

MON	TUES	WED	THURS	FRI
8:45am-9:30am Forever Young Laurie Cycle Room	8:15am-9:15am Cardio & Cuts Debbie TRX Loft	8:45am-9:30am Forever Young Laurie Cycle Room	8:15am-9:15am Cardio & Cuts Debbie TRX Loft	8:45am-9:30am Forever Young Laurie Cycle Room
9:30am-10:15am HIIT Rachel TRX Loft	9:30am-10:30am Zumba Jodie Cycle Room	9:30am-10:15am HIIT Trish TRX Loft	9:30am-10:30am Zumba Jodie Cycle Room	9:30am-10:30am Strong Nation Jodie TRX Loft
11am-12pm Silver Sneakers Cathy B. Yoga Studio	9:30am Kickboxing Chris Boxing Gym	11am-12pm Silver Sneakers Cathy B. Yoga Studio		11am-12pm Silver Sneakers Cathy S. Yoga Studio
	1pm-2pm RSVP Osteo Ann Cycle Room		1pm-2pm RSVP Osteo Ann Cycle Room	<b>SAT</b>
4:15pm-4:45pm Cycle30 Maria North Parking Area Weather Permitting	4:15pm-5pm Step & Strength Maria TRX Loft	4:15pm-4:45pm Cycle30 Maria North Parking Area Weather Permitting	4:15pm-5pm Strength & Core Maria TRX Loft	8:15am-8:45am TRX Maria TRX Loft <i>*no class 5/29</i>
5pm-6pm Strong Nation Karen & Stephanie TRX Loft	5pm-5:45pm SWEAT Jodie & Melissa TRX Loft	5pm-6pm Strong Nation Stephanie TRX Loft	5:15pm-6:15pm Zumba Stephanie Yoga Room	9:00am-10:00am Boxing Elain & Sherri Boxing Gym
	5:30pm-6:30pm Boxing Elain & Sherri Boxing Gym		6:00pm-7:00pm Kickboxing Billy Boxing Gym	9:30am-10:30am Strong Nation Karen & Stephanie TRX Loft

**PLEASE NO STREET/OUTDOOR SHOES IN ANY CLASSES**

Arrive 10 minutes prior to class time for class set up. Wear comfortable workout clothes, bring a water bottle & indoor sneakers. Cycles accommodate SPD cycle

**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.

Agas 12 months to 10 years  
Monday-Thursday 9am-12pm  
Monday-Thursday 4pm-7pm

**EXCITING NEWS! PLEASE READ**  
Our Gym floor will be refinished this month!  
Some classes will be in **NEW LOCATIONS**. Please check the schedule for class location. Classes may have reduced capacity temporarily. You must call the Y to **RESERVE** your place in classes. Thank you for your patience while we improve your Y!

**BODY, MIND & SPIRIT**

MON	TUES	WED	THURS	FRI
8:15am-9:30am Asana Yoga Maria* <i>*LIVE &amp; VIRTUAL</i>	8:45am-9:30am Silver Sneakers Chair Yoga Cathy B.	8:15am-9:30am Flow with It Yoga Maria	8:45am-9:30am Silver Sneakers Chair Yoga Cathy S. & Michele	8:15am-9:30am Yoga w/Meditation & Essential Oils Maria* <i>*LIVE &amp; VIRTUAL</i>
9:45am-10:30am TaiChi Easy Julie	9:45am-10:45am PiYo Pam <i>*LIVE &amp; VIRTUAL</i>	11am-12pm Silver Sneakers Cathy B.	9:45am-10:45am PiYo Pam <i>*LIVE &amp; VIRTUAL</i>	11am-12pm Silver Sneakers Cathy S
11am-12pm Silver Sneakers Cathy B.		3:30pm-4:30pm Kidding Around Yoga Michaela		<b>SUN</b>
5:15pm-6:15pm Karma Yoga Debbie	4pm-5pm Total Body Fitness Jen	5:15pm-6pm Barre Fusion Kimberly		9am <b>VIRTUAL ONLY</b> Gentle Flow Yoga Maria <i>*members must request to join FB Group on YMCA page</i>



Fitness Class Spaces are limited to maintain required distancing.

*You must pre-register weekly for classes* online at [www.oswegoymca.org](http://www.oswegoymca.org) (Look for the REGISTER tab) or call 315-342-6082 option 0  
Thank you!

Oswego YMCA • 265 W. First Street • Oswego, NY 13126  
315-342-6082 • [www.oswegoymca.org](http://www.oswegoymca.org)  
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- 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)
- 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. (TRX Loft)
- 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)
- 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)
- Dancetastic**: Designed for the Active Older Adult featuring low impact, modified dance moves and easy to following pacing (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. (Cycle Room)
- Full Body Flow Yoga**: Practice focusing on mainly flowing plus breathing to Strengthen and connect the Spirit, Mind and Body. (Yoga Studio)
- HIIT**: High Intensity Interval Training fitness fun!. Cardio, core and strength training intervals combine for a total body workout. Equipment varies. (TRX Loft)
- Kettlebell**: Build strength and power in the upper & lower body & core, increase coordination, joint mobility and overall endurance using the kettlebell. (tbd)
- Pilates**: Strengthen the core muscles (abdominals, low back, glutes and hip flexors) 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)
- Ride & Relax**: Enjoy some time on the bike followed by a yoga session all to improve your overall well being. (tbd)
- 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. (Yoga Studio)
- Strength & Core**: strength training using weights combined with core strengthening. (TRX Loft)
- Step & Strength**: Any combination of cardio step routines a strength workout for all fitness levels to keep you strong & moving! (TRX Loft)
- Strong Nation**: A fun, high intensity interval training moves synced with music to push you past your perceived limits. (TRX Loft))
- SWEAT**: Dynamic movement, intervals, strength training, drills, plyometrics and core work designed to make you stronger, faster and feeling good! (TRX Studio)
- Tai Chi Easy<sup>tm</sup>** 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)
- 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)