

THE SKAGIT VALLEY FAMILY YMCA
2018 GROUP FITNESS SCHEDULE
 EFFECTIVE NOVEMBER 5 · 2018

	MON		TUE		WED		THU		FRI		SAT	
6am	Total Body Training	Sunrise Yoga	Group Cycle		Total Body Training		Group Cycle		Total Body Training	Sunrise Yoga		
7am												
8am	Stride, Strength, Stretch		Tai Chi		Stride, Strength, Stretch		Tai Chi		Stride, Strength, Stretch		Group Cycle 7:30-9am	
9am	Step	Pilates	Core & Strength		Zumba®	Step	Core & Strength		Step		Zumba®	Yoga
10am	PrimeTime 10:15am	Gentle Yoga	AOA Classic	Yoga	PrimeTime 10:15am	Gentle Yoga	AOA Classic	Yoga	PrimeTime 10:15am	Gentle Yoga		
11am	Tai Chi	Fit4Life Salem	Fit4Life Cardio		Fit4Life Salem Lutheran		Fit4Life Cardio					
Noon			Functional Strength & Flexibility				Functional Strength & Flexibility					
1pm	Pedaling for Parkinsons*				Pedaling for Parkinsons*		Zumba Gold®		Pedaling for Parkinsons*			
4:15pm	Pilates											
5:30pm	Yoga		Power Cycle		Boot Camp	Yoga	Cycle Circuit					
6pm												

GROUP FITNESS CLASS LOCATION:

MAIN Y GYM
 Y ACTIVITY CENTER
 SALEM LUTHERAN CHURCH

* Classes in bold are new to our Group Fitness Schedule.

CHILD WATCH HOURS

Morning Hours

Monday-Friday: 8:45-11:15am

Evening Hours

Monday-Thursday: 5:15-7:15pm

- Must 14 years or older to participate in group fitness classes.
- Those ages 12 & 13 can participate WITH an adult.
- Keep conversation to a minimum and refrain from using your iPod or cell phone in class.
- Enter the room only after preceding class has finished and return all equipment to proper area promptly at the end.
- Wear layered clothing, proper foot wear and limit perfume and cologne use.
- For more detailed class information please see our quarterly Fitness Program guide.



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SKAGIT VALLEY FAMILY YMCA

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GROUP FITNESS DESCRIPTIONS

AOA CLASSIC - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

CORE & STRENGTH - Tone and strengthen your body with exercises that target muscles of the abs, back, legs, and other major muscle groups with a variety of equipment and techniques!

FIT4LIFE - Enjoy a heart healthy, moderately intense aerobic workout. Basic steps and rhythmic movements for the upper and lower body are designed to give you a safe and fun workout. Resistance tools are offered for muscular conditioning. The exercises can be done seated or standing.

FIT4LIFE CARDIO - Combine fun and fitness to increase your cardiovascular and muscular endurance. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

FUNCTIONAL STRENGTH & FLEXIBILITY - Yoga, gentle stretches and flexibility exercises improve balance, increase muscle strength and gain range of motion. This class will improve mobility and increase ADL skills. The exercises can be done seated or standing. This class can accommodate those with moderate disabilities and limited fitness experience.

GENTLE YOGA - Gentle yoga moves the whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

GROUP CYCLE - An exciting workout designed to motivate and challenge each and every rider. There are no complicated moves or techniques to learn, all levels are welcome! Our instructors let you work at your own pace.
(Cycle & Core incorporates core strength training at the end of class)

GROUP CYCLE CIRCUIT - An intense cycling workout, with strength training included. Get your heart pumping with this combo class! All levels are welcome, as modifications and adjustments to skill level will be provided.

PILATES - Improve your flexibility and posture and strengthen your core with our Pilates class! This class is a great workout for the entire body.

PRIME TIME FITNESS - This is a long traditional total body workout for the active older adult. This class features 30 minutes of cardio-endurance focusing on heart health, followed by 30 minute mixture of strength, flexibility and relaxation exercises.

STEP - This class has easy to follow, yet challenging step choreography. Some classes will contain a circuit portion and use free weights, bands and body weight exercises.

STRIDE, STRENGTH, STRETCH - This walking-based body conditioning class emphasizes fitness and power walking techniques, and includes muscular strength, endurance, and flexibility components.

TAI CHI - Tai Chi combines agile steps, joint safe exercise, and mental strength to improve mobility, breathing and relaxation. This class is for all fitness levels. Approved by the Arthritis Foundation.

TOTAL BODY TRAINING - This higher intensity class will tone, build muscle and kick up your metabolism by alternating strength and cardio intervals. It's aimed at maximizing your caloric burn during and AFTER your workout!

YOGA - Yoga postures breathing and relaxation are part of a system that will promote integration of body awareness as you develop strength and flexibility. Attention to breathing and form combine to integrate the body and mind. Class is adaptable to your experience and energy level.

ZUMBA GOLD® - Same great music and moves, but a little slower pace and more time teaching the steps. This class is perfect for beginners and older adults!

ZUMBA® - Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Participants will have a blast in this exhilarating hour of caloric-burning and body-energizing movements!

PEDALING FOR PARKINSON'S* - Must have Doctor's clearance to participate in the 60 minute class that offers biking, balance and stretching for those ages 30-75 that have been diagnosed with Parkinson's disease. Medical Clearance Forms available upon request.

