

MON	TUES	WED	THURS	FRI
9:00am-9:30am TRX Express Pam	8:30am-9:15am Strong & Fit Trish		8:30am-9:15am Strong & Fit Trish	NEW TIME! 8:45am-9:15am Stretch & Flex Trish
	9:30am-10:30am Zumba Jodie	9:30am-10:15am HIIT Rachel	9:30am-10:30am Zumba Jodie	9:30am-10:00am Cycle30 Trish
9:30am-10:15am Pound Fit Kali & Tiffany	9:30am-10:30am Kickboxing Chris		9:30am-10:30am Kickboxing Chris	9:30am-10:30am Strong Nation Jodie
11am-12pm Silver Sneakers Cathy B.	1pm-2pm Osteo Bone Builders Ann	11am-12pm Silver Sneakers Cathy B.	1pm-2pm Osteo Bone Builders Ann	11am-12pm Silver Sneakers Cathy S.
4:15pm-4:45pm Cycle30 Maria <i>Class Only 5/2</i>	4:15pm-5pm Step Surprise Maria <i>Class Only 5/3</i>	4:15pm-4:45pm Cycle30 Maria <i>Class Only 5/4</i>	4:15pm-5pm Strength & Core Maria <i>Class Only 5/5</i>	SAT 8:15am-8:45am Cycle30 Trish
5:15pm-6:15pm Strong Nation Karen & Stephanie	5:15pm-6pm SWEAT Jodie & Melissa	5:15pm-6:15pm Strong Nation Stephanie	5:15pm-6:15pm Zumba Stephanie	9am-10am Boxing Cody Boxing Gym
	6:15pm Boxing Lindsay* <i>*Starts 5/17</i>		6:15pm Boxing Lindsay* <i>*Starts 5/19</i>	9:30am-10:30am Strong Nation Karen & Stephanie

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	8:45am-9:30am Chair Yoga Cathy B.	8:15am-9:30am Yoga w/ Meditation & Essential Oils Maria
9:45am-10:30am TaiChi Easy Julie				
	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

GOLF TOURNAMENT

Saturday, May 28th

8am Check-in / 9am Start includes on course challenges, snack & beverage at turn, and awards dinner.

Register at the Welcome Center today!

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



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: 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)

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

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)

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)