



# OSWEGO YMCA GROUP FITNESS

# NOVEMBER 2022

YMCA HOURS OF OPERATION  
Monday-Friday 6am-9pm  
Saturday 8am-6pm  
Sunday 12pm-5pm  
*\*CLOSED 11/24 & 11/25*

MON	TUES	WED	THURS	FRI
8:45am-9:15am RevCycle Trish	8:30am-9:15am Strong & Fit Trish	8:45am-9:15am RevCycle Trish	8:30am-9:15am Strong & Fit Trish	<i>POP UP CLASSES FRIDAY MORNINGS!</i>
9:30am-10:30am PiYo Pam	9:30am-10:30am Kickboxing Chris	9:30am-10:30am PiYo Pam	9:30am-10:30am Kickboxing Chris	9:15am-9:45am TRX Pam
9:30am-10:30am Pound Fit Kali & Tiffany* <i>*No Class 11/14</i>	9:30am-10:30am Zumba Jodie		9:30am-10:30am Zumba Jodie	
11am-12pm Silver Sneakers Cathy B.		11am-12pm Silver Sneakers Cathy B.		11am-12pm Silver Sneakers Cathy S.
4:15pm Cycle Surprise Maria <b>NEW CLASS!</b>	4:15pm-5pm Step Surprise Maria	4:15pm-4:45pm Cycle30 Maria	4:15pm-5pm Strength & Core Maria	<b>SAT</b> 8:15am-8:45am Cycle30 Maria
5:15pm-6:15pm Zumba Tone Karen & Stephanie	5:15pm-6pm SWEAT Jodie & Melissa	5:15pm-6:15pm Zumba Tone Karen & Stephanie	5:15pm-6:15pm STRONG Nation® Stephanie	9:30am-10:30am STRONG Nation® Karen & Stephanie
5:15pm-6:15pm Boxing Lindsay		5:15pm-6:15pm Boxing Lindsay		

## BODY, MIND & SPIRIT

MON	TUES	WED	THURS	FRI
8am-9:15am Yoga w/Meditation & Essential Oils Maria	7:45am-8:30am Pilates Fusion Trish	8am-9:15am Asana Yoga Maria	7:45am-8:30am Pilates Fusion Trish	8am-9:15am Full Body Flow w/ sound bath Maria
9:30am-10:30am PiYo Pam	8:45am-9:30am Chair Yoga Cathy B.	9:30am-10:30am PiYo Pam	8:45am-9:30am Chair Yoga Cathy S.	
	4pm-5pm Total Body Fitness Jen		4pm-5pm Total Body Fitness Jen	<b>SAT</b>
	5:15pm-6:15pm Insight Yoga Nelson		5:15pm-6:15pm Insight Yoga Nelson	8:30am Tai Chi Qigong* Geoff <i>*must pre-register. Additional fee for this class for all</i>

**NEW!** **SATURDAY  
CHILD CARE**  
Starting November 5<sup>th</sup> 9am-12pm

### CHILDCARE AT OUR PLAY & LEARN CENTER

FREE with your Oswego YMCA family membership.  
Additional fees apply if you leave the building or are a non-member.  
Ages 3 months to 10 years  
Monday-Friday 9am to 2pm Monday-Thursday 4pm to 7pm  
Saturday 9am to 12pm

**JOIN US!**  
**31<sup>st</sup> Annual  
Reindeer Run**  
Saturday,  
December 10<sup>th</sup>  
9:30am

Register online at [raceroster.com](http://raceroster.com)  
or at the YMCA

**PLEASE NO STREET/  
OUTDOOR SHOES  
IN OUR FITNESS SPACES**  
Arrive 10 minutes  
prior to class time  
for class set up.  
Wear comfortable  
workout clothes, bring a  
water bottle & carry in  
your INDOOR sneakers.

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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.*

**Arms & Abs** Gain strength in your arms and core with various types of equipment & exercises (Yoga Studio)

**Asana Yoga**- A posture based practice to improve flexibility, strength and balance through awareness, concentration and relaxation. (Yoga Studio)

**Boxing & Kickboxing Classes:** Learn the fundamentals of each while getting in a strength & conditioning interval workout. (Boxing Gym)

**Chair Yoga**- A gentle form of yoga, focusing on postures and breathing exercises using the support of a chair. This class is perfect for individuals recovering from injury or illness, and anyone who wants to experience the many benefits of yoga without having to get up and down from the floor. (Yoga Studio)

**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 (Cycling room)

**Cycle Surprise:** A 30 minute cycle followed by a bonus surprise component that changes weekly to include ab work, yoga, bands, foam rolling & more (Cycling Room)

**Full Body Flow Yoga:** Move your body in a gentle, comfortable way encouraging nurturing, kindness, and compassion for the body. (Yoga Studio)

**HIIT:** High Intensity Interval Training fun! Cardio, core and strength training intervals combine for a total body workout. Equipment varies. (tba)

**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 Fusion:** Strengthen the abdominals, low back, glutes, hip flexors & more. Traditional Pilates Mat based exercises and more. (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)

**Pound Fit:** Combines cardio, strength training & core with drumming to achieve a full-body workout. Using lightly weighted drumsticks, Ripstix™ (Gym)

**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)

**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)

**Tai Chi Qigong:** a combination of slow, deliberate movements, meditation, and breathing exercises. The routines of tai chi and qi gong are martial arts that can help your circulation, balance, and alignment. They can also help restore your energy, called chi or qi (pronounced "chee"). Additional fees apply. (Yoga Studio)

**Total Body Fitness:** a comprehensive workout that includes strength, cardio, core conditioning and endurance via weights, aerobic interval training. (Yoga Studio)

**TRX:** 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)

**Zumba Tone®:** an innovative muscle training program with the addition of lightweight, maraca-like Toning Sticks to enhance rhythm and tone all target zones, including arms, abs and thighs. (Gym)