

MON	TUES	WED	THURS	FRI
7:15am-7:45am Rise & Resist Maria* <i>*starts 7/12</i>	7:15am-7:45am Cycle30 Maria	7:15am-7:45am Rise & Resist Maria* <i>*starts 7/14</i>	7:15am-7:45am Cycle30 Maria	8:45am-9:30am Forever Young Laurie
8:45am-9:30am Forever Young Laurie	8:15am-9:15am Cardio & Cuts Debbie	8:45am-9:30am Forever Young Laurie	8:15am-9:15am Cardio & Cuts Debbie	9:30am-10:30am Strong Nation Jodie
9:30am-10:15am Boot Camp Rachel	9:30am-10:30am Zumba Jodie	9:30am-10:15am Boot Camp Trish	9:30am POUND! Morgan	11am-12pm Silver Sneakers Cathy S.
11am-12pm Silver Sneakers Cathy B.	9:30am Kickboxing Chris* <i>*no class 7/13</i>	11am-12pm Silver Sneakers Cathy B.	1pm-2pm RSVP Osteo Ann	SAT
5pm-6pm Strong Nation Karen & Stephanie	1pm-2pm RSVP Osteo Ann	5pm-6pm Strong Nation Stephanie	5:15pm-6:15pm Zumba Stephanie <i>*no class 7/29</i>	9:30am-10:30am Strong Nation Karen & Stephanie <i>*no class 7/24</i>
	5:15pm-6pm SWEAT Jodie & Melissa		6:00pm-7:00pm Kickboxing Billy <i>*no class 7/29</i>	

Some classes will be outside (weather permitting)
Please check our Facebook Page for the most up-to-date information or call 315-342-6082 option 0 to confirm locations.
Thank you!

BODY, MIND & SPIRIT

MON	TUES	WED	THURS	FRI
7:15am-7:45am Rise & Resist Maria* <i>*starts 7/12</i>	8:45am-9:30am Silver Sneakers Chair Yoga Cathy B.	7:15am-7:45am Rise & Resist Maria <i>* starts 7/14</i>	9:15am-10:00am Pilates In the Park Trish	8:15am-9:30am Yoga w/Meditation & Essential Oils Maria
8:15am-9:30am Asana Yoga Maria* <i>*LIVE & VIRTUAL</i>		8:15am-9:30am Flow with It Yoga Maria	8:45am-9:30am Silver Sneakers Chair Yoga Cathy S.	SAT
9:45am-10:30am Taiichi Easy Julie	4pm-5pm Total Body Fitness Jen			8:30am VIRTUAL ONLY Gentle Flow Yoga Maria <i>*members must request to join FB Group on YMCA page</i>

PLEASE NO STREET/OUTDOOR SHOES IN CLASSES IN OUR NEW 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

CHILDCARE AT OUR PLAY & LEARN CENTER
FREE with your Oswego YMCA family membership while you take Oswego Y classes or workout in the fitness center. Additional fees apply if you leave the building or are a non-member.
Ages 3 months to 10 years **NEW!**
Monday-Friday 9am-2pm **EXPANDED HOURS**
Monday-Thursday 4pm-7pm



The Oswego YMCAs 32nd Annual 5k Run/Walk, is on Saturday, July 24 at 8:30am. Even though the Harborfest festival is cancelled - this YMCA fundraising event is ON! This year the event is modified to a 5k only. Register at the Y or online at RaceRoster.com

Oswego YMCA • 265 W. First Street • Oswego, NY 13126
315-342-6082 • www.oswegoymca.org
Visit us on Facebook OswegoYMCA

- 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)
- 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! (Outside/Breitbeck Park)
- Boxing & Kickboxing Classes**: Learn the fundamentals plus a strength & conditioning interval workout. (Boxing Gym)
- Cardio & Cuts**: Work every major muscle group cardio work following by strength using a variety of equipment including dumbbells, barbells, bands & more. (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)
- Cycle 60**: 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. (tbd)
- 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. (Returns in September)
- Kettlebell**: Build strength and power in the upper & lower body & core, increase coordination, joint mobility and overall endurance using the kettlebell. (tbd)
- Pilates in the Park**: Strengthen the abdominals, low back, glutes, hip flexors & more. Traditional Pilates Mat based exercises plus. (Outside/Montcalm Park)
- PiYo**: A hybrid workout combining the practices of yoga and Pilates, as well as the principles of stretch, strength and dynamic movement. (Returns in September)
- Ride & Relax**: Enjoy some time on the bike followed by a yoga session all to improve your overall well being. (tbd)
- Rise & Resist**: This class will creatively focus on resistance exercises to get your day off to a strong start. (Yoga Studio)
- RPM Rhythm Ride**: The cycle class of music driven riding, power and strength for the ultimate results driven, rhythm ride. It's fun & challenging. (tbd)
- RSVP Osteo Exercise**: Designed to work on strengthening muscles and joints to prevent challenges associated with arthritis and osteoporosis. (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. (Returns in September)
- Step & Strength**: Any combination of cardio step routines a strength workout for all fitness levels to keep you strong & moving! (Returns in September)
- 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! (Gym)
- 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 Plus**: TRX leverages gravity and your bodyweight to perform exercises. Develops strength, balance, flexibility and core stability. (TRX Loft; tbd)
- Yoga with 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®**: The challenge of adding resistance by using Zumba® Toning Sticks or light weights so muscles stay engaged. (Gym)