

Fitness Class Schedule

July 2018

YWCA WOMEN'S HEALTH & SAFETY CENTER

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am		Beginner Yoga (Alexa S). \$5/Members & Non-members				
10:30am						
12:00pm						
3:00pm	SilverSneakers Classic Starts July 24th (Molly M.) *Free to SilverSneakers* \$5 Members/Non-members		SilverSneakers Classic Starts July 26th (Molly M.) *Free to SilverSneakers* \$5 Members/Non-members			
4:30pm	Beginner Mat Pilates (Molly M.) *Free to members*	Total Body Sculpt A- Upper Body (Molly M.) *Free to members*	Beginner Mat Pilates- (Molly M.) *Free to members*	Kettlebell (KB) Circuits (Kateela S.) *Free to members*	Beginner Mat Pilates (Molly M.) *Free to members*	
5:05pm	10 minute Core on the ball + 10 min Stretch (Molly M.) *Free to members*	Total Body Sculpt B- Lower Body (Molly M.) *Free to members*	10 minute Core on the ball + 10 min Stretch (Molly M.) *Free to members*	TRX (Kateela S.) *Free to members*	Stretch & Flexibility (Molly M.) *Free to members*	
5:30pm						
5:45pm		ReFit®/Dance Fit (Elisa C.) *Free to community*				

Notes: ****Schedule is subject to change depending on instructor availability, class attendance and member/ non- member participation*. Each class is evaluated for attendance and participation on a monthly basis... Classes not averaging 4-5 students a month will be removed from the schedule. Please check the schedule monthly for changes.**

	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	Total Body Sculpt	A,B	Sculpt and define your muscles, strengthen your core and improve your: strength, flexibility and muscle endurance while burning fat and calories. Total Body Sculpt A: focuses on upper body movements (pushups, rows, biceps curls etc.), while Total Body Sculpt B: focuses on Lower Body movements (squats, lunges, and deadlifts).
	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.
	Refit®	A, B	REFIT is more than just fitness – it's a life-changing fitness experience. With the fitness world – and the world at large – telling you to change or improve, REFIT is here to say that you are enough. REFIT combines powerful movements with positive music that will change your body, but your body is only the beginning. Bottom line: REFIT is a great workout that you'll feel great about.
Free to SilverSneakers members, \$5/Non-SilverSneakers members	SilverSneakers Classic	A, B	Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

All Fitness classes are only \$5/class for members & non-members. Class Packages: Members & Non-members: 4 classes/\$20, 8 classes/\$40