## Free Class Schedule: February 17 - March 29, 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fitness Barre</strong></td>
<td><strong>Cycle 55</strong></td>
<td><strong>Total Stretch</strong></td>
<td><strong>Cycle 55</strong></td>
<td><strong>Fit &amp; Tone</strong></td>
<td><strong>Fit ‘n Tone H2O</strong></td>
<td><strong>Hatha Yoga</strong></td>
</tr>
<tr>
<td>6:30 - 7:25 am</td>
<td>6:15 - 7:10 am</td>
<td>6:30 - 7:25 am</td>
<td>6:30 - 7:25 am</td>
<td>10:00 - 10:55 am</td>
<td>9:00 - 9:55 am</td>
<td>9:30 - 10:25 am</td>
</tr>
<tr>
<td>(A) Colette I.</td>
<td>(B) Lisa S.</td>
<td>(A) Colette I.</td>
<td>(B) Lisa S.</td>
<td>(A) Shelli P.</td>
<td>(P) Rose B.</td>
<td>(A) Jen R.</td>
</tr>
<tr>
<td><strong>Fit &amp; Tone</strong></td>
<td><strong>Pumped!</strong></td>
<td><strong>WATERinMOTION®</strong></td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Cardio Dance: Zumba</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
</tr>
<tr>
<td>10:00 - 10:55 am</td>
<td>6:15 - 7:15 am</td>
<td>6:30 - 7:25 am</td>
<td>8:30 - 9:25 am</td>
<td>11:05 am - 12:00 pm</td>
<td>9:30 - 10:25 am</td>
<td>10:30 - 11:25 am</td>
</tr>
<tr>
<td>(A) Teasha R.</td>
<td>(G) Kate C.</td>
<td>(P) Kate C.</td>
<td>(A) Lolla P.</td>
<td>(A) Judy A.</td>
<td>(A) Colette I.</td>
<td>(A) Jen R.</td>
</tr>
<tr>
<td><strong>SilverSneakers® Yoga</strong></td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>Vinyasa Yoga Plus</strong></td>
<td><strong>SilverSneakers® Splash</strong></td>
<td><strong>Fit &amp; Tone</strong></td>
<td><strong>SilverSneakers® Classic</strong></td>
<td><strong>Foam Roller</strong></td>
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<tr>
<td>11:15 am - 12:00 pm</td>
<td>8:30 - 9:25 am</td>
<td>8:30 - 9:45 am</td>
<td>9:30 - 10:25 am</td>
<td>10:00 - 10:55 am</td>
<td>10:45 - 11:30 am</td>
<td>10:30 - 10:55 am</td>
</tr>
<tr>
<td><strong>WATERinMOTION®</strong></td>
<td><strong>Cardio Dance</strong></td>
<td><strong>Fit &amp; Tone</strong></td>
<td><strong>Chair Yoga</strong></td>
<td><strong>Circuit</strong></td>
<td><strong>Fitness Barre</strong></td>
<td><strong>WATERinMOTION®</strong></td>
</tr>
<tr>
<td>12:00 - 12:55 pm</td>
<td>9:30 - 10:25 am</td>
<td>10:00 - 10:55 am</td>
<td>11:15 am - 12:00 pm</td>
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<tr>
<td>(P) Teasha R.</td>
<td>(A) Marie D.</td>
<td>(A) Judy A.</td>
<td>(A) Natalie J.</td>
<td>(A) Stephanie W.</td>
<td>(A) Colette I.</td>
<td>(P) Donna M.</td>
</tr>
<tr>
<td><strong>NEW! Cycle 25</strong></td>
<td><strong>SilverSneakers® Splash</strong></td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>Pumped!</strong></td>
<td><strong>SilverSneakers® Classic</strong></td>
<td><strong>Circuit</strong></td>
<td><strong>Cardio Dance: Nia</strong></td>
</tr>
<tr>
<td>12:00 - 12:25 pm</td>
<td>9:30 - 10:25 am</td>
<td>12:05 - 1:00 pm</td>
<td>5:25 - 6:25 pm</td>
<td>10:45 - 11:30 am</td>
<td>5:25 - 6:25 pm</td>
<td>6:30 - 7:25 pm</td>
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<tr>
<td>(B) Rachael W.</td>
<td>(P) Lolla P.</td>
<td>(A) Natalie J.</td>
<td>(G) Amy H.</td>
<td>(A) Marie D.</td>
<td>(G) Amy H.</td>
<td>(A) Andrea W.</td>
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<tr>
<td><strong>SilverSneakers® Classic</strong></td>
<td><strong>Chisel Plus</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Cycle 55</strong></td>
<td><strong>Cycle 25</strong></td>
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<td><strong>Cycle 55</strong></td>
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<tr>
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<td>10:45 - 11:30 am</td>
<td>5:00 - 5:55 pm</td>
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<td>(A) Natalie J.</td>
<td>(P) Patty M.</td>
<td>(B) Loralane J.</td>
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<tr>
<td><strong>Cycle Fundamentals</strong></td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>Aqua Blast</strong></td>
<td><strong>Cardio Dance: Nia</strong></td>
<td><strong>WATERinMOTION®</strong></td>
<td><strong>HIIT</strong></td>
<td><strong>Restorative Yoga</strong></td>
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<tr>
<td>5:30 - 5:55 pm</td>
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<td><strong>SilverSneakers® Classic</strong></td>
<td><strong>HIIT</strong></td>
<td><strong>Restorative Yoga</strong></td>
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Location: A = Studio A, (Atr) = Atrium, B = Studio B, G = Gym, (P) = Pool

Classes and schedules are subject to change. Please search class schedules online at ywcampls.org/schedules for the most up-to-date information.

### STAY CONNECTED DOWNLOAD OUR FREE APP

Download “YWCA Schedules” and you will be able to:

- View schedules for classes and events at each location
- Add events to your calendar, set reminders and invite friends to join you through our sharing features
- Receive push notifications for last minute cancellations, exciting promotions or important info you need to know
GROUP FITNESS LEVELS

Intensity Level 1
Light intensity workout that is meant for beginners. All fitness levels are welcome.

Intensity Level 2
Moderate intensity workout. Beginners are welcome but may have to modify some exercises.

Intensity Level 3
High intensity workout meant for individuals who have prior workout experience. These classes help bring your fitness to a new level.

WATER FITNESS LEVELS

Intensity Level 1
Focuses on range of movement, flexibility, and stretching in the water and is a good fit for anyone recovering from injuries or new to water exercise.

Intensity Level 2
Focuses on a full body aerobic workout in the water and is a good fit for those looking to mix-up their workouts.

Intensity Level 3
Focuses on a full body, high intensity cardio workout in the water and is a good fit for someone looking to take their workouts to a new level. Comfort in the water is a must.

AQUA BLAST
Intensity level 3
This class will challenge your endurance, strength and coordination by optimizing the challenge that water can add to movement. Participants should be experienced exercisers and comfortable in the water.

CARDIO DANCE
Intensity level 1
Let a wide variety of music inspire your workout. This class is designed to encourage participants to put their own energy level, ability and style into the moves in a non-intimidating and fun environment. All fitness levels are welcome.

CARDIO DANCE: NIA
Intensity level 1
Nia is a sensory-based movement practice, empowering people of all shapes and sizes by connecting the body, mind, emotions and spirit. Nia draws from disciplines of the martial arts, dance arts and healing arts. Every class offers a unique combination of 52 moves that correspond with the main areas of the body: the base, the core and the upper extremities.

CARDIO DANCE: ZUMBA
Intensity level 2
Dance your way to a fitter you! The routines feature interval-training sessions where fast and slow rhythms along with resistance training are combined to tone and sculpt your body while burning fat. All levels are welcome!

CHAIR YOGA
Intensity level 1
Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion. Restorative breathing exercises and a final relaxation promote stress reduction and mental clarity.

CHISEL!
Intensity level 2
Weight training and resistance work are a must to lose fat, burn calories, and build muscle. All fitness levels are welcome.

CIRCUIT
Intensity level 3
Stations utilizing strength, balance, agility and power are set up in the classroom and combined with cardio intervals for an efficient and intense workout. Multiple levels.

CYCLE
(CYCLE 25, CYCLE 55, CYCLE 75)
Intensity level 1
Intervals, hills, power challenges and more! Cycle instructors pull out a mix of techniques to coach you through each exciting ride. Instructors tailor each class to the participants and add music and a bit of personality to make your ride enjoyable. Each class is geared to meet the needs of all fitness levels and instructors offer modifications throughout.

CYCLE FUNDAMENTALS
Intensity level 1
Are you new to cycling or looking for a more leisurely ride? Take advantage of this 25-minute introductory class to learn techniques and build up your cycling legs. All levels welcome to ride at their pace.

FIT ‘N TONE
Intensity level 2
A low- to non-impact aerobics class that also includes strength and flexibility training. Great for beginners but all levels welcome.

FIT ‘N TONE H2O
Intensity level 1
Utilizing the benefits of water, this class combines cardiovascular, muscular, and flexibility exercises for the entire body. A variety of equipment will be incorporated into each class, and exercises are performed in both shallow and deep water; however, participants can remain in shallow water for the entire class, if desired. All levels are welcome.

FITNESS BARRE
Intensity level 2
Sculpt it, lift it, tone it, shape it! Through high repetitions and multiple music tempos, this dance influenced class will utilize your entire muscular system as a means to improve coordination, core, balance, posture and strength.

FOAM ROLLER
Intensity level 1
Foam Rolling is a self-myofascial release (SMR) stretching technique used to release “knots” which relieves muscle soreness and tightness. This 25 minute class can aid in reestablishing pain-free movement and enhance exercise performance. Great for all fitness levels.

GENTLE YOGA
Intensity level 0
Practice founded on moving body with the breath. Classes are designed to create a feeling of steadiness, comfort and ease through out body, breath and mind. Participants in this class should feel comfortable being on hands and knees and getting up and down from the floor. No previous yoga experience required.

HATHA YOGA
Intensity level 1
Designed as an entry-level class, this class features slow-paced postures with some simple breathing exercises. This is a good place to learn basic poses and relaxation techniques, and to become comfortable with yoga.

HIIT (HIGH INTENSITY INTERVAL TRAINING)
Intensity level 3
High Intensity Interval Training is a format proven to not only torch calories but also enhance your aerobic capacity without long workouts. Perfect for the busy exerciser, but not for the faint of heart, HIIT requires you to push your limits! Bodyweight exercises and small equipment done in intervals.

INSANITY®
Intensity level 3
Forget everything you think you know about high-intensity workouts, because Insanity will redefine your mind and body! With Insanity, you work flat out in 3- to 5-minute blocks. It’s called Max Interval Training, pushing your body’s limits, requiring it to adapt.

PUMPED!
Intensity level 2
This class is designed for all fitness levels. It uses free weights, motivational music, and trained instructors to help you add strength and define muscles. *Please arrive 10 minutes early if this is your first class.

RESTORATIVE YOGA
Intensity level 1
Fundamental yoga poses are practiced while the body is supported with props, allowing greater relaxation, restoration and renewal.

SHALLOW CARDIO ‘N CORE
Intensity level 2
Multi-level aerobics class using the resistance of water to increase range of motion, strengthen muscles and improve cardiovascular fitness. Participants need not be able to swim; however, they should be comfortable in the water.

SILVERSNEAKERS® CLASSIC
Intensity level 1
SilverSneakers Classic uses hand-held weights, elastic tubing with handles, balls for resistance and a chair for support as well as non-impact aerobic choreography; exercises are designed to increase range of movement and activities of daily living (ADLs).

SILVERSNEAKERS® SPLASH!
Intensity level 1
SilverSneakers Splash is a universal class designed to increase cardiovascular endurance, agility, strength and balance in an aqua environment.

SILVERSNEAKERS® YOGA
Intensity level 1
Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motions. Restorative breathing exercises and a final relaxation promote stress reduction and mental clarity.

TOTAL STRETCH
Intensity level 1
Treat your body and energize your day with this invigorating stretch class. All fitness levels are welcome.

TURBO KICK®
Intensity level 3
Become a total knockout with the ultimate cardio kickboxing party! Turbo Kick LIV埃 takes cardio kickboxing and body-sculpting dance moves and choreographs them with the hottest music mixes. With high intensity intervals placed throughout the routine, you’ll get lean and toned. Plus, you’ll have a blast doing it. It’s high intensity, fast-paced and totally addicting!

VINYASA YOGA
Intensity level 2
Vinyasa means breath-synchronized movement, and consists of strong, flowing breath-based movement. Students should be injury-free and have a regular yoga practice.

WATERinMOTION®
Intensity level 2
WATERinMOTION® is the newest aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skills and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body!