

CYCLE CLASSES

MON	TUES	WED	THURS	FRI	SAT
Forever Young 8:45am-9:30am Laurie	Cardio Surprise 8:15am-9am Y Cuts 9am-10am Linda	Forever Young 8:45am-9:30am Laurie	Cardio Surprise 8:15am-9am Y Cuts 9am-10am Linda	Forever Young 8:45am-9:30am Laurie	Step & Strength 8:45am-10am Maria <i>* no class 4/28</i>
Boxing 9:30am-10:30am Dustin & Lindsey	Kickboxing 9:30am-10:30am Billy & Steve	HIIT 9:15am-10:00am Trish	Kickboxing 9:30am-10:30am Billy & Steve	HIIT 9:15am-10:00am Trish	YFit 9am <i>(registration required)</i>
Pound!® 9:45am-10:30am Shauna		Boxing 9:30am-10:30am Dustin & Lindsey			Strong by Zumba® 10:15am-11am Karen & Stephanie <i>* no class 4/28</i>
		Zumba® 9:45am-10:45am Brandy & Julie		Zumba® 9:45am-10:45am Brandy & Julie	
YFit 10:30am <i>(registration required)</i>	RSVP Osteo Exercise 1pm-2pm	YFit 10:30am <i>(registration required)</i>	RSVP Osteo Exercise 1pm-2pm	YFit 10:30am <i>(registration required)</i>	
Silver Sneakers 11am-12pm Cathy	Step Surprise 4:15pm - 5pm Maria	Silver Sneakers 11am-12pm Cathy	Strength & Core 4:15pm - 5pm Maria	Silver Sneakers 11am-12pm Michele	
Zumba Tone® 4:15pm - 5pm Brandy & Julie	YFit 5pm <i>(registration required)</i>	On the Ball 4:15pm - 5pm Sarah	YFit 5pm <i>(registration required)</i>	 <p>NEW CLASS! 9:45am-10:30am Join certified Tai Chi Easy™ Instructor, Julie For this class focusing on gentle movement, breath and meditative techniques. FREE to members Non-member \$35 per month</p>	
Strong by Zumba® 5:15pm-6:15pm Karen & Stephanie		Strong by Zumba® 5:15pm-6:15pm Karen & Stephanie	HIIT (in TRX Room) 5:15pm-6:15pm Shauna		
	Boxing Class 6pm		Boxing Class 6pm		
	Zumba® 6:30pm-7:30pm Brandy & Julie		Zumba® 6:30pm-7:30pm Brandy & Julie		

MON	TUES	WED	THURS	SAT	SUN
9:15am-10am Amy		9:15am-10am Amy		8:15am-9:15am Trish	Ride & Relax 8:30am-10am Maria
5:15pm-6pm Helen	5:15pm-6pm Trish	4:15pm-5pm Maria			

PLEASE NO STREET SHOES IN CYCLE ROOM
Arrive 10 minutes prior to class time for proper bike set up. Wear comfortable workout clothes, bring a water bottle, sneakers with a stiffer mid sole or SPD cycle shoes.

BODY, MIND & SPIRIT

MON	TUES	WED	THURS	FRI	SAT
Yoga 8:15am-9:30am Maria	Pilates 7:30am Trish	Yoga 8:15am-9:30am Maria	Pilates 7:30am Trish	Yoga with Meditation & Oils 8:15am-9:30am Maria	Yoga for Golf 10:15am-11am Maria <i>*No Class 4/14</i>
Easy TaiChi 9:45am-10:30am Julie	Silver Sneakers Yoga 8:50am-9:35am Cathy	Yoga 9:45am-10:45am Trinity	Silver Sneakers Yoga 8:50am-9:35am Michele	Yoga 9:45am-10:45am Debbie <i>*Starting 4/13</i>	SUN
	PiYo 9:45am-10:45am Pam		PiYo 9:45am-10:45am Pam		Ride & Relax 8:30am-10:00am Maria
Barre Fusion 5:15pm-6pm Kimberly	Total Body Fitness 5:15pm-6:15pm Jen	Barre Fusion 5:15pm-6pm Kimberly	Total Body Fitness 5:15pm-6:15pm Jen		

Classes may be cancelled at any time due to lack of participation and/or instructor availability. 14 years of age and up may attend adult fitness classes & use fitness center.

Kids Club: FREE with your Oswego YMCA family membership while you take classes or workout in the Y! Additional fees apply if you leave the Building or are a non-member.
Ages 3months to 12 years

Mon/Wed/Fri & Sat 8:45am-12pm Tues & Thurs 8:30am-12pm
Monday 4pm-7:00pm Wednesday 4pm-7:30pm
Tues & Thurs 4pm-7:45pm

- Barre Fusion:** Work at the barre with a focus on lower-body for your legs, glutes & core followed with a series of arm exercises and mat work . (Yoga Studio)
- Boxing & Kickboxing Classes:** Learn the fundamentals plus a strength & conditioning interval workout. (Boxing Room)
- Cardio Surprise:** Any combination of cardio routines for all fitness levels to get & keep you moving! (Gym)
- Cycle:** Challenging indoor cycle classes that use resistance and cadence to increase overall endurance and lower body strength. Limited to the first 14 participants per class. Please arrive 10 minutes early for bike set up. (Cycle Studio)
- Forever Young:** A class for Active Older Adults that includes light aerobic activity, resistance and flexibility. (Gym)
- Gentle Stretch:** Appropriate for all levels including beginning students, or those recovering from illness or injuries, seniors and for women who are pregnant. The class consists of flowing, non-strenuous yoga movements designed to gently stretch skeletal muscles and deeply relax the nervous system (Yoga Studio)
- HIIT:** High Intensity Interval Training. Cardio, core and strength training intervals combine for a total body workout. Equipment varies. (TRX studio, Boxing, Gym)
- Kettlebell:** Build strength and power in the upper & lower body & core, increase coordination, joint mobility and overall endurance using the kettlebell. (Gym)
- On the Ball:** Use the stability ball throughout for total-body muscle sculpting. This class continuously challenges participants with exercises that use either body weight only or dumbbells. (Gym)
- Pilates:** Strengthen the core muscles (abdominals, low back, glutes and hip flexors) with an emphasis on the lower abs. Mat based exercises. (Yoga Studio)
- PiYo:** a hybrid workout combining the practices of yoga and Pilates, as well as the principles of stretch, strength and dynamic movement. (Yoga Studio)
- Pound:** channel your inner rockstar with this full body cardio jam session, inspired by drumming using lightly weighted Ripstix™. \$\$ (Gym)
- RSVP Osteo Exercise:** designed to work on strengthening muscles and joints to prevent challenges associated with arthritis and osteoporosis. (Kids Club)
- Silver Sneakers & Silver Sneakers Yoga:** The Silver Sneakers fitness program is offered in partnership with select health plans at no additional cost to Medicare-eligible members. Classes offer exercises designed to improve agility, balance and strength to enhance everyday functional activities or a gentle chair based approach to yoga. (Gym & Yoga Studio)
- Step & Strength:** Step class combined with Strength work using dumb bells . (Gym)
- Step Surprise:** Step combined with another fun surprise activity. (Gym)
- Strength & Core :**Weight lifting combined with Core strengthening . (Gym)
- Strong By Zumba:** A fun, high Intensity Interval Training (HIIT) moves synced with music to push you past your perceived limits. (Gym)
- Tai Chi Easy™** a class focusing on gentle movement, breath and meditative techniques. (Yoga Studio)
- Total Abs:** a mixture of ab exercises to work your core using specific moves, sequences & routines (Gym)
- Total Body Fitness:** a comprehensive workout that includes strength, cardio, core conditioning and endurance via weights, aerobic interval training. (Yoga Studio)
- TRX :** TRX leverages gravity and your bodyweight to perform exercises. Develops strength, balance, flexibility and core stability (TRX Studio)
- Yoga:** Challenge your mind and body through strengthening, stretching, relaxation and breathing exercises. (Yoga Studio)
- Yoga for Golf:** Learn how yoga can benefit your golf game while improving your physical and mental well being. (Yoga Studio)
- Y Cuts:** Work every major muscle group using a variety of equipment including dumbbells, barbells, bands & more. (Gym)
- YFit:** Join CrossFit Coaches for this functional movement workout at higher intensity that incorporates moves from several sports & exercise. (Ringside Barbell Club)
- Zumba:** A fusion of Latin rhythms and easy to follow moves to create a dynamic calorie burning energizing class. (Gym)