

# March 1-31, 2019 CYCLE CLASSES

MON	TUES	WED	THURS	FRI	SAT
Forever Young 8:45am-9:30am Laurie	Cardio Surprise 8:15am-9am Linda	Forever Young 8:45am-9:30am Laurie	Cardio Surprise 8:15am-9am Linda	Forever Young 8:45am-9:30am Laurie	Step & Strength 8:45am-10am Maria
	Y Cuts 9am-10am Linda		Y Cuts 9am-10am Linda <i>*no class 3/21</i>		
	Kickboxing 9:30am-10:30am Billy & Steve	YFit 9:15am <i>(registration required)</i>	Kickboxing 9:30am-10:30am Billy & Steve		YFit 9am <i>(registration required)</i>
Boxing 10:00am-11:00am Dustin & Lindsay	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 <i>*no class 3/7</i>	Zumba® 9:45am-10:45am Brandy & Julie	
	YFit 5pm <i>(registration required)</i>	Boxing 10:00am-11:00am Dustin & Lindsay	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	SWEAT 5:15pm Jodie & Melissa	<b>MEMBER SURVEY</b> Please take a minute to complete our Member Survey which can be found throughout the building. This is a brief, anonymous inquiry & your responses will help us as we move forward with programming and needs at your Y! Return to the box on the front desk area. <i>Thank you</i>	
Strong by Zumba® 5:15pm-6:15pm Karen & Stephanie	Boxing 6pm Brett, Elain, Sherri	4:15pm Bike & Ball Maria <i>*no class 3/6</i>	Boxing 6pm Brett, Elain, Sherri		
No Mercy Monday 6:30pm-7:30pm Team Murphy <i>*no class 3/25</i>	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 <i>*Ride Only 3/10</i>
4:15pm Power30 Maria <i>*no class 3/11</i>		4:15pm Bike & Ball Maria <i>*no class 3/6</i>			
5:15pm Rhythm Ride Helen <i>*no class 3/18</i>		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 <i>*no class 3/11</i>		Full Body Flow Yoga 8:15am-9:30am Maria		Yoga w/ Meditation & Essential Oils 8:15am-9:30am Maria <i>*no class 3/8</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 For Golf 10:15am-11am Maria <i>*no class 3/9</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		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.

**PLAY & LEARN CENTER 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 3:30pm-7:30pm

*NO Friday Evening Kids Club*

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- 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)
- SWEAT:** Dynamic movement, intervals, strength training, drills, plyometrics and core work designed to make you stronger, faster and feeling good! (TRX Studio)
- 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)