

# WYOMING YMCA GROUP EXERCISE Oct. 29th-Dec 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Beginner Yoga</b> 8:15am Tara Gillen Room	<b>SilverSneakers</b> 9:00-9:45am Randi Gym		<b>Yoga</b> 8:00-9:00am Pam Gillen Room	<b>Cycling</b> 5:45am Mary Gillen Room	
<b>Ageless Fitness</b> 9:00-9:45am Tamara Gym	<b>Cycling</b> 8:30-9:15am Wendy Gillen Room	<b>Ageless Fitness</b> 9:00-9:45am Tamara Gym	<b>Zumba</b> 10:00-11:00am Wendy Gillen	<b>Zumba</b> 8:30-9:30am Wendy Gillen	<b>Cardio Fusion</b> 8:30-9:45am Andrea Gillen Room
	<b>Zumba</b> 10:00-11:00am Wendy Gillen Room		<b>SilverSneakers</b> 9:00-9:45am Randi Gym	<b>SilverSneakers</b> 10:00-10:45am Randi Gym	
	<b>Reach</b> 10:10-10:40am Randi Racquetball Court		<b>Reach</b> 10:10-10:40am Randi Gillen Room		
<b>Cardio Kick</b> 4:45-5:45pm Andrea Gillen Room		<b>Cardio Blast</b> 5:00-5:30pm Andrea Gillen Room			
<b>Yoga</b> 6:00-7:00pm Pam Gillen Room	<b>Suspension</b> 5:00-5:45pm Mary Gillen Room	<b>Chisel &amp; Sculpt</b> 5:30-6:00pm Andrea Gillen Room	<b>Suspension</b> 5:00-5:45pm Mary Gillen Room		
	<b>Zumba</b> 6:00-7:00pm Gillen Room		<b>Zumba</b> 6:00-7:00pm Gillen Room		

**\*All times are subject to change without notice\* Call 585-786-2880 to verify**

**Prime Time:** Child watch is available during all group exercise classes for our Family membership holders. Contact the front desk for more information on that program.

## **Class Descriptions**

### **CARDIO**

#### **Cycling**

An instructor-led cycling workout on a specialty designed Trixter stationery bike. This high energy, low impact class will guide you up hills, through trails and racing over a flat road as you control the intensity of the ride!

#### **ZUMBA®//Latin HipHop/Z-Tone**

A fusion of Latin and international music themes that create a dynamic, exciting and effective fitness workout. A combination of fast and slow rhythms tone and sculpt the body and burn calories the fun way! \*\*z-Tone incorporates light weights

#### **POUND**

Fun, Functional Fitness method that fuses the best strength trainings, Pilates, and cardio moves with drumming. Each technique targets and strengthens the core.

### **INTERVAL**

#### **Ageless Fitness**

Multi-level exercise that includes a variety of exercises and equipment. Must bring a sense of humor for fun and laughs.

#### **Interval/Sculpt**

Varying cardio levels helps you burn the most calories! This class will burn your weekend calories and give you strong muscles!

#### **Cardio Fusion**

This class combines cardio and strength moves that sculpt and tone the entire body. This class incorporates a variety of equipment to provide a workout that is effective and fun!

#### **H.I.I.T. Strong**

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#### **Boot Camp**

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### **MIND/BODY**

#### **Yoga**

This class is an energetic program that strengthens and connects mind, body and spirit to improve flexibility and strength.

#### **Reach**

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### **Strength**

#### **Chisel and Sculpt**

Exercise designed to focus on both muscles and bones. Classes may include toning, firming and flexibility, performed with or without weights/resistance, for the purpose of improving muscular strength and endurance.

#### **SilverSneakers®**

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#### **Suspension Training**

This form of resistance training is a complete body work out that will tone your body and improve your balance. Suspension training is a small group workout that will use your body for resistance and leave you feeling strong.

