

GROUP EXERCISE SCHEDULE SESSION 1

January 3 - February 14, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	*Tabata - 45. DeAnne . MPR		*Tabata - 45. DeAnne . MPR			
7:00 AM	Men's Core - 45. DeAnne . MPR		Men's Core - 45.DeAnne .MPR			
8:00 AM	*Tabata 45. DeAnne .MPR		*Tabata - 45. DeAnne . MPR			
	Aqua Power-60. Pool		Aqua Power-60. Pool		Aqua Power-60. Pool	
8:30 AM		Yoga - MPR/Z 60. Sarah		Yoga - MPR/Z 60. Sarah		
9:00 AM	Core Conditioning - Z/Live 45.Murl. MPR		Core Conditioning - Z/Live 45.Murl. MPR			Mobility & Bodyweight-60. Charleton . MPR
10:00 AM		SS Yoga-MPR/Z 60.Sarah		SS Yoga-MPR/Z 60.Sarah		
10:15 AM	SS Classic-60. Jenny .Gym		SS Classic-60. Jenny .Gym		SS Classic-60. Jenny .Gym	Youth Fencing 11:15-12:30 GYM see desk for fee
5:00 PM				Dog Training 60. Alice MPR		
5:25 PM	Total Body - Z or Live 60.Murl. MPR	Intense Aqua- 60.Becky/Debbie. Pool	Total Body - Z or Live 60.Murl. MPR	Intense Aqua- 60.Becky/Debbie. Pool		
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Prices per 6-week session: (member/non-member)

Flex Pass: 12-class pass good for any class of your choice*: \$72

Land Fitness Classes:

1 class per week: \$22 / \$44
2 classes per week: \$31 / \$62

Yoga: Live or Zoom

1 class per week: \$25 / \$50
2 classes per week: \$31 / \$62

Aqua :

1 class per week: \$19 / \$38
2 classes per week: \$22 / \$44
3 classes per week: \$26 / \$52

Silver Sneakers: FREE to SS members

SS Classic: \$1 non Y & Non-SS Members
SS Yoga: \$30/ 6 week for Non-SS Members

Tabata: (*Not Flex eligible)

6 week session: \$96 / \$125
weekly: \$18/25 | daily \$10/15

Intense Aqua:

FREE to Y members; Non-members: \$3/class
DOG TRAINING: \$10 to trainer

FREE to Y Members

Self Organized *\$5 for guests*

PICKLEBALL

M/W/F

5:30am-9am

12pm - 3pm

T/TH

5:30am-8am

10:30am-1pm

SAT

7am-9am

BASKETBALL

M- F

5:30-6:30am

T/TH

6pm-8pm

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Z - Available via Zoom | Drop-in Fees: \$8 per class | MPR - Multi-Purpose

CLASS DESCRIPTIONS:

AQUA FITNESS

Emphasizes strength & endurance using resistance training. Water dumbbells, boards, and noodles used to improve aerobic capacity, core strength, and muscle tone. 60 min.

CORE CONDITIONING

A core workout combined with simple cardio combinations choreographed to music. Zoom option available. 45 min.

LAUGHTER YOGA

Turn your blah into Ha-Ha. Boost your immune system, improve circulation & respiration, and reduce stress. Spice up your spirit and add pep to your step. Laugh for the HEALTH of it. FREE! Donations appreciated. Available only via Zoom 30 min.

MEN'S CORE

Focus on the muscles that will help you to improve your overall core strength, posture, and stabilization. Balance training and stretching exercises. 45 min.

MOBILITY & BODYWEIGHT

This full body workout utilizes a full range of motion. Explore the difference between flexibility & mobility. Develop strength & stability through functional movement patterns. Find your Flow! 60 min.

TABATA

A style of high-intensity interval training. This is the ultimate cardio and strength workout. Not valid for Flex Pass. Ages 16+ 45 min.

TOTAL BODY CONDITIONING

Focus on total body muscular strength and conditioning combined with cardio intervals. Come prepared for a challenge. Zoom option available. 60 min.

YOGA

Destress. Restore. Find strength in stillness & the power within you. Learn to adjust your poses to fit your body with block, blankets, walls, straps, breath and awareness. Adapted for all levels. 60 min.

SILVER SNEAKERS YOGA

This class offers a complete series of seated and standing yoga poses with or without chair support. You will increase flexibility, balance and range of movement. 60 min.

SILVER SNEAKERS SPLASH

Slip into the swimming pool! This fun class utilizes the resistance of the water to increase your flexibility and strength. 60 min.

SILVER SNEAKERS CLASSIC

This class offers a complete series exercises with or without chair support. You will increase balance And movement abilities. 45 min

Youth Fencing

Saturdays 11:15a-12:30 p

\$90members / \$110non-members (+equipment)
Equipment required, instructor will rent all equipment for \$20 per session, see instructor on first day of class for rental. Ages 6-12

FLEX PASS

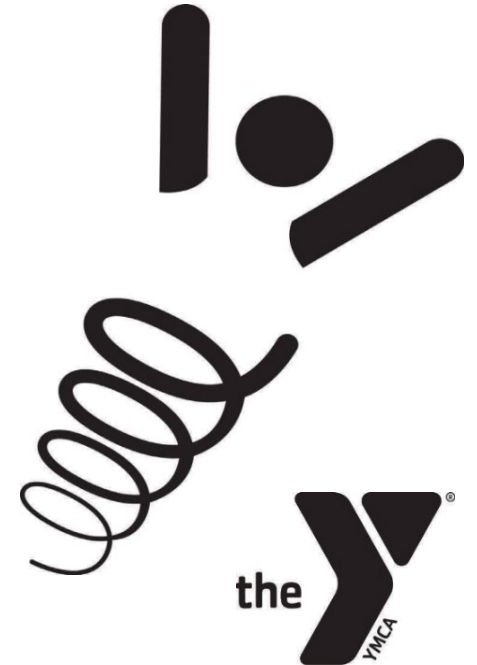
This 12-class pass gives you the freedom to experience a wide range of classes that fit your schedule. Flex Pass allows you to attend any of our group exercise classes, unless otherwise posted, and is valid for the duration of the 6-week session.

*All Classes subject to change or cancellation due to COVID-19

*Unless otherwise posted, group-exercise classes are open to individuals age 12+

GROUP EXERCISE SCHEDULE SESSION 1

January 3 - February 12, 2022



Brown County Community YMCA
812.988.9622