ZUMBA** a fun, high-energy, variable impact level, dance fitness workout to international rhythms. All fitness levels welcome!
- **Cardio kickcbox** This high-energy workout challenges the beginner and elite athlete alike.
Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

FUNCTIONAL FITNESS

- **BOOTCAMP** combines a variety of exercises and drills to develop strength, speed, balance and agility while promoting teamwork.
- **KETTLEBELL AMPD** takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torcing fun! Great for all ages!
- **Strength and Stretch** includes a full-body strength circuit training using dumbbells and body weight; Cool down with stretching and foam rolling exercises.

SENIOR FIT CLASSES

- **SENIOR FIT** - includes low-impact cardio exercises, and exercises to build strength in the core and lower body for improved stability and balance. Suitable for all fitness levels.
- **CHAIR YOGA**- relaxing stretches through various yoga poses in a seated or standing position.

STRENGTH TRAINING

- **BODYPUMP** is a 60-minute addictive workout challenges all of your major muscle groups by using the best weight room exercises such as squats, presses, lifts and curls.
- **CORE AND MORE** is a circuit training class suitable for any fitness level. Challenge your core strength, abs, and glutes.

CYCLING

- **RHYTHM RIDE** is a high intensity spin class that focuses on **riding** to the beat of the music with upper body movements that feel like a dance party on the bike. **(1hr)**

BARRE/ PILATES

- **PILATES** A full body conditioning program that improves strength, flexibility, balance, control and muscular symmetry.
- **SOULBODY BARRE UNHITCHED** is a one hour, mindfully intense class broken down into 9 blocks of dynamic exercises using small isometric movements. All done without the fixed barre, using a body bar and ball.

YOGA/FLEXIBILITY

- **YOGA FLOW** promotes flexibility, balance, proper alignment, strength and relaxation by coordinating breathing with movement through various poses and meditation. The class offers modifications of greater or lesser difficulty so participants can select the option that works best for them.
- **INTRO TO VINYASA**—a slower paced class to introduce the basic alignments and foundations of Vinyasa Flow.
- **VINYASA** - commonly refers to a style of yoga which incorporates breath synchronized movement, along with other ancient techniques, such as bandhas, breath, and dristi or focal points.
- **YOGALATES** is a fusion of Yoga and Pilates, focusing on gaining deep muscle strength and flexibility from the inside out. This class will improve your performance in everything you do, strengthening and lengthening those deep muscles and improving your core strength and balance.
- **RESTORATIVE YOGA** We seek to relax the body and mind through the use of gentle postures and yoga props allowing the nervous system to reset. Great for all levels.
- **BODYBALANCE** Expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.
- **GENTLE YOGA** incorporates flexibility, strength and balance while learning basic yoga poses, sequencing them together to create slow, strong and mindful flows.
- **YOGA BURN** Feel the burn during this power yoga plus HIIT sequenced to upbeat music! Build strength, enhance your endurance, and have fun.