
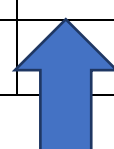


**NO CLASSES TUESDAY, JULY 4<sup>TH</sup>**

**YMCA HOURS: MON-THUR 4:30am-9pm FRI 4:30am-8pm SAT 7am-6pm SUN 11am-6pm**

**FREE CHILD CARE: MON-FRI 8am-1pm MON-THUR 4:15-7:30pm SAT 9:15-11:45am**

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AEROBICS ROOM</b>							
6:30AM	Cardio X Train (Megan)	Yogalates (Megan)		Yogalates (Megan) Ashley Orr 27			
8/8:15AM	8 Zumba (Kenyatta) <b>Canceled 24, 31</b>	8:15 Fit Barre (Ashley)	8 Ab-Domination (Susie)	8:15 Fit Barre (Elizabeth) Michelle Ortiz 20	8 Zumba (Jill)	8 Dance Chance (Maria)	
9/9:15AM	9:15 FIT (Dawn)	9:15 Group Weight Training (Yanet)	9 Cardio Pop (Jen W) Teresa S. 12	9:15 Triple Threat (Jill)	9:15 Hi-NRG (Korry) Michelle 14 <b>Canceled 21</b>	9:05-10:30 Ultimate Conditioning (Stephanie)	
10/10:15/10:30AM	10:15 Ageless Athletes (Jen)	10:15 Flex & Stretch (Carla)	10:15 Ageless Athletes (Carla 5, 19) Zumba (Elender 12, 26)	10:20 Great Weighted Workout (Jill)	10 Senior Fit (Mary 14, 21) Senior Yoga (Liz 7, 28)	<b>NEW CLASS</b> 10:30 Sweat and Stretch (Korry 1, 8, 29) PLYOGA (Megan Morris 15, 22)	
11/11:15AM	11:15 Tai Chi (Myong)	11 Senior Active (Angie)	11:15 Tai Chi (Myong)	11 Line Dancing (Elender)	11:15 Tai Chi (Myong)		
12/12:15	12:15 Yoga Buzz (Elizabeth) Pat Alley 17	12 Pilates (Elizabeth) Pat Alley 18		12:15 Hatha Yoga (Theresa)	12:15 Yoga Buzz (Elizabeth) Katherine Z. 21		
4:30PM	Zumba (JoJo) <b>Canceled 24</b>	Zumba (Yessica) Sabrina 18, 25	Piloxing (Jill)	Zumba (Cyndi) Elender 13 <b>NO CLASS 27</b>	POUND (Sabrina)		Sun Yoga (Katherine)
5:30PM	Step (Susan)	Circuit Work It (Megan)	Total Body Blast (Megan) Elizabeth Crofts 26	Hip Hop (Diane)	Rockin Bottom (Korry 7, 28) PLYOGA (Megan 14, 21)		
6:30PM	Ab-Solution (Stephanie)	<b>NEW CLASS</b> Gutts-N-Butts (Yanet)	Ab-Solution (Stephanie)	Yogalates (Megan) Liz Massey 27			
7:15PM			Zumba (Kate 5, 19) (Tony 12, 26)				
<b>TRX/MVE ROOM</b>							
6:30AM			TRX (Megan)				
8:15AM	MVE (Ashley) Michelle Ortiz 3						
9/9:30AM			9:30 Chair Fitness (Elizabeth Ricks) <b>NO CLASS 12th</b>	9 MVE (Elizabeth) Michelle Ortiz 20			
12:15			<b>*Beginner TRX</b> (Korry) <b>NO CLASS 11, 18</b>	<b>*canceled every 3<sup>rd</sup> Wednesday for Senior Luncheon</b>			
5:30PM	TRX Cardio Interval (Stephanie)	TRX Cardio Interval (Leigh)	TRX Strength (Stephanie)	TRX Cardio Strength (Megan) Stephanie 27			
6:15PM		TRX Strength (Leigh)		TRX Cardio Strength (Stephanie)			



Instagram



**NO CLASSES TUES., JULY 4TH**

## CYCLE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30/5:45AM	5:30 Cycle (Megan)	5:45 Cycle (Leigh) Alena 18	5:30 Cycle (Megan)	5:45 Cycle (Leigh) Alena 13, 27	5:30 Cycle (Alena)		
8:30/9/9:15AM	9:15 Cycle (Ashley) Susie 3		9 Cycle (Susie)		8:30 Cycle (Kim)	9:15 Cycle Megan 1, 8 Leigh 22 Elizabeth Crofts 15, 29	
Noon	Cycle (Kim) <b>Cancel 3<sup>rd</sup></b>		Cycle (Kim) Nicki 5		Cycle (Nicki)		
5:30PM	Cycle (Susie) <b>Cancel 3<sup>rd</sup></b>	Cycle (Nicki)		Cycle (Leigh) Susie 27			
6:30PM	Cycle (Leigh) <b>Cancel 3<sup>rd</sup></b>		Cycle (Megan) Elizabeth Crofts 26				

### CLASS DESCRIPTIONS:

**AB-DOMINATION/AB-SOLUTION:** 45 min of abdominal specific exercises that will target every part of your core

**AGELESS ATHLETES/SENIOR FIT:** slowly and carefully instructed weight and cardio training

**ALL CYCLING:** Cycles your way to fit! The perfect way for you to get into shape and to use as cross training

**ALL TRX:** Suspension training, working with your own body weight

**BOSU CARDIO STRENGTH:** Balance and weights combined

**BUTTS AND GUTS:** A total body workout with an emphasis on your backside and core.

**CARDIO CROSS TRAIN:** Get your heart pumping while you feel your muscles burn

**CARDIO POP:** Wake up your workout with "pops" of cardio intervals

**CHAIR FITNESS:** Get your heart rate up and muscles pumped while working out in a chair

**CIRCUIT WORK IT:** move station to station with speed and strength

**DANCE CHANCE:** This is your chance to get fit while dancing

**FAMILY FITNESS:** A total body workout that the whole family can participate in, or come by yourself!

**FIT:** Come ready to workout with interactive training

**FITT BARRE:** Fuses core conditioning, Pilates, yoga, stretching, and isometrics into one powerful workout

**FLEX AND STRETCH:** Combination of static and rhythmic muscle stretch and tone

**GREAT WEIGHTED WORKOUT:** choose your weights and workout every major muscle group

**HATHA YOGA:** Total body stretching and breathing

**HIP-HOP:** Cardio dance workout with Hip Hop music

**HI-ENG:** H.I.I.T.High intensity interval training

**MVE PILATES:** Toning and strengthening while emphasizing correct joint alignment and range of motion, utilizing a Pilates inspired format on a resistance apparatus.

**PILATES:** Body conditioning which uses a unique system of core stretching and strengthening exercises

**PILOXING:** Pilates and boxing fusion

**POUND:** Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

**YOGALATES:** Pilates and yoga fusion

**ROCKIN BOTTOM:** Focus on glutes and hamstrings but total body

**SENIOR YOGA:** A truly gentle yoga class with mat or chair options. You will tone and strengthen muscles, build immunity, and relax.

**SWEAT AND STRETCH:** ½ of the class will be dedicated to a high intensity interval style workout, and the next ½ will be focused on flexibility and stretching.

**TAI CHI:** Improves fitness, coordination, balance, and flexibility

**TOTAL BODY BLAST:** Full body, strength, cardio, and core

**ZUMBA:** A total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Ditch the workout, join the party!

**To all the men and women who serve and have served our country, thank you for your sacrifice. Thank you for protecting our freedom.**

