

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 |
| | Kickboxing 9:30am-10:30am Billy & Steve | HIIT It! 9:30am-10:15am Trish | Kickboxing 9:30am-10:30am Billy & Steve | HIIT It! 9:30am-10:15am Trish | YFit 9am <i>(registration required)</i> |
| Boxing 9:30am-10:30am Dustin & Lindsay | RSVP Osteo Exercise 1pm-2pm | Boxing 9:30am-10:30am Dustin & Lindsay | RSVP Osteo Exercise 1pm-2pm | Zumba® 9:45am-10:45am Brandy & Julie | Strong by Zumba® 10:15am-11:15am Karen & Stephanie |
| YFit 10:30am <i>(registration required)</i> | Step Surprise 4:15pm-5pm Maria | Zumba® 9:45am-10:45am Brandy & Julie | Strength & Core 4:15pm-5pm Maria | YFit 10:30am <i>(registration required)</i> | |
| Silver Sneakers 11am-12pm Cathy | YFit 5pm <i>(registration required)</i> | YFit 10:30am <i>(registration required)</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 | Kettlebell 5:15pm-6pm Trish | <p>FALL FITNESS FUN <i>Join Us!</i> Friday, October 26 5:30pm for a Halloween themed adult Mat Ball game. Family friendly costumes are invited and encouraged! \$5 per person; 40 players total (maximum 20 vs. 20 teams) Age 18+ Register at the YMCA to reserve your spot.</p> <p>NEW! Evening Yoga Classes Join Instructors Alicia & Kimberly Monday & Wednesday at 6:15pm</p> | |
| Strong by Zumba® 5:15pm-6:15pm Karen & Stephanie | Boxing 6pm Brett, Elain, Sherri | Strong by Zumba® 5:15pm-6:15pm Karen & Stephanie | Boxing 6pm Brett, Elain, Sherri | | |
| | Zumba® 6:00pm-7:00pm Brandy & Julie | | Zumba® 6:00pm-7:00pm Brandy & Julie | | |

| MON | TUES | WED | THURS | FRI | 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 | Crank It! Express Cycle 9:00am-9:30am Katie | Cycle60 8am-9am Team Levine | Ride & Relax 8:30am-10am Maria |
| 4:15pm Pedal Power Maria | | 4:15pm Pedal Power Maria | | | | |
| 5:15pm Rhythm Ride 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 |
|--|---|--|---|---|
| Asana Yoga 8:15am-9:30am Maria | Pilates 7:30am Trish | Full Body Flow Yoga 8:15am-9:30am Maria | Pilates 7:30am 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 | |
| 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 <i>*starts 10/8</i> | Total Body Fitness 5:15pm-6:15pm Jen | Hybrid Yoga 6:15pm-7:15pm Kimberly <i>*starts 10/10</i> | 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

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)
- 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)
- 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 followed by brief periods of rest. 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 is a steady state ride where perseverance is it. Experience all a ride can offer. It's not flashy. It's all about fun, friends and good music to start your day! (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)
- Pedal Power-** Pedal through Hills, Sprints and Intervals to find your inner POWER
- 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 dumb bells . (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 Easytm** 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)
- 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)