

WYOMING COUNTY YMCA GROUP EXERCISE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AGELESS FITNESS 8:30AM TAMARA	SILVER SNEAKERS 9:00AM RANDI	AGELESS FITNESS 8:30AM TAMARA	SILVER SNEAKERS 9:00AM RANDI	ZUMBA 8:30AM WENDY	HUSTLE AND SHINE 8:30AM ANDREA
	YOGA 10:00AM AMY	REACH 10:10AM RANDI	YOGA 10:00AM AMY	REACH 10:10AM RANDI	SILVER SNEAKERS MOVE & GROOVE RANDI 9:45AM	
	ENER-CHI 11:00AM RANDI	ZUMBA 6:00PM FAYTHE	STRENGTH AND CONDITIONING 5:15PM ANDREA	CARDIO KICKBOXING 12:15PM AMY	ENER-CHI 11:00AM RANDI	
	CARDIO KICKBOXING 12:15PM AMY					

Box and Build will be a combination cardio and strength class. The first 15 minutes of class we will engage in boxing for cardio strength and then complete 45 minutes of strength and stretching for a great overall workout. All levels welcome, modifications and progressions or moves are always offered!

Hustle and Shine is a HIIT (high intensity interval training) and strength training, full body workout. The majority of our time is using our body weight to increase heart rate and build cardio endurance coupled with strength and core work to make us stronger. All levels welcome, modifications and progressions of all moves are always offered!

ZUMBA®: 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!

Silver Sneakers Classic: focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support

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

Reach: 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 movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Yoga: This class is a relaxing program that uses slow stretching and strengthening of the body to improve posture and focus the mind.

Cardio Kickboxing: Kick, punch & uppercut your way to a new stronger you! Learn the proper way to punch in a safe no-contact environment. Set up in rounds complete with plyometric and speed drills for increased balance, strength, and agility.

Ener-Chi: Increase strength and vitality through rhythmic movements and focused breathing of tai chi forms and principles.

Silver Sneakers Move & Groove: A fun filled cardio workout moving and grooving to some of your favorite oldies! Chairs will be set up around the room for rest if needed.