

CYCLE CLASSES

MON	TUES	WED	THURS	FRI	SAT
Forever Young 8:45am-9:30am Laurie	Boot Camp Fitness 7:15am Trish	Forever Young 8:45am-9:30am Laurie	Boot Camp Fitness 7:15am Trish	Forever Young 8:45am-9:30am Laurie	Step & Strength 8:45am-10am Maria
Boxing 9:30am-10:30am Dustin & Lindsay	Cardio Surprise 8:15am-9am Y Cuts 9am-10am Linda	Boxing 9:30am-10:30am Dustin & Lindsay	Cardio Surprise 8:15am-9am Y Cuts 9am-10am Linda	Kickboxing 9:30am-10:30am Billy & Steve	YFit 9am <i>(registration required)</i>
Pound!® 9:45am-10:30am Shauna	Boot Camp Fitness 9:15am Trish	Zumba® 9:45am-10:45am Brandy & Julie	Boot Camp Fitness 9:15am Trish		Strong by Zumba® 10:15am-11am Karen & Stephanie <i>*no class 6/30</i>
		Stroller Strong 10:30am Crystal <i>*starts 6/13</i>		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>	<div style="text-align: center;">  <p>RUN CLUB</p> <p>A Run Group That's So Much More! Looking to achieve weight loss & fitness goals? Complete your first 5k or meet new people? You'll find a place in our Run Group! Running builds fitness, fastness & friendships. Must be able to run easy for 15 minutes. Mondays 5:15pm FREE to members \$25 non-members</p> </div>	
Strong by Zumba® 5:15pm-6:15pm Karen & Stephanie <i>*no class 6/6</i>		Strong by Zumba® 5:15pm-6:15pm Karen & Stephanie <i>*no class 6/6</i>	Zumba® 5:15pm-6:15pm Sarah		
Run Club 5:15pm Crystal <i>*starts 6/11</i>	Boxing Class 6pm		Boxing Class 6pm		
	Zumba® 6:00pm-7:00pm Brandy & Julie				

MON	TUES	WED	THURS	FRI
9:15am-10am Amy/Katie		9:15am-10am Amy/Katie		Express Cycle 9am-9:30am Katie <i>*Starts 6/8</i>
5:15pm-6pm Helen				

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
Yoga 8:15am-9:30am Maria	Pilates in thePark 8:15am Trish	Yoga 8:15am-9:30am Maria	Pilates in thePark 8:15am Trish	Yoga with 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	Karma Yoga 9:45am-10:45am Debbie
Yoga in the Park 4:15pm-5:15pm Debbie	PiYo 9:45am-10:45am Pam	Yoga in the Park 4:15pm-5:15pm Maria	PiYo 9:45am-10:45am Pam	
Barre Fusion 5:15pm-6pm Kimberly <i>*Last Class 6/11</i>	Total Body Fitness 5:15pm-6:15pm Jen	Barre Fusion 5:15pm-6pm Kimberly <i>*Last Class 6/6</i>	<i>Please check the YMCA Facebook page for weather updates & classes in the park. In case of severe weather, classes may be held at the Y</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 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)
- Boot Camp Fitness:** Take your workout outside! Kettlebells, weights, TRX, tubing, ropes, agility ladders, medicine balls, benches, body weight resistance challenges & more will inspire your workout. Team atmosphere will bring out the best in you. (Breitbeck Park)
- 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)
- 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)
- Ride & Relax:** Enjoy a cycle session followed by time in the yoga studio. A perfect mix for Sunday (Cycle & Yoga Studio)
- 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 & Karma Yoga:** Challenge your mind and body through strengthening, stretching, relaxation and breathing exercises. (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 helps you focus on specific muscle groups, so you and your muscles stay engaged. (Gym)