

GROUP EXERCISE SCHEDULE SESSION 8

November 14 - December 17, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6:00 AM	*HIIT/Tabata - 45. DeAnne . MPR		*HIIT/Tabata - 45. DeAnne . MPR			6:00 AM
7:00 AM	Men's Core - 45. DeAnne . MPR		Men's Core - 45.DeAnne .MPR			7:00 AM
8:00 AM	Aqua Power60. Pool		Aqua Power-60. Pool		Aqua Power-60. Pool	8:00 AM
8:15 AM	*HIIT/Tabata - 45. DeAnne . MPR		*HIIT/Tabata - 45. DeAnne . MPR			8:15 AM
8:30 AM		Yoga - Z & Live 60. Sarah		Yoga - Z & Live 60. Sarah		8:30 AM
9:00 AM	Core Conditioning - 45.Murl. MPR Water Yoga- Sonia 60 pool		Core Conditioning - 45.Murl. MPR		Water Yoga- 60. Sonia. pool	9:00 AM
10:00 AM		SS Yoga - Z & Live 60.Sarah		SS Yoga - Z & Live 60.Sarah		10:00 AM
10:15 AM	SS Classic-60. Jenny .Gym		SS Classic-60. Jenny .Gym		SS Classic-60. Jenny .Gym	10:15 AM
11:00 AM	Intro Yoga - 60. Sonia MPR					11:00 AM
5:00 PM				PUPPY Training- 60. Alice MPR		5:00 PM
5:25 PM	Total Body -60.Murl. MPR	Intense Aqua- 60.Debbie. Pool	Total Body - 60.Murl. MPR	Intense Aqua- 60.Debbie. Pool		5:25 PM
6:00PM		Youth Fencing 90 Anthony MPR		ADULT Dog training- 60. Alice MPR		6:00 PM

Prices per 6-week session: (member/non-member)

Flex Pass: 12-class pass good for any class of your choice*: \$60

Land Fitness Classes:

1 class per week: \$18 / \$36

2 classes per week: \$26 / \$52

Aqua : *

1 class per week: \$23 / \$46

2 classes per week: \$27 / \$54

3 classes per week: \$32 / \$64

HIIT/Tabata: (*Not Flex eligible)

6 week session: \$80 / \$104

1 Class Drop-In: \$10 / \$15

Yoga: Zoom** and Live

1 class per week: \$21 / \$42

2 classes per week: \$26 / \$52

** - Zoom Tue & Thur classes only

Silver Sneakers Classes: FREE to SS members

SS Classic: \$1 drop-in for Non Y & Non-SS Members

SS Yoga: \$25 per 5 weeks for Non-SS Members

Intense Aqua:

FREE to Y members; Non-members: \$3/class

Laughter Yoga: FREE to EVERYONE!

Drop-in Fees:

\$8 per class

FREE to Y Members

Self Organized. \$5 for non-members.

PICKLEBALL

M\W\F

5:30am-9am

12:00pm-3pm

Beginner Fri

3:00pm-5:00pm

T/TH

5:30am-9am

10:30am-1pm

SAT

7am-9am

BASKETBALL

M- F

5:30am-6:30am

T/TH

6:00pm-8:00pm



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. 45 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.

INTRO TO YOGA

Introduces students to four components of yoga: postures, sequences, terminology, breathing practices, deep relaxation, and meditation.

Benefits: Helps transform lifestyles on many different levels. 60 min

HIIT/TABATA

Get fit with H.I.I.T./Tabata

Research shows that short bursts of high intensity exercise are the most efficient and effective way to get fit and improve your health. Options for all abilities! Join us on Monday's and Wednesday's to get your H.I.I.T./Tabata fix! 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 & conditioning combined with cardio intervals. Come prepared for a challenge. 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.

WATER YOGA

Water Yoga is a gentle form of yoga practiced in the water making yoga accessible to those who do not find the practice suitable on land. It is gentle on the muscles and joints.

Benefits: Low impact to the body; helps develop strength, static balance, and increase in range of motion. 60min

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 CLASSIC

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

YOUTH FENCING

Fencing is both a physical & a mental workout, fencers will learn to hone their strategies against opponents of varying skill levels, & build up physical endurance, agility, accuracy, confidence & sportsmanship through participation & extend throughout other areas of life.

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.

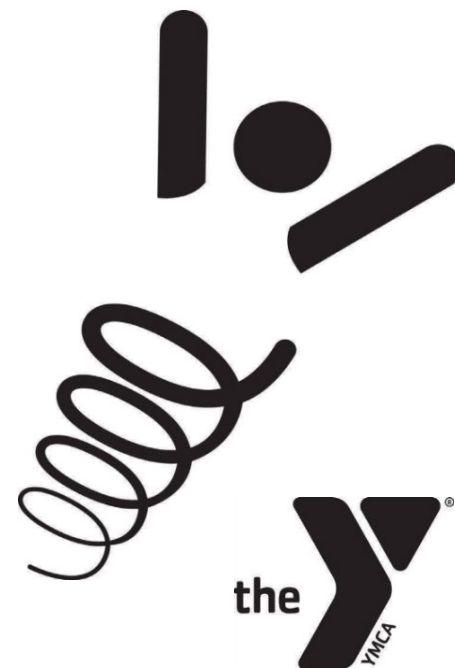
*All Classes subject to change or cancellation due to COVID-19

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

GROUP EXERCISE SCHEDULE

SESSION 8

Nov 14–Dec 17,
2022



Brown County Community
YMCA
812.988.9622