

CYCLE CLASSES

MON	TUES	WED
	9:15am RPM Ride Trish <i>*starts 9/15</i>	
4:15pm-5pm Cycle45 Maria <i>*starts 9/14</i>		4:15pm-5pm RPM Ride Helen <i>*starts 9/9</i>

PLEASE NO STREET/OUTDOOR SHOES ON CYCLES

Arrive 10 minutes prior to class time for proper bike set up. Wear comfortable workout clothes, bring a water bottle, sneakers with a stiffer mid sole or SPD cycle shoes.

BODY, MIND & SPIRIT

MON	TUES	WED	THURS	FRI
Forever Young 8:45am-9:30am Laurie	Cardio & Cuts 8:15am-9:30am Debbie	Forever Young 8:45am-9:30am Laurie	Cardio & Cuts 8:15am-9:30am Debbie	Forever Young 8:45am-9:30am Laurie
HIIT 9:30am Rachel <i>*starts 9/14</i>	Zumba 9:45am Karen	Boot Camp* 9:30am Trish	Kickboxing 9:30am Billy & Chris	
Silver Sneakers 11am-12pm Cathy		Silver Sneakers 11am-12pm Cathy		Silver Sneakers 11am-12pm Michele
	Step Surprise 4:15pm-5pm Maria <i>*starts 9/15</i>		Strength & Core 4:15pm-5pm Maria <i>*starts 9/17</i>	
	SWEAT* 5pm Jodie & Melissa		Zumba 5:15pm Karen & Stephanie	SAT**
Strong Nation* 5pm Karen & Stephanie		Strong Nation* 5pm Karen & Stephanie		Strong Nation 9am *OUTDOORS IN BREITBECK PARK Karen & Stephanie

* These classes are outdoors until further notice; Location noted at time of registration.

** The YMCA building is closed Saturday but we offer this outdoor class in Breitbeck Park.

MON	TUES	WED	THURS	FRI
Asana Yoga 8:15am-9:30am Maria <i>*starts 9/14</i>		Full Body Flow Yoga 8:15am-9:30am Maria <i>*starts 9/16</i>		Yoga w/ Meditation & Essential Oils 8:15am-9:30am Maria <i>*starts 9/18</i>
	Silver Sneakers Yoga 8:45am-9:30am Cathy		Silver Sneakers Yoga 8:45am-9:30am Michele	Pilates in the Park* 8:30am-9:15am Trish
Easy TaiChi 9:45am-10:30am Julie	PiYo Will Return In October		PiYo will Return In October	
	Total Body Fitness 5pm-6pm Jen		Total Body Fitness 5pm-6pm Jen	

YOU MUST REGISTER ONLINE ON OUR WEBSITE FOR ALL CLASSES WEEKLY
Classes may be cancelled at any time due to lack of participation and/or instructor availability. There is limited space for all classes

Oswego YMCA • 265 W. First Street • Oswego, NY 13126
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Visit us on Facebook OswegoYMCA



Class Space is Limited.
You must register online weekly
via our website for all classes.
Visit www.oswegoymca.org
and look for the REGISTER link.
Thank you!

PLAY & LEARN CENTER is free with your Oswego YMCA family membership while you take Y classes or workout in the Y fitness center!
Additional fees apply if you leave the building or are a non-member.
Ages 12months to 10 years
Monday-Thursday 9am-12pm & Friday 8am-12pm

- Asana Yoga**- A posture based practice to improve flexibility, strength and balance though awareness, concentration and relaxation. (Yoga Studio)
- Boxing & Kickboxing Classes:** Learn the fundamentals plus a strength & conditioning interval workout. (Boxing Room)
- Cardio & Cuts:** Work every major muscle group cardio work following by strength using a variety of equipment including dumbbells, barbells, bands & more. (Gym)
- Cycle45 :** This 45 minute cycle class is perfect for days when you're ready to break a good sweat. You get higher intensity sprints, a few hill climbs & brief periods of active recovery. You'll be amazed at what you can accomplish! (Cycle Studio)
- 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. (Cycle Studio)
- Dancetastic Dance Cardio** Designed for the Active Older Adult featuring low impact, modified dance moves and easy to following pacing (Gym)
- Forever Young at Heart:** A class for Active Older Adults that includes light aerobic activity, resistance and flexibility. (Gym)
- Full Body Flow Yoga:** Practice focusing on mainly flowing plus breathing to Strengthen and connect the Spirit, Mind and Body. (Yoga Studio)
- Gentle 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. Cardio, core and strength training intervals combine for a total body workout. Equipment varies. (TRX studio)
- Pilates:** Strengthen the core muscles (abdominals, low back, glutes and hip flexors) Mat based exercises. (Yoga Studio)
- Barre Fusion:** the perfect blend of deep muscle toning, stretching, balance and cardio intervals guaranteed to pump up your heart rate and burn fat! (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)
- Pump It!:** combines blocks of strength & cardio training into one complete and convenient workout. This workout includes a mix of exercises to work the whole body and elevate the heart rate with a focus on strength building and muscular endurance. (Gym)
- Ride & Relax:** Enjoy some time on the bike followed by a yoga session all to improve your overall well being. (Cycle Studio > Yoga Studio)
- Rock & Roll:** Get your cardio in on the bike and then work out your kinks with a Foam Roller. (Cycle Studio > TRX Studio)
- RPM Rhythm Ride:** The cycle class of music driven riding, power and strength for the ultimate results driven, rhythm ride. It's fun. It's challenging. It's RPM's for fitness! (Cycle Studio)
- RSVP Osteo Exercise:** Designed to work on strengthening muscles and joints to prevent challenges associated with arthritis and osteoporosis. (Cycle Studio)
- Silver Sneakers & Silver Sneakers 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 (& Strength):** Any combination of cardio step routines plus on Saturday a strength workout for all fitness levels to keep you strong & moving! (Gym)
- Strong By Zumba:** 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 Studio)
- Tai Chi 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 :** TRX leverages gravity and your bodyweight to perform exercises. Develops strength, balance, flexibility and core stability. (TRX Studio)
- Yoga with Meditation & Essential Oils:** Challenge your mind and body through strengthening, stretching, relaxation & meditation use certified Pure therapeutic Grade essential oils. (Yoga Studio)
- YFit:** Join CrossFit Coaches for this functional movement workout at higher intensity that incorporates moves from several sports & exercise. \$\$ (Ringside Barbell Club)
- 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)