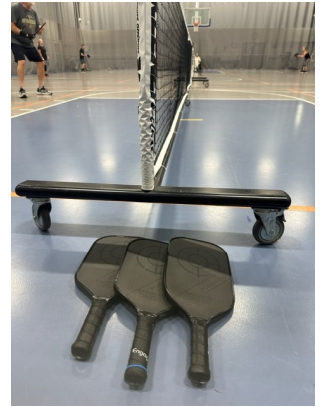


SML YMCA Class Schedule September 2023

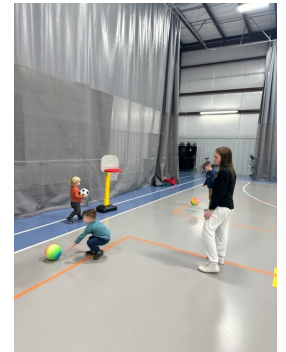
Monday

8:30AM - 9:30AM | Cardio Cycle | Mary Ruth | Gym
9:30AM - 10:30AM | Happy Stretch Yoga | Mary Ruth | Studio
9:30AM - 10:30AM | Zumba | Jennifer | Gym
1:00PM - 2:00PM | Rock Steady Boxing | Andrea | Studio
2:00PM - 3:00PM | Beginner Tai Chi | Kat | Studio
3:00PM - 4:00PM | Advanced Tai Chi | Kat | Studio
5:30PM - 6:00PM | Express Cycle | Becky | Studio
6:00pm—7:00pm | Yoga | Becky | Studio
6:00PM - 7:00PM | Zumba | Jessica | Gym



Tuesday

9:00AM - 10:00AM | Cardio Cycle | Mary Ruth | Gym
10:00AM - 11:00AM | Yoga | Mary Ruth | Studio
11:15am—12:15pm | Stronger Seniors | Barbara | Studio (starts 9/5)
6:00PM - 7:00PM | Bungee HIIT | Jennifer | Studio



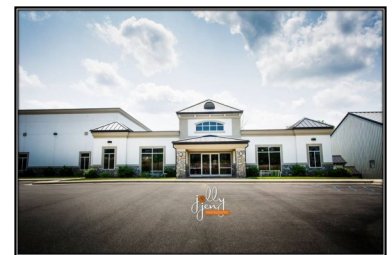
Wednesday

9:00AM - 10:00AM | Yoga | Becky | Studio
9:15AM - 10:15AM | Cycle & Arms | Mary Ruth | Gym
9:30AM - 10:30AM | Trapeze Yoga | Miranda | Studio
10:30AM - 11:30AM | Zumba | Jennifer | Gym
10:30AM - 11:30AM | Trapeze Yoga Demo | Miranda/Andrea | Studio
1:00PM - 2:00PM | Rock Steady Boxing | Andrea | Studio
6:00PM - 7:00PM | Zumba | Jessica | Gym



Thursday

8:00AM - 9:00AM | Cardio Cycle | Mary Ruth | Gym
9:15AM - 10:15AM | Cardio & Weights | Mary Ruth | Studio
10:15AM - 11:15AM | Yoga | Mary Ruth | Studio
11:30am—12:30pm | Stronger Seniors | Barbara | Studio (starts 9/7)



Friday

8:30AM - 10:00AM | 30/30/30 | Mary Ruth | Gym & Studio
9:30AM - 10:30AM | Zumba | Jennifer | Gym
10:30AM - 11:30AM | Trapeze Yoga | Miranda | Studio

Saturday

9:00AM - 10:00AM | Sunrise Cycle | Mary Ruth | Gym
9:00AM - 10:00AM | Zumba | Jessica | Studio
10:00AM - 10:45AM | Ab Lab | Mary Ruth | Studio



Level One: For any and all fitness levels. Modifications can be made in any group exercise class to increase or decrease intensity!

Tai Chi: A healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing, and stretching.

Rock Steady Boxing: Non-contact boxing training can be used for managing symptoms of Parkinson's disease.

Yoga: This class concentrates on improving balance, flexibility, relaxation, and breathing techniques. This is a great way to manage and relieve stress.

Yoga Flow: This class concentrates on improving balance, flexibility, relaxation, and breathing techniques. Includes breathwork and cranial massage with essential oils so you are sure to feel relaxed.

Yogalates: This class is a combination of yoga and pilates.

Zumba: A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training by alternating fast and slow rhythms to help improve cardiovascular fitness.

Low Flow Trapeze Yoga: A gentle stretch yoga utilizing the center rig to enhance mat base yoga.

Stronger Seniors: designed to strengthen core muscles, improve balance and posture, increase lung capacity and reduce stress. Low impact that improves range of motion in all your joints and incorporates diaphragmatic breathing techniques. Mostly chair exercises, stretching & walking.

Level Two: With slightly higher intensity, these classes are for anyone looking to push themselves a little harder. Modifications can be made in any group exercise class to increase or decrease intensity!

30/30/30: This class consists of 30 minute segments of cycle, cardio, and yoga. The perfect mix for full body wellness.

Ab Lab: Designed to target your torso, working all aspects of the abs, back, and sculpting your abs into shape. This 45 minute class will have your core feeling stronger than ever.

Cardio & Weights: A total body fitness class that emphasizes slow precision movements that strengthen, condition, and tone your muscles. This workout uses resistance training, free weights, bands, stability balls, and tubes. It is adjusted to all types of fitness levels.

Cycle: Participants are guided through a series of workout phases on spin bikes including warm-up, steady up, tempo cadences, sprints, climbs, cool-downs, and more. Bring a towel and a water bottle!

Cycle & Arms: A combination of cycle and upper body weight training using hand weights.

Kickbox & Cardio: Helps develop cardiovascular fitness, balance, coordination, strength and agility, all while having an uplifting and fun class with loud and motivating music.

Trapeze Yoga: Trapeze Yoga provides an alternative approach to the typical yoga practice that makes all sorts of poses accessible to students who may be more limited on the mat. Besides those benefits, Trapeze Yoga incorporates functional pulling and grip strength motions that perfectly complement a mat based yoga practice to create a full body fitness routine.

Level Three: These classes are sure to give you an intense cardio and strength training workout. Modifications can be made in any group exercise class to increase or decrease intensity.

Bungee HIIT: (Sign up in advance) Bungee Fitness combines gymnastics, dance, a high intensity aerobic workout (HIIT), yoga, and pilates in a unique and fun way. We are using bungee cords and climbing harness in a special class that is conducted in various directions, with the strength and the benefits that aerial exercise offers.