

MON	TUES	WED	THURS	FRI
7:15am-7:45am Sculpt & Tone Maria	7am-7:30am Cycle30 Maria	7:15am-7:45am Sculpt & Tone* Maria <i>*No Class 8/10</i>	7am-7:30am Cycle30* Maria <i>*No Class 8/11</i>	
	8:30am-9:15am Strong & Fit Trish	OUTDOOR CLASS 9:30am Boot Camp* Rachel <i>Last Class 8/17</i>	8:30am-9:15am Strong & Fit Trish	OUTDOOR CLASS 9:30am Boot Camp* Trish <i>*Last Class 8/19</i>
9:30am-10:15am Pound Fit Kali & Tiffany	9:30am-10:30am Zumba Jodie		9:30am-10:30am Zumba Jodie	
11am-12pm Silver Sneakers Cathy B.		11am-12pm Silver Sneakers Cathy B.		11am-12pm Silver Sneakers Cathy S.
OUTDOOR CLASS 5:15pm-6:15pm Strong Nation Karen & Stephanie	OUTDOOR CLASS 5:15pm-6pm SWEAT Jodie & Melissa	5:15pm-6:15pm Zumba Stephanie	OUTDOOR CLASS 5:15pm-6:15pm Strong Nation Stephanie	SAT OUTDOOR CLASS 8:30am Pilates in the Park Trish
5:15pm-6:15pm Boxing Lindsay		5:15pm-6:15pm Boxing Lindsay		OUTDOOR CLASS 9:30am-10:30am Strong Nation Karen & Stephanie

Please Note: If you are not seeing your favorite class on the schedule, it's because several of our instructors are taking a well deserved break in August. These classes & more will resume in September!

CHILDCARE

AT OUR PLAY & LEARN CENTER

FREE with your Oswego YMCA family membership.
Additional fees apply if you leave the building or are a non-member.
Ages 3 months to 10 years
Monday-Friday 9am-2pm
Monday-Thursday 4pm-7pm

BODY, MIND & SPIRIT

MON	TUES	WED	THURS	FRI
8:15am-9:30am Asana Yoga Maria	8:45am-9:30am Chair Yoga Cathy B.	8:15am-9:30am Flow with It Yoga Maria	8:45am-9:30am Chair Yoga Cathy S.	8:15am-9:30am Yoga w/ Meditation & Essential Oils Maria
9:45am-10:30am TaiChi Easy Julie				SAT 8am-9am TaiChi Qigong Geoff* <i>*must pre-register. Additional fee for this class</i>
	4pm-5pm Total Body Fitness Jen			
	5:15pm-6:15pm Insight Yoga Nelson		5:15pm-6:15pm Insight Yoga Nelson	

PLEASE NO STREET/OUTDOOR SHOES IN CLASSES IN OUR GYM
Arrive 10 minutes prior to class time for class set up. Wear comfortable workout clothes, bring a water bottle & carry in your INDOOR sneakers. Cycles accommodate SPD cycle shoes

SUPER SUMMER RAFFLE!



Take a chance to WIN one or more of the many fun & fabulous Super Summer gift baskets! Get your Tickets at the Welcome Center It's your opportunity to WIN!

\$10 for 25 tickets which includes entry into the C's Farm Market & Beverage Center SUPER BASKET (\$200 value)

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Oswego YMCA Group Fitness Class Descriptions

Not all classes listed below may be currently offered. Class cancellations are at times unavoidable. We make every attempt to find a qualified substitute to teach the class.

Asana Yoga- A posture based practice to improve flexibility, strength and balance through awareness, concentration and relaxation. (Yoga Studio)

Boot Camp - Outdoor interval training class mixing body weight exercises with cardio & strength moves. With a new workout every week, classes are designed to push participants harder than they'd push themselves and to always keep the body guessing. Celebrating 20 years of Fun, Sweat & Smiles! (Outdoors)

Boxing & Kickboxing Classes: Learn the fundamentals plus a strength & conditioning interval workout. (Boxing Gym)

Cycle30 :This 30 minute cycle class is perfect for days when you're ready to break a good, quick sweat! You get higher intensity sprints, a few hill climbs & brief periods of active recovery. You'll be amazed at what you can accomplish in just 30 minutes (Outside, Weather Permitting; or indoors)

Dancetastic: An active older adult cardio class for those looking to have a fun workout. Appropriate for all levels of fitness. Groove and move to all music genres so it's a guarantee you will love it. No dance experience needed. (Gym)

Flow With It Yoga: Move your body in a gentle, comfortable way encouraging nurturing, kindness, and compassion for the body. (Yoga Studio)

Forever Young at Heart: A class for Active Older Adults that includes light aerobic activity, resistance and flexibility. (Gym)

HIIT: High Intensity Interval Training fun! Cardio, core and strength training intervals combine for a total body workout. Equipment varies. (TRX Loft)

Insight Yoga— A yoga class with strength, balance and flexibility for body, mind and spirit. (Yoga Studio)

Kettlebell: Build strength and power in the upper & lower body & core, increase coordination, joint mobility and overall endurance using the kettlebell. (tba)

Pilates: Strengthen the abdominals, low back, glutes, hip flexors & more. Traditional Pilates Mat based exercises plus. (tba)

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 Fit: Combines cardio, strength training & core with drumming to achieve a full-body workout. Using lightly weighted drumsticks, Ripstix™ (location varies)

Power Rev Cycle: A cycle class of music driven riding, power and strength for the ultimate rhythm ride. It's fun & challenging. (Cycle Room)

Silver Sneakers & Silver Sneakers Chair 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)

Strength & Core: strength training using weights combined with core strengthening. (Gym)

Step Surprise: Any combination of cardio step routines a strength workout for all fitness levels to keep you strong & moving! (Gym)

Rise & Resist: This class will creatively focus on resistance exercises to get your day off to a strong start. (Yoga Studio)

Stretch & Flex: Active and passive stretching work on hamstrings, hip-flexors and hips or back and shoulders. May use props on occasion including blocks, straps and balls to your posture and improve flexibility, range of motion, and posture. (Gym)

Strong & Fit: Work every major muscle group with various strength routines using a variety of equipment including dumbbells, barbells, bands & more. (Gym)

Strong Nation: 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 Loft)

Taichi 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 Max: TRX leverages gravity and your bodyweight to perform exercises. Develops strength, balance, flexibility and core stability. (TRX Loft)

Yoga w/Meditation & Essential Oils: Challenge your mind & body through strengthening, stretching, relaxation & meditation using certified Pure therapeutic Grade essential oils. (Yoga Studio)

Zumba®: A fusion of Latin rhythms and easy to follow moves to create a dynamic calorie burning energizing class. (Gym)