

Fitness Class Schedule

January 2019

YWCA WOMEN'S HEALTH & SAFETY CENTER

TRY EACH CLASS ONCE FOR FREE!! BRING A FRIEND...! ALL CLASSES FREE TO MEMBERS. \$10/class for Non-Members

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am		<i>Starts Jan 15th!</i> Beginner Yoga (Alexa S.) 1 hr.		<i>Starts Jan 17th!</i> Chair Yoga (Alexa S.) 1 hr.		
10:30am						
12:00pm						
3:00pm						
4:30pm	<i>Starts Jan 7th!</i> P.H.A - Training for Fat Loss (Felicia S.) 30 min. Express Class	<i>Starts Jan 8th!</i> Kettlebell (KB) Circuits (Felicia S.) 30 min. Express Class	<i>Starts Jan 9th!</i> Basic Stretch (Felicia S.) 45 minute Express Class	<i>Starts Jan 10th!</i> Kettlebell (KB) Circuits (Kateela S.) 30 minute Express Class		
5:00pm	Basic Stretch (Felicia S.) 45 minute Class	TRX (Felicia S.) 30 min Express class		TRX (Kateela S.) 30 min Express class		
5:30pm						
5:45pm		Cardio Legs & Glute Challenge (Felicia S.) 45 min class		Cardio Kickboxing + Barre (Felicia S.) 1hr.		

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. See Felicia ,Director of Women's Health & Safety) for questions regarding schedule changes.**

	Class	Level	A- All Levels B- Beginner Friendly C- Challenging (Intermediate) D-Difficult (Advanced)
Class Description			
30 min Express classes	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.
	P.H.A-Training for Fat loss	A	In PHA training you will alternate between muscles of the upper and lower body.
	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: Free for Members \$10/Non-Members	Cardio Kickboxing + Barre	A,B	This class incorporates 30 minutes of cardio kickboxing. Kickboxing combines martial arts techniques and cardio with 30 minutes of barre movements. Barre fuses elements of Pilates , dance, yoga and functional training, the moves are choreographed to motivating music:
	TRX	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.
	Chair Yoga	A, B	Chair yoga is a gentle form of yoga that is practiced sitting on a chair , or standing using a chair for support.
	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 free to members & \$10 for non-members. Class Packages: Members & Non-members: 4 classes/\$20, 8 classes/\$40