



# GROUP EXERCISE SCHEDULE

March 2020

## MONDAY

7:45am-8:30am	Barefoot Strength & Motion	Stacey	Studio B
7:45am-8:30am	Cycle Challenge	Michelle	Studio C
8:30am-9:30am	Vinyasa Yoga Flow	Deborah	Studio A
9:00am-10:00am	Cycle Blast + ABS	Stacey	Studio C
9:35am-10:30am	Yoga Tone	Staff	Studio A
9:35am-10:30am	<b>Chair Yoga*</b>	Deborah	Studio B
10:35am-11:35am	Zumba®	Diane	Studio A
11:35am-12:30pm	Tai Chi	Mike	Studio A
5:30pm-6:00pm	Cycle Challenge	Rachel	Studio C

## TUESDAY

5:30am-6:30am	Barre Flow	Holly	Studio A
7:30am-8:45am	Gentle Flow/Yin Yoga	Jane	Studio A
7:45am-8:30am	Cycle Challenge	Michelle	Studio C
9:15am-10:00am	Pedaling for Health	Susan	Studio C
9:15am-10:15am	<b>Movin to Music*</b>	Carol	Studio B
9:00am-10:00am	Power Yoga Flow	Kari	Studio A
10:05am-11:00am	Barre Flow	Eliza	Studio A
10:15am-11:15am	<b>Prime Time/Dynamic Age*</b>	Susan	Studio B
5:30pm-6:15pm	High Fitness	Meredith	Studio A
6:15pm-7:00pm	Cycle Challenge	Shannon	Studio C
6:30pm-7:30pm	Core & More	Kay	Studio A

## WEDNESDAY

5:30am-6:15am	Rev "UP" Cycle +	Holly	Studio C
7:45am-8:40am	Body Sculpt	Delores	Studio A
8:00am-8:45am	Cycle Challenge	Susan	Studio C
8:45am-9:40am	Hiit Workout	Jen	Studio A
9:45am-10:40am	Align and Flow Yoga	Pat	Studio A
10:45am-11:45am	Zumba®	Laurie	Studio A
9:00am-9:30am	<b>Dynamic Aging*</b>	Kay	Studio B
9:30am-10:30am	<b>Prime Time*</b>	Kay	Studio B
10:35am-11:15am	Floor Core for Seniors	Susan	Studio B
12:30pm-1:30pm	Noon Time Gentle Yoga	Sandy/Eliza	Studio A
4:30pm-5:30pm	Zumba®	Carmen/Laurie	Studio A
5:30pm-6:15pm	Cycle Challenge	Emily	Studio C
6:15pm-7:15pm	Yoga	Cassidy	Studio A

### Class Locations

Studio A - Main Group Exercise Room, 2nd Floor left of stairs  
 Studio B - Group Exercise Room B, 2nd Floor over ice rink  
 Studio C - Cycling Room, 2 Floor right of the stairs

**Group exercises classes are offered for ages 16+ or 12-15 with adult (18+) supervision. If class attendance does not reach minimum participation of six, some classes may be cancelled for current session.**

## THURSDAY

5:30am-6:30am	Barre Flow	Holly	Studio A
7:30am-8:45am	Gentle Yoga	Eva	Studio A
7:45am-8:30am	Barefoot Strength & Motion	Stacey	Studio B
7:30am-8:00am	Cycle Blast	Kathy	Studio C
9:00am-10:00am	Cycle Blast + ABS	Stacey	Studio C
9:15am-10:00am	Yoga Tone	Chris	Studio A
10:05am-11:00am	Align and Define	Helen	Studio A
10:15am-11:00am	Pedaling for Health	Susan	Studio C
9:15am-10:15am	<b>Movin to Music*</b>	Carol	Studio B
5:30pm-6:15pm	High Fitness	Meredith	Studio A
5:30pm-6:30pm	Cycle Challenge	Shannon	Studio C
6:30pm-7:30pm	Core & More	Dolores	Studio A

## FRIDAY

6:00am-6:45am	Wake up & Cycle	Nicole	Studio C
7:45am-8:45am	Core & More	Holly	Studio A
7:45am-8:30am	Cycle Challenge	Mary	Studio C
9:15am-10:30am	Vinyasa Yoga Flow	Tom	Studio A
10:30am-11:15am	<b>Prime Time*</b>	Stephen	Studio B
10:35am-11:35am	Zumba®	Carmen	Studio A

## SATURDAY

8:00am-9:00am	Body Sculpt	Delores	Studio A
9:15am-10:15am	Hiit Workout	Stephen	Gym
9:20am-10:20am	Cycle Challenge	Susan	Studio C
10:15am-11:15am	Barre/POUND™/Stretch*	Sue	Studio A

## SUNDAY

8:00am-9:00am	Yoga - Core & Flexibility	Jane	Studio A
9:20am-10:20am	Cycle Challenge	Emily	Studio C
10:15am-11:15am	Barre/POUND™/Stretch*	Sue	Studio A

### \*Active Older Adult Classes

\* + cycle with core work  
 \* Families welcome

## SUSPENSION TRAINING COMMIT TO BE FIT

<b>March 9 – April 16</b>	<b>February 24 - April 4</b>
Monday 8:15am-9:00am	Monday/Wednesday 6:00am-7:00am
Tuesday 5:30pm-6:15pm	Saturday 7:30am-8:30am
Thursday 8:15am-9:00am	

**\*registration required\* \*additional fee \***

## Skaneateles YMCA & Community Center

97 State Street, Skaneateles NY 13152

315-685-2266

auburnymca.org/skaneateles

Contact: [helen@auburnymca.net](mailto:helen@auburnymca.net) or [eliza@auburnymca.net](mailto:eliza@auburnymca.net)

### Facility Hours:

Monday-Friday 5:15am-9:00pm  
 Saturday & Sunday 7:00am- 6:00pm

### Child Watch Hours:

Monday 8:30am-11:30am  
 Tuesday-Friday 8:45am-11:30am  
 Monday-Thursday 5:00pm-7:00pm  
 \*Baby hour (6 months-1 year)  
 Monday-Friday 9:30am-10:30am

# GROUP EXERCISE CLASS DESCRIPTIONS

**Align and Define-** Develop proper form and alignment, welcome to all levels of fitness. This class will use foam rollers, weights, glides and bands. Focusing on strength, movement, balance and flexibility.

**Barefoot Strength & Motion** - A Dynamic class done barefoot. Reconnecting the mind and body with elements of cardiovascular endurance, muscle balance, agility, and strengthening, while utilizing techniques to increase flexibility and stabilization.

**Barre Flow-** Class combines ballet barre, light weights and various props. Classes include highly effective sequences of toning and resistance exercises with an emphasis on the core, butt and thighs.

**Barre/ POUND™/Stretch-** This class combines ballet barre, light weights and Ripstix®, lightly weighted drumsticks. Classes include highly effective sequences of toning and resistance exercises with an emphasis on the core, butt and thighs with a fusion of Yoga and flexibility. Designed for all fitness levels! Families welcome.

**Body Sculpt** - Improve flexibility, muscular strength and endurance while utilizing a variety of exercises and workout equipment, tools, and techniques. This total body class is designed for all fitness levels.

**Core & More** - This hour class focuses on the muscles of the core and entire body (upper and lower), concentrating on toning and developing muscular strength. We dynamically use bands, physio balls, and weights to achieve your fitness goals.

**Dynamic Aging-** This class focuses on mobility, increased static and dynamic balance, and flexibility while incorporating cognitive exercises to stimulate the mind. Research shows these are keys to maintaining good balance and preventing falls. Participation may result in better mental health, reduced stress, improved memory and cognition, and fall prevention.

**Floor Core for Seniors-** This class is designed for seniors with an emphasis on core strength and working on the floor as well as skills to rise from the floor, encouraging that the "floor is your friend"!

**High Fitness** - Aerobics is Back! Bigger, Better, HIGHer! Experience more than just a workout. HIGH Fitness is simple, intense, consistent, inclusive, and fun! Combines fitness techniques (i.e. HIIT, plyometrics, intervals of strength and cardio) with music you know and love, resulting crazy fun workout that leaves participants wanting more.

**Hiit Workout** - High intensity interval training, uses intervals and circuits to help tone the body and burn fat. Modifications for every level.

**Movin to Music** - Think old school Jazzercise... moving and grooving your way to a healthier heart and leaner body... elements of dance and aerobics make this class exciting and fun.

**Prime Time-** A strength and movement based class designed for active older adults. Classes include different elements of fitness to develop strength and cardiovascular endurance while conditioning the full body. Work on stability and balance while having a blast! This class is geared for all fitness levels by offering modifications to each exercise.

**Strong by Zumba®-** STRONG by Zumba is a high intensity interval training workout driven by the science of synced music motivation. This class will push you past your limits to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone and definition, and you will experience an increased afterburn!

**Tabata-** This class features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times. These bursts of intense intervals will boost caloric burn and strengthen and tone the body.

**Tai Chi-** Discover the benefits of this ancient form of martial arts which will improve balance, agility, strength, and coordination. This unique class will help you flow through your everyday life.

**Tap-** All basic tap skills are introduced to build a solid basic level of technique (shuffles, flaps, cramp rolls, Irish, shuffle ball change, etc.) and basic fundamental music skills are introduced as well. All ages and abilities welcome.

**ZUMBA®** - Ditch the workout...Join the party! The Zumba program fuses International rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will make you smile from your head to your toes.

## CYCLING

**Cycling Blast** - This is an fast paced half hour class, designed to give you a cardio based caloric burn.

**Cycle Challenge** - A high intensity and upbeat class filled with a combination of sprints, hills, and endurance building exercises. A challenge from beginning to end designed for intermediate riders.

**Pedaling For Health-** Join in on this stationary bike class combining rhythmic pedaling with support to help improve motor function. Learn how to set up your bike for a safe ride, listen to quiet music while you pedal to a lower intensity based class. New participants please arrive 15 minutes before class time to learn bike set up.

**Rev"Up" Cycle** - This uplifting 45 min ride gets you motivated for your day and is meant to increase your cardio endurance.

**Wake up & Cycle-** Hop out of bed and energize with this fun and motivated early morning ride. Includes cardiovascular endurance and abdominal work at the end of class.

## YOGA

**Align and Flow Yoga-** combines clear alignment with strength building, flow, and breath work to provide a well-balanced class. Expect to be challenged and opened in your body, mind, and spirit. This class is accessible for all levels of yoga practice.

**Chair Yoga-** chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. Open your hips, move your shoulders and neck, and find length in your spine.

**Gentle Yoga** - A less intense, gentle practice. Slow movements allow for awareness of the breath, body and mind. *This is a great class to start your Yoga journey but all levels are welcome.*

**Gentle Flow /Yin Yoga** - This class is designed to reach the deep connective tissues of the body through holding healing yoga poses for a period of time. The class varies continually using dozens of poses so all areas of the body benefit

**Heated Yoga-** Use heat to create a dynamic connection of movement with breath focused on endurance, flexibility, and strength. The heat will allow you to safely reach new levels of personal flexibility. Creative sequencing to inspire physical, energetic, mental, and inner freedom or higher state of consciousness. All levels.

**Noon Time Yoga-**This gentle flow class is focused on the experience of being in your body and with your breath. Accessible to all levels, including beginners, this class is a combination of gentle flow coupled with longer holds to help find alignment in our bodies.

**Power Yoga Flow-** A practice where you will be challenged with more complexity in pose options and transitions as well as plenty of sweat. If you have previous experience with yoga this is your class.

**Vinvasa Yoga Flow** - Utilizes Vinyasana breath-synchronization while flowing through salutations and poses to maximize flexibility and strength. An active yoga class that focuses on stretching muscles and working through asanas while deepening the mind body connection. All levels are welcome.

**Yoga - Core & Flexibility** - In this yoga you will flow through asanas that will enhance your core strength while gently stretching you body and lengthening muscles. Applicable for all levels.

**Yoga for Every BODY-** This yoga practice will focus on breath & body awareness, proper body mechanics & technique, and appreciating our changing (& aging) bodies. Leave judgment of one's self and others at the door, and create a sacred space of healing on our yoga mat.

**Suspension Training-** Use suspension straps to push, pull, and lift your body weight to develop strength, balance, flexibility and core stability simultaneously. 6 week sessions. \*fee required\*

**Commit To Be Fit-** Small group personal training program. Classes are designed to incorporate cardiovascular training, plyometrics, flexibility, core strength, interval training, teamwork and support. . 6 week sessions. \*fee required\*



## Skaneateles YMCA Water Fitness Schedule March

Monday	Class	Instructor	Level/Pool
8:00am-8:50am	Aqua Blast	Mary Kay	Intermediate-Advanced/ Leisure
9:00am-9:45am	Deep Water Fusion	Mary Kay	All levels/ Competition
Tuesday	Class	Instructor	Level/Pool
8:00am-8:50am	Aqua Blast	Susan	Intermediate-Advanced/ Leisure
Wednesday	Class	Instructor	Level/Pool
8:00am-8:50am	Aqua Blast	Mary Kay	Intermediate-Advanced/ Leisure
9:00am-9:45am	Deep Water Fusion	Susan	All levels/ Competition
9:45am-10:35am	Aqua Zumba	Aline	All levels/ Leisure
Thursday	Class	Instructor	Level/Pool
8:00am-8:50am	Aqua Blast	Mary Kay	Intermediate-Advanced/ Leisure
9:00am-9:50am	Aqua Interval Blast	Kay	All levels/ Leisure
Friday	Class	Instructor	Level/Pool
8:00am-8:50am	Aqua Blast	Kay	Intermediate-Advanced/ Leisure
9:00am-9:50am	Deep Water Fusion	Kay	All levels/ Competition
10:00am-10:30am	Aqua Jogging	Kay	All levels/Competition

### Class Descriptions

**Aqua Blast:** Shallow water (leisure pool) workout that incorporates cardio, strength and flexibility. Be prepared to break a sweat.

**Aqua Interval Blast:** Shallow water (leisure pool) workout designed to raise your heart rate during interval training.

**Deep Water Fusion:** For all levels. Class will utilize the deep water as well as equipment for strength intervals. Great for post surgical non weight bearing exercises.

**Aqua Zumba:** Blends the Zumba formula and water fitness exercises for a Zumba pool party.

