

# BATH AREA FAMILY YMCA — ADULT FITNESS CLASSES AT A GLANCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am							
6am	5:30-6:30 Cross Training		5:30-6:30 Cross Training		5:30-6:30 Cross Training		
7am							
8am		7:30-8:30 Group Cycling					
9am	8:30-9:30 Aerobic Training						
10am	8:30-9:30 Power Step/ Power Sculpt						
11am		9:30-11 Body Sculpting					
12pm	11:30-12:30 Advanced Tai Chi						
1pm	12:30-1:30 Intermediate Tai Chi						
2pm	1:30-2:30 Beginner Tai Chi						
3pm							
4pm							
5pm		5-6 Step Ahead					
6pm	6:00-7:15 Yoga with Sue		6-8 Aikido				
7pm							
8pm							
	<b>Venue Key:</b> Aerobics Room    Gymnasium    Main Pool    Therapy Pool    Teen Center    Multiple Venues						

All Adult Fitness Classes are FREE for Members. There will be a fee for Non-Members or Community Members.

# ADULT FITNESS CLASSES AT A GLANCE – CLASS DESCRIPTION

**Aikido (Wesley):** Martial Arts

**Aerobic Training (various):** This class combines cardiovascular movements and choreography using both floor and step. Bouts of harder and lesser intensity give you a great calorie burn.

**YAAP (Doris/):** The Arthritis Foundation YMCA Aquatic Program provides a steady workout, incorporating movements designed to encourage range of motion and develop increased flexibility.

**Aqua Ex (Pat):** Join us for a revitalizing hour of aerobic, strengthening, and stretching exercises. Treat yourself to new energy and friends as you tone, shape, and firm. Easy entry stairs are provided for getting in to and out of the pool.

**Hatha Yoga (Kate):** Yoga for beginners. This introductory class will acquaint you with the basics of yoga at an easy pace.

**Body Sculpting (Robin N):** Learn different ways to work your muscles. May include super-sets, dynamic sets, and more. Exercises may include use of bands, dumb bells, body weight exercises and stability balls. This class will also include a warm-up, pre and post stretch.

**Cardiovascular Boxing (Leon):** This class, let by local boxing guru Jack Albis, will cover the fundamentals of boxing; i.e. wrapping hands, stance, footwork, heavy bag work, speed bag, and more. Each week's workout is a cardiovascular challenge and a learning experience. **Starts in early October**

**Deep Water Aerobics (Michelle):** Discover the fitness and therapeutic benefits of our deep water program which strengthens and builds muscle tone without impact to the joints. This class promotes flexibility, muscle toning, proper breathing, and body alignment/appreciation. No swimming ability is required; however participants must be comfortable in deep water. Class will use Aqua-Joggers and foam barbells. Belts will be provided or you may bring your own.

**Foam roller class:** Massage is one of the most under appreciated ways to improve general fitness, and the foam roller is an easy to access self massage tool. Learn to use the roller, and other tools to release muscular tension, improve joint mobility and reduce pain. With coach Matt Hinds. Friday's at 730am.

**Group Cycling (various instructors):** Group cycling is a great form of exercise that is low impact on the joints but can be as challenging as you make it. Since you are the one controlling the resistance of the bike this class is suited for all fitness levels. Each of our trainers will bring a different style and flavor of training to class. **More Classes in winter months**

**H2O Aerobics (Tammy/Kim):** This 45-minute intensive workout provides a variety of activities ranging from dance routines to boxing to keep your workout exciting. Uses shallow water. Class is held in the Therapy Pool during the Swim Team season (Winter sessions).

**Muscle Time/Early Muscle Time (Joe Mac/Erica):** This class focuses on joint flexibility, muscle strengthening, endurance and coordination. It is a fun class, which encourages peer interaction and socialization. Class will include a warm-up, stretch and cool down.

**Pilates (Dennis):** Pilates is a system of controlled exercises, done on a mat, that blend strength and flexibility training. While many of the exercises emphasize core strengthening, the goal of Pilates is overall fitness

**Power Step / Power Sculpt (Robin):** Power Step features choreography and step aerobics set to a heart pounding tempo that will keep you engaged the whole time. Power Sculpt focuses more on free weights, med balls, abs and total body strengthening. A great way to finish up a workout.

**Splash and Dash (Russ):** Come join us for a great early morning workout. This 30-minute class will jump-start your day.

**Step Ahead (Robin White):** An energetic, motivating class to rev you up after a long day. This workout has simple step patterns that progress to more complicated patterns. Repetition is the key to these easy to learn movements.

**Tai Chi Chuan (Bill):** Tai Chi is an intricate set of linked poses developed in China to enhance balance, fitness, and longevity. It's highly dynamic, yet relaxed movements appear simple, fluid, and soft. In reality, it's quite challenging, and, when executed in the proper manner, constitutes a demanding workout involving the mind as much as the body. Come learn to breathe and move in an entirely new way.

**Cross Training (Mike/Heather A.):** Geared towards well balanced fitness, this class will focus on each of the physical components in the Y's Model of Fitness: muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. This class will improve your overall fitness by targeting your weakest areas. You'll get plenty of variety, and plenty of fun.

**Vinyasa Yoga (Melinda):** A flow yoga that focuses primarily on breathing and sun salutation variations. It is on the more vigorous end of the yoga-spectrum and is a great practice for anyone looking for a physical or mental challenge.

**Yoga (Sue):** Yoga is a wonderful method of exercise that teaches how to recognize when your body is under stress, as well as methods to help counteract stress. With regular practice yoga improves strength and flexibility, quiets the mind and helps bring balance to all areas of your life.

**Yoqilaties (Ann):** Yoga and Pilates work together to stretch, strengthen, and reduce stress. Nothing maintains and improves flexibility like Yoga and nothing strengthens the core muscles better than Pilates. Together they provide a full workout that leaves you relaxed, renewed, and ready to enjoy life.

**Zumba (Bea):** Zumba is the perfect combo of fun dance and fitness moves. Zumba is the class that started the dance-fitness revolution and changed the way we look at a "workout" forever. Feel the music, have fun and learn hip dance moves and choreographies.