

Fitness Class Schedule

Spring/April 2018

YWCA WOMEN'S HEALTH & SAFETY CENTER

TRY EACH CLASS ONCE FOR FREE!! BRING A FRIEND...! \$5 fitness classes for everyone!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am		Beginner Yoga (Alexa S.) \$5/Members, \$5Non-members				
10:30am						
4:30pm	Beginner Mat Pilates (Molly M.) <i>*Free to members*</i>	Kettlebell (KB) Circuits (Felicia S.) <i>*Free to members*</i>	Beginner Mat Pilates (Molly M.) <i>*Free to members*</i>	Dumbbell (DB) Circuits (Felicia S.) <i>*Free to members*</i>		
5:05pm	10 minute Core on the ball + 10 min Stretch (Molly M.) <i>*Free to members*</i>	Upper Body Challenge (Felicia S./Staff) <i>*Free to members*</i>	10 minute Legs & Glutes on the ball + 10 min Stretch (Molly M.) <i>*Free to members*</i>	Lower Body Challenge (Felicia S./Staff) <i>*Free to members*</i>		
5:30pm		TRX (Limit 4 participants) (Kateela S.) <i>*Free to members*</i>				
5:45pm						

Notes: ***Schedule is subject to change depending on instructor/trainer availability, class attendance and participation***

	Class	Level	A- All Levels B- Beginner Friendly C- Challenging (Intermediate) D-Difficult (Advanced)
Class Description			
10 to 30min *Free to members* \$5/ Non-members	Basic Stretch + Mobility	A, B	Prepare your body for movement with basic stretches and mobility. This mobility+stretch class is designed to help you become more mobile in body and mind. This class is perfect for the person on the go! Note: Please let the instructor know if you have difficulty sitting on the floor.
	Stretch & Flexibility	A, B	Reduce stress, pain, stiffness, improve flexibility and improve physical well-being. This is a slow paced deep stretch class focusing on improving your body's own awareness and increase your range of motion.
	Beginner Mat Pilates	A	Learn the fundamentals and proper technique of Pilates. Focus on body awareness, breathing, alignment and stability.
	Kettlebells: Circuits	C	Focus on a few basic movements and proper form. We'll perform 5-6 basic exercises and 4-5 rounds of each movement. Challenge your body in a way that's functional and effective!
Class Rates: \$5/Members \$5/Community 60 minutes	Dynamic Stretch & Balance	B	This class is for anyone that needs to stretch and improve their balance. In 30 minutes we'll stretch tight muscles, work to improve balance, mobility, and stability. Finish up with relaxing seated and lying stretches to help improve your hip and hamstring flexibility. Enjoy an athletic approach to stretching.
	TRX Basics	A, B	The TRX is a piece of equipment that was developed by a Navy Seal so that he and his teammates could train wherever they were able. The set of straps can be attached to any high point and utilized for a variety of bodyweight exercises. Learn how to adjust the straps and start using the TRX!
	Beginner Yoga	A, B	This class is designed as an introduction to the practice of yoga. Strengthen and stretch the body while calming and relaxing the mind. This class is ideal for all fitness levels.
50-55 min	Barre Fitness Basics	A, B	Barre class fitness focuses on small precise movements borrowed from ballet, yoga, and Pilates that build core strength and balance, making for a fun, no impact workout. We'll also use light dumbbells, high repetitions (2-5 lbs.) and resistance bands for an extra challenge. Note: If you have bad knees or a bad back this class may not be well suited for you due to high repetition of squat movements and lateral movement.
45-50 min	SharQui – The Bellydance workout®	A, B,	SharQui® is a Bellydance fitness format for people who simply want to have fun and feel good while working out! You don't need anything except comfortable clothing. No belly dance experience is necessary to participate in this class. Bare feet are recommended, but participants may wear shoes if needed. Belly dance hip scarves are optional to use if you have one.

All Fitness classes are only \$5/class for members & non-members. Class Packages: Members & Non-members: 4 classes/\$20, 8 classes/\$4