



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FITNESS SCHEDULE

SKAGIT VALLEY FAMILY YMCA

SCHEDULE MAY BE SUBJECT TO CHANGE – Schedule as April 5, 2019

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Yoga <i>Instructor: John</i> <i>Location: Studio A</i> Total Body Training (Level 2 & 3) <i>Instructor: Greta</i> <i>Location: Studio B</i>	Cycle (Level 2 & 3) <i>Instructor: Liz</i> <i>Location: Cycle</i>	Yoga <i>Instructor: John</i> <i>Location: Studio A</i> Total Body Training (Level 2) <i>Instructor: Amy H</i> <i>Location: Studio B</i>	Cycle (Level 1, 2 & 3) <i>Instructor: Liz</i> <i>Location: Cycle</i>	Yoga <i>Instructor: John</i> <i>Location: Studio A</i> Total Body Training (Level 2 & 3) <i>Instructor: Greta</i> <i>Location: Studio B</i>	
7:00 AM	Yoga (Level 1 & 2) <i>Instructor: Aidan</i> <i>Location: Studio A</i>		Yoga (Level 1 & 2) <i>Instructor: Aidan</i> <i>Location: Studio A</i>		Yoga (Level 1 & 2) <i>Instructor: Aidan</i> <i>Location: Studio A</i>	7:30am Cycle (Level 2 & 3) <i>Instructor: Liz</i> <i>Location: Cycle</i>
8:00 AM	Stride, Strength, Stretch (Level 1 & 2) <i>Instructor: Liz</i> <i>Location: Studio A</i>	Tai Chi (Level 2) <i>Instructor: Aurelia</i> <i>Location: Studio A</i> Stride, Strength, Stretch (Level 2 & 3) <i>Instructor: Liz</i> <i>Location: Studio B</i>	Stride, Strength, Stretch (Level 1 & 2) <i>Instructor: Liz</i> <i>Location: Studio A</i>	Tai Chi (Level 2) <i>Instructor: Aurelia</i> <i>Location: Studio A</i> Shape Up & Tone Your Body (Level 1 & 2) <i>Instructor: Lois</i> <i>Location: Studio B</i>	Stride, Strength, Stretch (Level 2 & 3) <i>Instructor: Liz</i> <i>Location: Studio A</i>	8-10am Recreation Walk* <i>Location: Track</i>
9:00 AM	Step <i>Instructor: Robin</i> <i>Location: Studio A</i> Basic Step <i>Instructor: Mike</i> <i>Location: Studio B</i>	Core & Strength <i>Instructor: Kim</i> <i>Location: Studio A</i> Tai Chi (Level 1) <i>Instructor: Aurelia</i> <i>Location: Studio B</i>	Zumba® <i>Instructor: Shar</i> <i>Location: Studio A</i> Basic Step <i>Instructor: Mike</i> <i>Location: Studio B</i>	Core & Strength <i>Instructor: Kim</i> <i>Location: Studio A</i> Tai Chi (Level 1) <i>Instructor: Aurelia</i> <i>Location: Studio B</i>	Step <i>Instructor: Robin</i> <i>Location: Studio A</i> Basic Step <i>Instructor: Mike</i> <i>Location: Studio B</i>	8-10am Recreation Walk* <i>Location: Track</i> Zumba® <i>Instructor: Shar</i> <i>Location: Studio A</i> Pilates/Yoga <i>Instructor: Charlotte</i> <i>Location: Studio B</i>
10:00 AM	Prime Time (Level 1 & 2) <i>Instructor: Lois</i> <i>Location: Studio A</i> Gentle Yoga (Level 1) <i>Instructor: Amy C</i> <i>Location: Studio B</i>	AOA Classic (Level 1 & 2) <i>Instructor: Lois</i> <i>Location: Studio A</i> Yoga (Level 2) <i>Instructor: Amy C</i> <i>Location: Studio B</i>	Prime Time (Level 1 & 2) <i>Instructor: Lois</i> <i>Location: Studio A</i> Gentle Yoga (Level 1) <i>Instructor: Amy C</i> <i>Location: Studio B</i>	AOA Classic (Level 1 & 2) <i>Instructor: Lois</i> <i>Location: Studio A</i> Yoga (Level 2) <i>Instructor: Amy C</i> <i>Location: Studio B</i>	Prime Time (Level 1 & 2) <i>Instructor: Lois</i> <i>Location: Studio A</i> Gentle Yoga (Level 1) <i>Instructor: Amy C</i> <i>Location: Studio B</i>	



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	10:30am Pedaling for Parkinson's* <i>Instructor: Monique</i> <i>Location: Cycle</i>		10:30am Pedaling for Parkinson's* <i>Instructor: Monique</i> <i>Location: Cycle</i>		10:30am Pedaling for Parkinson's* <i>Instructor: Monique</i> <i>Location: Cycle</i>	
11:00 AM	Fit4Life (Level 1 & 2) <i>Instructor: Mary</i> <i>Location: Studio A</i>	Fit4Life Cardio (Level 2 & 3) <i>Instructor: Mary</i> <i>Location: Studio A</i>	Fit4Life (Level 1 & 2) <i>Instructor: Mary</i> <i>Location: Studio A</i>	Fit4Life Cardio (Level 2 & 3) <i>Instructor: Mary</i> <i>Location: Studio A</i>	Zumba® <i>Instructor: Shar or Rebecca</i> <i>Location: Studio A</i>	
	Tai Chi <i>Instructor: Margo</i> <i>Location: Studio B</i>					
12:00 PM	Brains & Balance (Level 1, 2 & 3) <i>Starting Fall</i>	Functional Strength (Level 1 & 2) <i>Instructor: Mary</i> <i>Location: Studio A</i>	Brains & Balance (Level 1, 2 & 3) <i>Starting Fall</i>	Functional Strength (Level 1 & 2) <i>Instructor: Mary</i> <i>Location: Studio A</i>		
1:00 PM	1-3pm Recreation Walk* <i>Location: Track</i>		Zumba Gold <i>Instructor: Patty U</i> <i>Location: Studio A</i>			
2:00 PM	1-3pm Recreation Walk* <i>Location: Track</i>					
3:00 PM						
4:00 PM	4:15pm Pilates <i>Instructor: Liz</i> <i>Location: Studio B</i>		4:15pm Pilates <i>Instructor: Amy H</i> <i>Location: Studio A</i>			
5:00 PM	5:30pm Sunset Yoga (Level 2 & 3) <i>Instructor: Ada</i> <i>Location: Studio A</i>	5:30pm Zumba® <i>Instructor: Shar</i> <i>Location: Studio A</i>	5:30pm Sunset Yoga (Level 2 & 3) <i>Instructor: Ada</i> <i>Location: Studio A</i>	5:30pm Cycle Circuit (Level 1, 2 & 3) <i>Instructor: Ada</i> <i>Location: Cycle</i>		
	5:00pm Barre (Level 2 & 3) <i>Instructor: Becky</i> <i>Location: Studio B</i>		5:30pm Zumba® <i>Instructor: Shar</i> <i>Location: Studio A</i>			
	5:30pm Power Cycle (Level 3) <i>Instructor: Greta</i> <i>Location: Cycle</i>					



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6:00 PM

**6:30pm
Family Fitness**
(Level 1, 2 & 3)
Instructor: Crystal
Location: Studio A

**6:30pm
Strength &
Conditioning**
(Level 3)
Instructor: Kim
Location: Studio B

**6:30pm
Family Fitness**
(Level 1, 2 & 3)
Instructor: Crystal
Location: Studio A

**6-8pm
Recreation
Walk***
Location: Track

**6:30pm
Power Cycle**
(Level 3)
Instructor: Greta
Location: Cycle

**6:30pm
Strength &
Conditioning**
(Level 3)
Instructor: Kim
Location: Studio B

7:00 PM

7:30pm HIIT
Instructor: Crystal
Location: Studio A

**7:30pm
Family Hip Hop**
(Level 1, 2 & 3)
Instructor: Abe
Location: Studio A

7:30pm HIIT
Instructor: Crystal
Location: Studio A

**6-8pm
Recreation
Walk***
Location: Track

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.

BARRE

A fusion of ballet barre techniques, Pilates, yoga, and functional movements to upbeat music. Strengthen the entire body in a quick moving, low impact class. Medium intensity class for fitness levels 2&3.

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!

FAMILY FITNESS

Setting the example in a positive way to be healthier together, keep active and enjoy quality time as a family. Youth ages 10-14 can participate with their parent or guardian.

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



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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.

HIIT

30 minutes of high intensity interval training that promotes speed, power and strength to build endurance.

HIP HOP

Family Hip Hop class, come learn the foundation of Hip Hop Dance culture! Ages 10+ encouraged!

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.



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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!

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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.

FAQ:

What is level 1? Level 1: just started working out or getting back into a fitness program after an injury, or need a low impact class

What is level 2? Level 2: regular exerciser with little or no limitations, looking for the extra push, mat work is incorporated in some level 2 classes

What is level 3? Level 3: higher level exerciser looking for more intense workout

How old can a youth be to work out in the Wellness Center? Youth must be 14 years or older to participate in group fitness classes and Wellness center without parent or guardian. Youth ages 12 & 13 can participate WITH a parent or guardian in fitness classes and on limited cardio and the cabled weight equipment.

How do I become familiar with the equipment? Wellness Center 101 courses will be offered to all members to become familiar with cardio, weight equipment, and etiquette

What should I bring? Wear comfortable athletic clothing and athletic closed toe shoes, water bottle, and sweat towel. If you plan to shower, please bring a towel and shower shoes.