

May 20<sup>th</sup>-June 28<sup>th</sup> 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) <i>No Class June 11th</i> 1 hr.		Chair Yoga (Alexa ) <i>No class June 13th</i> 1 hr.		
10:30am						
3:00pm	SilverSneakers Classic (Kathy) Last class YWCA CLOSED on May 27 <sup>th</sup> . <i>No classes in the</i> <i>month of June.</i>		SilverSneakers Classic (Kathy) Last class Wed, May 29 <sup>h</sup> . <i>No classes in the</i> <i>month of June.</i>			
4:30pm	Instructor's Choice (Cardio, Circuit, Strength, Stretch. Anything the instructor chooses! ☺...) (Kateela) 1hr	TRX & Kettlebell Circuits (Kateela) 1hr	Instructor's Choice (Cardio, Circuit, Strength, Stretch. Anything the instructor chooses! ☺...) (Kateela) 1hr	TRX & Kettlebell Circuits (Kateela) 30 min		
5:00				Legs & Glutes Challenge (Kateela) 30 min		
5:45pm						

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			
	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/Yin	A, B	Gentle Yoga postures are done at a slow and steady pace. Poses are primarily floor-based, reclined or seated with few, if any, standing poses. <b>Yin yoga</b> generally consists of a series of <b>long-held</b> , passive floor poses that mainly work the lower part of the body - the hips, pelvis, inner thighs, and lower spine. These areas are especially rich in connective tissues. The poses are held for up to two to five minutes, sometimes longer.
	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.”
	Kettlebell + Cardio Circuits (Stations)	A	An intermediate/advanced class that infuses Kettlebells the TRX system and Cardio Stations for maximum results. This class will challenge your strength and condition your body using agility drills on a step for cardio! This class is not suitable for the beginner exerciser as some of the exercises require previous kettlebell knowledge and an intermediate fitness level.
	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.