

# Fitness Class Schedule

Revised March 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		Beginner Yoga (Alexa) 1 hr.	SilverSneakers® Yoga (Felicia S.) Starts March 27 <sup>th</sup> !!	Chair Yoga (Alexa ) 1 hr.		
10:30am	Strength Training for Functional Fitness (Kateela)	Walk/Run (Kateela) 45 min-1hr	Strength Training for Functional Fitness (Kateela)	Walk/Run (Kateela) 45 min- 1hr	SilverSneakers® Classic (Felicia S.) 45 min- 1hr	
11:00am					SilverSneakers® Yoga (Felicia S.) Starts March 29 <sup>th</sup> !!	
3:00pm	SilverSneakers® Classic (Felicia/Kathy) 45 min- 1hr	SilverSneakers® Stability (Felicia) Starts March 26 <sup>th</sup> !	SilverSneakers® Classic (Kathy/Felicia) 45 min- 1hr			
4:30pm	Yoga Basics (Felicia) 45min-1hr	TRX or Kettlebell Circuits (Kateela) 30 min. Express Class	Gentle Yoga (Felicia) 45 min -1hr	TRX or Kettlebell Circuits (Kateela) 30 minute Express Class		
5:00pm						
5:45pm		Barre Basics (Felicia) 1 hr.		Cardio Kickboxing + Barre (Felicia) 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			
	Barre Basics	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! <b>Note: Please let the instructor know if you have difficulty sitting on the floor.</b>
	Gentle Yoga	A, B	Yoga postures done at a slow and steady pace. Poses are primarily floor-based, reclined or seated with few, if any, standing poses.
	SilverSneakers@ Yoga	A, B	“Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.”
	Strength Training for Functional Fitness (Kateela)	A	Learn the basics movement of strength training (Squats, Biceps Curls etc.). Practice proper form, technique and execution of the common strength training movements. This is a Chair based Fitness Strength Class
	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 <b>Pilates</b> , dance, <b>yoga</b> 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 <b>yoga</b> that is practiced sitting on a <b>chair</b> , or standing using a <b>chair</b> 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.
	SilverSneakers® Stability	A, B	“Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.”

All Fitness classes are free to members & \$10 for non-members.