

MON	TUES	WED	THURS	FRI
8:45am-9:30am Forever Young	8:15am-9:15am Cardio & Cuts Debbie	8:45am-9:30am Forever Young	8:15am-9:15am Cardio & Cuts Debbie	
NEW CLASS 9:30am-10:15am Pound! Kali & Tiffany TRX Loft	9:30am-10:30am Zumba Jodie	9:30am-10:15am HIIT Happens Trish TRX Loft	9:30am-10:30am Zumba Jodie & Stephanie	9:30am-10:30am Strong Nation Jodie
	9:30am-10:15am Kickboxing Chris Boxing Gym		9:30am-10:15am Kickboxing Billy Boxing Gym	
11am-12pm Silver Sneakers Cathy B.	1pm-2pm RSVP Osteo Ann	11am-12pm Silver Sneakers Cathy B.	1pm-2pm RSVP Osteo Ann	11am-12pm Silver Sneakers Cathy S.
4:15pm-4:45pm Cycle30 Maria <i>*no class 1/17</i>	4:15pm-5pm Step Surprise Maria	4:15pm-4:45pm Cycle30 Maria <i>*no class 1/12</i>	4:15pm-5pm Strength & Core Maria <i>*no class 1/13</i>	SAT 8:15am-8:45am Cycle30 Maria* <i>*no class 1/15 & 1/29</i>
5:15pm-6:15pm Strong Nation Karen & Stephanie	5:15pm-6pm SWEAT Jodie & Melissa TRX Loft	5:15pm-6:15pm Strong Nation Stephanie	5:15pm-6:15pm Zumba Stephanie	9:00am-10:00am Boxing Elain & Sherri
	5:45pm-6:45pm Boxing Elain & Sherri Boxing Gym		5:45pm-6:45pm Boxing Martin & Santi Boxing Gym	9:30am-10:30am Strong Nation Karen & Stephanie <i>*no class 1/29</i>

CHILDCARE


AT OUR PLAY & LEARN CENTER

FREE with your Oswego YMCA family. 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 S.	8:15am-9:30am Flow with It Yoga Maria* <i>*no class 1/12</i>	8:45am-9:30am Chair Yoga Cathy B.	8:15am-9:30am Yoga w/ Meditation & Essential Oils Maria
9:45am-10:30am Tai Chi Easy Julie	9:45am-10:45am PiYo Pam		9:45am-10:45am PiYo Pam	
	4pm-5pm Total Body Fitness Jen		4pm-5pm Total Body Fitness Jen	
	5:15pm-6:15pm Insight Yoga Nelson		5:15pm-6:15pm Insight Yoga Nelson	

PLEASE NO OUTDOOR SHOES IN CLASSES OR OUR FITNESS AREAS
 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

★ **'22 & YOU WELLNESS DAY** ★
 Open to the Public
 Saturday, January 29th 8am-12pm
A Day of Sampler Classes, Wellness Vendors & More!
\$0 Membership Join Fee for NEW members,
and includes our 6 week Wellness Program



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)

Barre Fusion: Work at the barre & more with a focus on lower-body for your legs, glutes & core. (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)

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)

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: 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. (Gym)

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. (Gym)

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