

the **Y** **DECEMBER** YMCA **GROUP FITNESS**



YMCA HOURS
Monday-Friday 6am-9pm
Saturday 8am-6pm
Sunday 8am-4pm

*CLOSED Christmas Eve & Christmas Day
CLOSED New Year's Eve & New Year's Day*

BODY, MIND & SPIRIT

MON	TUES	WED	THURS	FRI
	8:30am-9:15am Strong & Fit Trish	8:30am-9:15am Pilates Sculpt Trish	8:30am-9:15am Strong & Fit Jodie	<i>Stretch & Flex & TRX classes will return in January!</i>
9:30am-10:15am Kettlebell Chaos Chris	9:30am-10:15am Kickboxing Chris	9:30am-10:15am PowerUp! Rachel	9:30am-10:15am Kickboxing Chris	
11am-12pm Silver Sneakers Cathy	9:30am-10:30am Zumba Jodie	11am-12pm Silver Sneakers Cathy	9:30am-10:30am Zumba Jodie	
4:15pm-4:45pm Cycle30 Maria	4:15pm-5pm Ball, Core & More Maria <i>*no class 12/26</i>	4:15pm-4:45pm Cycle30 Maria	4:15pm-5pm Ball, Core & More Maria <i>*no class 12/7</i>	SAT 8:15am-8:45am Cycle30 Maria <i>*no class 12/2</i>
5:15pm-6:15pm Zumba Tone Stephanie		5:15pm-6:15pm Zumba Tone Stephanie	5:15pm-6:15pm STRONG Nation® Stephanie	NEW TIME! 9:00am-10:15am STRONG Nation® Stephanie <i>*no class 12/2 & 30</i>
5:15pm-6:15pm Boxing Lindsay		5:15pm-6:15pm Boxing Lindsay		SUN 8:15am-8:45am Spin & Stretch Trinity

MON	TUES	WED	THURS	FRI
8am-9:15am Yoga w/ Meditation & Essential Oils Maria	8:45am-9:30am ChairYoga Cathy B.	8am-9:15am Asana Yoga Maria		8am-9:15am Full Body Flow w/ Sound Bath Maria
	9:30am-10:30am PiYo Pam <i>*no class 12/26</i>		9:30am-10:30am PiYo Pam <i>*no class 12/28</i>	SAT 8:30am Tai Chi Qigong Geoff <i>must pre-register Additional fee for this class.</i>
	4:15-5pm Total Body Fit Jennifer	5pm-6pm Moderate Flow Yoga Trinity	4:15-5pm Total Body Fit Jennifer	
	5:15pm-6:15pm Insight Yoga Nelson		5:15pm-6:15pm Insight Yoga Nelson	

CHILD CARE AT OUR PLAY & LEARN CENTER
Ages 3 months to 10 years
Monday-Friday 9am to 2pm
Monday-Thursday 4:30pm to 6:30pm
Saturday 9am to 12pm
FREE with your Oswego YMCA family membership.
Additional fees apply if you leave the building
or are not an Oswego YMCA member.



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Healthcare Sponsor

BRING A FRIEND!
As an Oswego YMCA member, you may bring a guest
4 times at NO COST, and have unlimited guests!
Not a member? First "Try It" class is always FREE!
See the front desk for more deals & details.

Oswego YMCA
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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. Classes may also be cancelled due to low enrollment. 14 years of age & up may attend adult fitness classes or at the discretion of the instructor.

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

Ball, Core & More: Total body strength training using a stability ball & additional equipment. (Gym)

Beginner Belly Dance - A introduction to a FUN core workout! Belly dancing emphasizes movements of the abdomen and pelvis, and is an ideal way to develop deep abdominal core strength. We provide the hip scarf so you can make sure your hip movements are working. (Gym)

Boxing & Kickboxing Classes: Learn the fundamentals of each while getting in a strength & conditioning interval workout. (Boxing Gym)

Chair Yoga: A gentle form of yoga, focusing on postures and breathing exercises using the support of a chair. This class is perfect for individuals recovering from injury or illness, and anyone who wants to experience the many benefits of yoga without having to get up and down from the floor. (Yoga Studio)

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 (Cycling room)

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

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

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

Moderate Flow Yoga: This flow class focuses on fundamental yoga poses. Emphasis is placed on safe and effective alignment and posture. This class can be moderately vigorous as individuals flow from one pose to the next guided by their breath. (Yoga Studio)

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

PiYo: A hybrid workout combining the practices of yoga and Pilates, as well as the principles of stretch, strength and dynamic movement. (Yoga Studio)

PowerUp!: each weekly workout varies to include cardio, core and strength training intervals for a total body workout. Equipment varies. (TRX Loft)

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)

Spin & Stretch : follow a cycle class with the benefits of stretching (Cycle Room & Yoga Studio)

Stretch & Flex: Includes a warm up, then using active and passive stretching we will 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)

Tai Chi Qigong: a combination of slow, deliberate movements, meditation, and breathing exercises. The routines of tai chi and qi gong are martial arts that can help your circulation, balance, and alignment. They can also help restore your energy, called chi or qi (pronounced "chee"). Additional fees apply. (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 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)

Zumba Tone®: an innovative muscle training program with the addition of lightweight, maraca-like Toning Sticks to enhance rhythm and tone all target zones, including arms, abs and thighs. (Gym)