


MON	TUES	WED	THURS	FRI
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	8:45am-9:30am Forever Young Laurie
9:30am-10:15am HIIT Happens Rachel <i>TRX Loft</i>	9:30am-10:30am Zumba Jodie	9:30am-10:15am HIIT Happens Trish <i>TRX Loft</i>	9:30am-10:30am Zumba Jodie & Stephanie	
	9:30am-10:15am Kickboxing Chris <i>Boxing Gym</i>		9:30am-10:15am Kickboxing Billy <i>Boxing Gym</i>	9:30am-10:30am Strong Nation Jodie <i>*No Class 11/5</i>
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.
4pm-5pm Kids Boxing <i>Boxing Gym</i>	4:15pm-5pm Step Surprise Maria	4pm-5pm Kids Boxing <i>Boxing Gym</i>	4:15pm-5pm Strength & Core Maria	SAT
4:15pm-4:45pm Cycle30 Maria	5:15am-6pm PowerRev Cycle Tiffany NEW! <i>Gym</i>	4:15pm-4:45pm Cycle30 Maria <i>Gym</i>	5:15pm-6:15pm Zumba Stephanie	
5:15pm-6:15pm Strong Nation Karen & Stephanie	5:15pm-6pm SWEAT Jodie & Melissa <i>TRX Loft</i>	5:15pm-6:15pm Strong Nation Stephanie	5:15pm TRX Max Trish <i>TRX Loft</i>	9:00am-10:00am Boxing Elain & Sherri Boxing Gym
	5:45pm-6:45pm Boxing Elain & Sherri <i>Boxing Gym</i>		5:45pm-6:45pm Boxing Martin & Santi <i>Boxing Gym</i>	9:30am-10:30am Strong Nation Karen & Stephanie

BODY, MIND & SPIRIT

MON	TUES	WED	THURS	FRI
8:15am-9:30am Asana Yoga Maria	8:45am-9:30am Silver Sneakers Chair Yoga Cathy S.	8:15am-9:30am Flow with It Yoga Maria	8:45am-9:30am Silver Sneakers 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	5:15pm-6pm Barre Fusion Kimberly	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

DONATE YOUR GENTLY WORN, USED OR NEW SNEAKERS AT THE YMCA!

Now thru January 31, 2022 we are collecting for Funds2Orgs who works with micro-entrepreneurs in helping them create, maintain and grow small businesses in developing countries where economic opportunity and jobs are limited. Proceeds from the sales of the shoes collected this shoe drive are used to feed, clothe and house their families. YMCA Health & Wellness programs will receive a donation from Funds2Orgs for the amount of shoes collected.



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

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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)

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)

Cycle60: 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. (tba)

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)

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)