

# January 1-31, 2019 CYCLE CLASSES

MON	TUES	WED	THURS	FRI	SAT	
Forever Young 8:45am-9:30am Laurie	Strength & Core 8:15am-9am Maria	Forever Young 8:45am-9:30am Laurie	Step Surprise 8:15am-9am Maria	Forever Young 8:45am-9:30am Laurie	Step & Strength 8:45am-10am Maria <i>*no class 1/19</i>	
YFit 9:15am <i>(registration required)</i>	Kickboxing 9:30am-10:30am Billy & Steve	YFit 9:15am <i>(registration required)</i>	Kickboxing 9:30am-10:30am Billy & Steve	YFit 9:15am <i>(registration required)</i>	YFit 9am <i>(registration required)</i>	
Boxing 10:00am-11:00am Dustin & Lindsay <i>*no class 1/14</i>	RSVP Osteo Exercise 1pm-2pm	HIIT It! 9:15am-10:00am Trish	RSVP Osteo Exercise 1pm-2pm	HIIT It! 9:15am-10:00am Rachel	Strong by Zumba® 10:15am-11:15am Karen & Stephanie	
Silver Sneakers 11am-12pm Cathy	Step Surprise 4:15pm-5pm Maria	Zumba® 9:45am-10:45am Brandy & Julie	Strength & Core 4:15pm-5pm Maria	Zumba® 9:45am-10:45am Brandy & Julie		
	YFit 5pm <i>(registration required)</i>	Boxing 10:00am-11:00am Dustin & Lindsay <i>*no class 1/16</i>	YFit 5pm <i>(registration required)</i>	Silver Sneakers 11am-12pm Michele		
Zumba Tone® 4:15pm - 5pm Brandy & Julie	TRX 5:15pm-6pm Trish	Silver Sneakers 11am-12pm Cathy	<b>DEFEND YOURSELF</b> <b>Self Defense Class for Women</b> <b>Thursday, January 31<sup>st</sup></b> <b>5:30pm-8:30pm</b> <b>Bernadet Pryor, Instructor</b> <b>Members \$25 Community \$40</b> <i>Pre-registration required</i> <i>Ages 16+</i>			
Strong by Zumba® 5:15pm-6:15pm Karen & Stephanie	Boxing 6pm Brett, Elain, Sherri	4:15pm Bike & Ball Maria <i>*no class 1/2</i>				Boxing 6pm Brett, Elain, Sherri
No Mercy Monday 6:30pm-7:30pm Team Murphy	Zumba® 6:00pm-7:00pm Brandy & Julie	Strong by Zumba® 5:15pm-6:15pm Karen & Stephanie				Zumba® 6:00pm-7:00pm Brandy & Julie

MON	TUES	WED	THURS	SAT	SUN
9:15am-10am RPM Rhythm Ride Amy	Crank It! Express Cycle 9:00am-9:30am Trish	9:15am-10am RPM Rhythm Ride Amy	Crank It! Express Cycle 9:00am-9:30am Trish	Cycle60 8am-9am Team Levine	Ride & Relax 8:30am-10am Maria
4:15pm Power30 Maria		4:15pm Bike & Ball Maria <i>*no class 1/2</i>			
5:15pm Rhythm Ride Helen		5:30pm Rhythm Ride Tom			

**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
Asana Yoga 8:15am-9:30am Maria	Pilates 7:45am Trish	Full Body Flow Yoga 8:15am-9:30am Maria <i>*no class 1/2</i>	Pilates 7:45am Trish	Yoga w/ Meditation & Essential Oils 8:15am-9:30am Maria	
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 For Golf 10:15am-11am Maria <i>*no class 1/19</i>
Barre Fusion 5:15pm Kimberly	PiYo 9:45am-10:45am Pam	Barre Fusion 5:15pm Kimberly	PiYo 9:45am-10:45am Pam		
Power Hour Nirvana Flow 6:15pm-7:15pm Alicia	Total Body Fitness 5:15pm-6:15pm Jen <i>*no class 1/22</i>	Hybrid Yoga 6:15pm-7:15pm Kimberly	Total Body Fitness 5:15pm-6:15pm Jen <i>*no class 1/24</i>		

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 3 months to 12 years

Monday-Saturday 8:30am-1pm

Monday-Thursday 4pm-7:30pm

**NO Friday Evening Kids Club**

- Asana Yoga**- A posture based practice to improve flexibility, strength and balance through awareness, concentration and relaxation. (Yoga Studio)
- 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)
- Bike & Ball**: Interval work between cycling and the stability ball. (Cycle 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 Power30 & Crank It!** This express class is perfect for days when you're short on time, but you still want to break a good sweat. You get high intensity sprints with a few short climbs & brief periods of active recovery. You'll be amazed at what you can accomplish in such a short time. Love it! (Cycle Studio)
- Cycle60** The perfect way to start your Saturday. This cycle class is a journey for your mind and your body. It's not flashy. It's fun, friends and good music. (Cycle Studio)
- Forever Young**: A class for Active Older Adults that includes light aerobic activity, resistance and flexibility. (Gym)
- Full Body Flow**: Practice focusing on mainly flowing plus breathing to Strengthen and connect the Spirit, Mind and Body. (Yoga Studio)
- HIIT It!**: High Intensity Interval Training. Cardio, core and strength training intervals combine for a total body workout. Equipment varies. (TRX studio)
- Hybrid Yoga**: A mix of traditional yoga coupling with other activities, asanas and relaxation. Friendly for all levels. (Yoga Studio)
- Kettlebell**: Build strength and power in the upper & lower body & core, increase coordination, joint mobility and overall endurance using the kettlebell. (Gym)
- No Mercy Monday**: High-intensity workout focusing on strength building and muscular endurance. (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)
- Power Hour Nirvana Flow**: An upbeat, energizing, strengthening & fun vinyasa flow class for all levels. Each class varies taking you deep into asanas & breathwork—amping you up so you feel fierce, strong enjoying the bliss of the practice. (Yoga Studio)
- RPM Rhythm Ride**: This interval training cycle class fuses music driven riding, power riding and strength for the ultimate results driven, rhythm ride. It's fun. It's challenging. It's RPM's for fitness! (Cycle Studio)
- RSVP Osteo Exercise**: Designed to work on strengthening muscles and joints to prevent challenges associated with arthritis and osteoporosis. (Cycle Studio)
- 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. (Gym & Yoga Studio)
- Step & Strength**: Step class combined with Strength work using dumbbells . (Gym) **Strength & Core**: Weight lifting combined with Core strengthening. (Gym)
- Strong By Zumba**: A fun, high intensity interval training 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 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 with Meditation & Essential Oils**: Challenge your mind and body through strengthening, stretching, relaxation & meditation use certified Pure therapeutic Grade essential oils. (Yoga Studio)
- Yoga for Golf**: Learn how yoga can benefit your golf game while improving your physical & 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)
- Zumba Tone®**: The challenge of adding resistance by using Zumba® Toning Sticks or light weights so muscles stay engaged. (Gym)