

# the **OSWEGO YMCA** GROUP FITNESS

# SEPTEMBER 2023

**YMCA HOURS**  
 Monday-Friday 6am-9pm  
 Saturday 8am-4pm  
 Sunday 8am-2pm  
**CLOSED LABOR DAY 9/4**

MON	TUES	WED	THURS	FRI
	7:15am-7:45am Cycle30 Maria <i>*last class 9/19</i>		7:15am-7:45am Cycle30 Maria <i>*last class 9/21</i>	
	8:30am-9:15am Strong & Fit Trish	<b>NEW!</b> 8:30am-9:15am Pilates Sculpt Trish	8:30am-9:15am Strong & Fit Jodie	8:45am-9:15am Stretch & Flex Trish
<b>NEW!</b> 9:30am-10:15am Pilox Power Trish	9:30am-10:30am Zumba Jodie	<b>NEW!</b> 9:30am-10:15am Fit Camp Rachel	9:30am-10:30am Zumba Jodie	<b>NEW!</b> 9:30am-10:15am TRX Trish
11am-12pm Silver Sneakers Cathy		11am-12pm Silver Sneakers Cathy		11am-12pm Silver Sneakers Rosemary
				<b>SAT</b>
5:15pm-6:15pm Zumba Tone Stephanie		5:15pm-6:15pm Zumba Tone Stephanie	5:15pm-6:15pm STRONG Nation® Stephanie	9:30am-10:30am STRONG Nation® Stephanie
5:15pm-6:15pm Boxing Lindsay	5:15pm-6:15pm Kettlebell Chaos Chris	5:15pm-6:15pm Boxing Lindsay	5:15pm-6:15pm Kick Boxing Chris	

## BODY, MIND & SPIRIT

MON	TUES	WED	THURS	FRI
8am-9:15am Yoga w/Meditation & Essential Oils Maria		8am-9:15am Asana Yoga Maria		8am-9:15am Full Body Flow w/ Sound Bath Maria
	<b>NEW TIME!</b> 9:30 am- 10:15am Chair Yoga Cathy B. <i>*No class 9/5</i>			<b>SAT</b>
				8:30am Tai Chi Qigong Geoff <i>must pre-register. Additional fee for this class.</i>
	5:15pm-6:15pm Insight Yoga Nelson	4:30pm-5:30pm Moderate Flow Yoga Trinity	5:15pm-6:15pm Insight Yoga Nelson	

**BRING A FRIEND!**  
 As an Oswego YMCA member, you may bring any guest 4 times at no cost. Unlimited guests!  
 Not a member? First "Try it" class is always FREE!  
 See the front desk for details.

**CHILD CARE HOURS**  
**AT OUR PLAY & LEARN CENTER**  
 Monday-Friday 9am to 2pm  
 Monday-Thursday 4:30pm to 6:30pm  
 Saturday 9am to 12pm  
**FREE** with your Oswego YMCA family membership.  
 Additional fees apply if you leave the building or are not an Oswego YMCA member.  
 Ages 3 months to 10 years



**Oswego YMCA**  
 265 W. First Street • Oswego, NY 13126  
 315-342-6082 • [www.oswegoymca.org](http://www.oswegoymca.org)  
 Visit us on Facebook: OswegoYMCA  
 Instagram: Oswegonyymca

the **OSWEGO** **Pumpkin FESTIVAL**

**WASHINGTON SQUARE PARK**  
 Oswego, NY  
 FREE FAMILY EVENT  
 LIVE MUSIC - FOOD - AMUSEMENTS - ACTIVITIES

**Sept 30 & Oct 1**  
**Saturday & Sunday**  
**11am-5pm**  
[oswegoymca.org](http://oswegoymca.org)



# 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)
- Boot Camp** - An outdoor interval training class mixing body weight exercises with cardio & strength moves. Classes are designed to push participants harder than they'd push themselves to always keep the body guessing. Celebrating 21 years of Fun, Sweat & Smiles in Oswego's City parks! (Outdoors)
- 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/RevCycle:** 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)
- Fit Camp:** each weekly workout varies to include cardio, core and strength training intervals for a total body workout. Equipment varies. (TRX Loft)
- Full Body Flow Yoga:** Move your body in a gentle, comfortable way encouraging nurturing, kindness, and compassion for the body. (Yoga Studio)
- Insight Yoga**- A yoga class with strength, balance and flexibility for body, mind and spirit. (Yoga Studio)
- Kettlebell Chaos:** Build strength and power in the upper & lower body & core, increase coordination, joint mobility and overall endurance using the kettlebell. (Gym)
- Moderate Flow Yoga:** This flow class focuses on fundamental yoga poses. Emphasis is placed on safe and effective alignment and posture. This class can be moderately vigorous as individuals flow from one pose to the next guided by their breath. (Yoga Studio)
- Pilates Sculpt:** Strengthen the abdominals, low back, glutes, hip flexors & more. Traditional Pilates Mat based exercises plus. (Gym)
- Pilox Power:** A fusion cardio workout combining boxing and pilates moves. Get your heart pumping and strengthen your core & glutes. (Gym)
- 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:** follow a cycle class with the benefits of yoga. (Cycle Room & Yoga Studio)
- Sculpt and Tone:** A variety of strength exercises using bands. (Yoga Studio).
- 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)
- 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)
- 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)
- 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)