



FOR YOUTH DEVELOPMENT®  
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FOR SOCIAL RESPONSIBILITY

# FITNESS SCHEDULE

SKAGIT VALLEY FAMILY YMCA

SCHEDULE MAY BE SUBJECT TO CHANGE – Schedule as of May, 2019

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	<b>Yoga</b> <i>Instructor: John</i> <i>Location: Studio A</i>  <b>Total Body Training</b> (Level 2 & 3) <i>Instructor: Greta</i> <i>Location: Studio B</i>	<b>Total Body Interval Fusion</b> (Level 2 & 3) <i>Instructor: Liz</i> <i>Location: Cycle/Studio A</i>	<b>Yoga</b> <i>Instructor: John</i> <i>Location: Studio A</i>  <b>Total Body Training</b> (Level 2) <i>Instructor: Amy H</i> <i>Location: Studio B</i>	<b>Total Body Interval Fusion</b> (Level 1, 2 & 3) <i>Instructor: Liz</i> <i>Location: Cycle/Studio A</i>	<b>Yoga</b> <i>Instructor: John</i> <i>Location: Studio A</i>  <b>Total Body Training</b> (Level 2 & 3) <i>Instructor: Greta</i> <i>Location: Studio B</i>	
7:00 AM	<b>Yoga</b> (Level 1 & 2) <i>Instructor: Aidan</i> <i>Location: Studio A</i>  <b>7:45am Stride, Strength, Stretch</b> (Level 1 & 2) <i>Instructor: Liz</i> <i>Location: Track/Studio A</i>	<b>Yoga</b> (Level 1 & 2) <i>Instructor: Aidan</i> <i>Location: Studio A</i>  <b>7:45am Stride, Strength, Stretch</b> (Level 2 & 3) <i>Instructor: Liz</i> <i>Location: Track/Studio B</i>	<b>Yoga</b> (Level 1 & 2) <i>Instructor: Aidan</i> <i>Location: Studio A</i>  <b>7:45am Stride, Strength, Stretch</b> (Level 1 & 2) <i>Instructor: Liz</i> <i>Location: Track/Studio A</i>	<b>Yoga</b> (Level 1 & 2) <i>Instructor: Aidan</i> <i>Location: Studio A</i>  <b>7:45am Stride, Strength, Stretch</b> (Level 1 & 2) <i>Instructor: Liz</i> <i>Location: Track/Studio A</i>		<b>7:00am Fusion</b> (Level 2 & 3) <i>Instructor: Liz</i> <i>Location: Track &amp; Cycle</i>
8:00 AM		<b>Tai Chi</b> (Level 2) <i>Instructor: Aurelia</i> <i>Location: Studio A</i>		<b>Tai Chi</b> (Level 2) <i>Instructor: Aurelia</i> <i>Location: Studio A</i>  <b>Shape Up &amp; Tone Your Body</b> (Level 1 & 2) <i>Instructor: Lois</i> <i>Location: Studio B</i>		<b>8:00am Cycle</b> (Level 2 & 3) <i>Instructor: Liz</i> <i>Location: Cycle</i>  <b>8-10am Recreation Walk*</b> <i>Location: Track</i>
9:00 AM	<b>Step</b> <i>Instructor: Robin</i> <i>Location: Studio A</i>  <b>Basic Step</b> <i>Instructor: Mike</i> <i>Location: Studio B</i>	<b>Core &amp; Strength</b> <i>Instructor: Kim</i> <i>Location: Studio A</i>  <b>Tai Chi</b> (Level 1) <i>Instructor: Aurelia</i> <i>Location: Studio B</i>	<b>Zumba®</b> <i>Instructor: Shar</i> <i>Location: Studio A</i>  <b>Basic Step</b> <i>Instructor: Mike</i> <i>Location: Studio B</i>	<b>Core &amp; Strength</b> <i>Instructor: Kim</i> <i>Location: Studio A</i>  <b>Tai Chi</b> (Level 1) <i>Instructor: Aurelia</i> <i>Location: Studio B</i>	<b>Step</b> <i>Instructor: Robin</i> <i>Location: Studio A</i>  <b>Basic Step</b> <i>Instructor: Mike</i> <i>Location: Studio B</i>	<b>8-10am Recreation Walk*</b> <i>Location: Track</i>  <b>Zumba®</b> <i>Instructor: Shar</i> <i>Location: Studio A</i>  <b>Pilates/Yoga</b> <i>Instructor: Charlotte</i> <i>Location: Studio B</i>



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Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM	<p><b>Prime Time</b> (Level 1 &amp; 2) <i>Instructor: Lois</i> <i>Location: Studio A</i></p> <p><b>Gentle Yoga</b> (Level 1) <i>Instructor: Amy C</i> <i>Location: Studio B</i></p> <p><b>10:00am Pedaling for Parkinson's*</b> <i>Instructor: Monique</i> <i>Location: Cycle</i></p>	<p><b>AOA Classic</b> (Level 1 &amp; 2) <i>Instructor: Lois</i> <i>Location: Studio A</i></p> <p><b>Yoga</b> (Level 1 &amp; 2) <i>Instructor: Amy C</i> <i>Location: Studio B</i></p>	<p><b>Prime Time</b> (Level 1 &amp; 2) <i>Instructor: Lois</i> <i>Location: Studio A</i></p> <p><b>Gentle Yoga</b> (Level 1) <i>Instructor: Amy C</i> <i>Location: Studio B</i></p> <p><b>10:00am Pedaling for Parkinson's*</b> <i>Instructor: Monique</i> <i>Location: Cycle</i></p>	<p><b>AOA Classic</b> (Level 1 &amp; 2) <i>Instructor: Lois</i> <i>Location: Studio A</i></p> <p><b>Yoga</b> (Level 1 &amp; 2) <i>Instructor: Amy C</i> <i>Location: Studio B</i></p>	<p><b>Prime Time</b> (Level 1 &amp; 2) <i>Instructor: Lois</i> <i>Location: Studio A</i></p> <p><b>Gentle Yoga</b> (Level 1) <i>Instructor: Amy C</i> <i>Location: Studio B</i></p> <p><b>10:00am Pedaling for Parkinson's*</b> <i>Instructor: Monique</i> <i>Location: Cycle</i></p>	<p><b>Loving Yoga</b> (Level 1 &amp; 2) <i>Instructor: Paul</i> <i>Location: Studio B</i></p>
11:00 AM	<p><b>Fit4Life</b> (Level 1 &amp; 2) <i>Instructor: Mary</i> <i>Location: Studio A</i></p> <p><b>Tai Chi</b> <i>Instructor: Margo</i> <i>Location: Studio B</i></p>	<p><b>Fit4Life Cardio</b> (Level 2 &amp; 3) <i>Instructor: Mary</i> <i>Location: Studio A</i></p>	<p><b>Fit4Life</b> (Level 1 &amp; 2) <i>Instructor: Mary</i> <i>Location: Studio A</i></p>	<p><b>Fit4Life Cardio</b> (Level 2 &amp; 3) <i>Instructor: Mary</i> <i>Location: Studio A</i></p>	<p><b>Zumba®</b> <i>Instructor: Shar or Rebecca</i> <i>Location: Studio A</i></p>	
12:00 PM		<p><b>Functional Strength</b> (Level 1 &amp; 2) <i>Instructor: Mary</i> <i>Location: Studio A</i></p>		<p><b>Functional Strength</b> (Level 1 &amp; 2) <i>Instructor: Mary</i> <i>Location: Studio A</i></p>		
1:00 PM	<p><b>Zumba Gold®</b> <i>Instructor: Kerri</i> <i>Location: Studio A</i></p>	<p><b>1-3pm Recreation Walk*</b> <i>Location: Track</i></p>		<p><b>Zumba Gold®</b> <i>Instructor: Patty U</i> <i>Location: Studio A</i></p>		
2:00 PM		<p><b>1-3pm Recreation Walk*</b> <i>Location: Track</i></p>				
3:00 PM						



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Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 PM	<b>4:15pm Pilates</b> <i>Instructor: Liz</i> <i>Location: Studio A</i>		<b>4:15pm Pilates</b> <i>Instructor: Amy H</i> <i>Location: Studio A</i>			
5:00 PM	<b>5:30pm Sunset Yoga</b> (Level 2 & 3) <i>Instructor: Ada</i> <i>Location: Studio A</i>	<b>5:00pm Barre</b> (Level 2 & 3) <i>Instructor: Becky</i> <i>Location: Studio B</i>	<b>5:30pm Sunset Yoga</b> (Level 2 & 3) <i>Instructor: Ada</i> <i>Location: Studio A</i>	<b>5:30pm Cycle Circuit</b> (Level 1, 2 & 3) <i>Instructor: Ada</i> <i>Location: Cycle</i>		
		<b>5:30pm Zumba®</b> <i>Instructor: Shar</i> <i>Location: Studio A</i>		<b>5:30pm Zumba®</b> <i>Instructor: Shar</i> <i>Location: Studio A</i>		
		<b>5:30pm Power Cycle</b> (Level 3) <i>Instructor: Greta</i> <i>Location: Cycle</i>				
6:00 PM	<b>6:30pm Family Fitness</b> (Level 1, 2 & 3) <i>Instructor: Crystal</i> <i>Location: Studio B</i>	<b>6:30pm Strength &amp; Conditioning</b> (Level 3) <i>Instructor: Kim</i> <i>Location: Studio B</i>	<b>6:30pm Family Fitness</b> (Level 1, 2 & 3) <i>Instructor: Crystal</i> <i>Location: Studio A</i>	<b>6-8pm Recreation Walk*</b> <i>Location: Track</i>		
	<b>6:30pm Family Zumba®</b> <i>Instructor: Kerri</i> <i>Location: Studio A</i>		<b>6:30pm Strong 45 by Zumba®</b> <i>Instructor: Kerri</i> <i>Location: Studio B</i>	<b>6:30pm Strength &amp; Conditioning</b> (Level 3) <i>Instructor: Kim</i> <i>Location: Studio B</i>		
			<b>6:30pm Power Cycle</b> (Level 3) <i>Instructor: Greta</i> <i>Location: Cycle</i>			
7:00 PM	<b>7:30pm HIIT</b> (Level 2 & 3) <i>Instructor: Crystal</i> <i>Location: Studio A</i>	<b>7:30pm Family Hip Hop</b> (Level 1, 2 & 3) <i>Instructor: Abe</i> <i>Location: Studio A</i>	<b>7:30pm HIIT</b> (Level 2 & 3) <i>Instructor: Crystal</i> <i>Location: Studio A</i>	<b>6-8pm Recreation Walk*</b> <i>Location: Track</i>		

## 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



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### **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 cabled weight equipment. Family classes that are listed are for youth ages 10+ with parent and guardian participating.

### **WHEN IS THE TRACK OPEN?**

The track is open during our normal business hours. Throughout the day you will see that instructors will bring their classes on the track to warm up.

### **HOW DO I BECOME FAMILIAR WITH THE EQUIPMENT?**

Wellness Center 101 classes 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.

## **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!



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## **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, including stretching and range of motion. Walking, basic steps and rhythmic movements are designed to give you a safe and fun workout for the upper and lower body. Resistance tools and hand weights are offered for muscle conditioning. Exercises can be done seated or standing. Level 1 & 2

## **FIT4LIFE CARDIO**

Combine fun and fitness to increase cardiovascular and muscular endurance. Upper and lower body strength workout includes power walking or jogging, strength work, tubing, hand-held weights, and a ball with alternating aerobic choreography. A chair is offered for support, balance and stretching exercises. Level 2 & 3

## **FUNCTIONAL STRENGTH & FLEXIBILITY**

Gentle movement, stretches, range of motion and flexibility exercises improve balance, range of movement and increase muscle strength. This class helps improve mobility and increases ADL skills. The exercises can be done seated or standing. This class can accommodate those with moderate disabilities and limited fitness experience. Level 1 & 2

## **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!

## **LOVING YOGA**

Create a loving relationship with your body by exploring it through diverse yoga poses. Integrating light movement, breath, and Heartfull Meditation®. The yoga poses can be scaled to different levels of flexibility, balance and strength. The class will include a short question and answer period to ensure safe movement and to deepen an understanding of



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yoga. There are a limited number of mats and blocks available for participants. You may wish to bring your own mat, block and belt.

## **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.

## **SHAPE UP & TONE YOUR BODY**

Feel stronger by improving your mobility, posture, balance, joint range of motion and muscle strength with free weights and the stability ball. Level 1 & 2

## **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 starts on the track and emphasizes fitness and power walking techniques, and includes muscular strength, endurance, and flexibility components in the studio after the 30 minutes of track work.

## **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 INTERVAL FUSION**

Cardio intervals of spinning on cycles and walk/jog on track rotate alternately with intervals of strength training for a great total body work out.

## **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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### **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!

### **STRONG 45 BY ZUMBA®**

Combines body weight, muscle condition, cardio and plyometric training move synced to original music that has been specifically designed to match every single move. Every squat, lunge, burpee is driven by the music, helping you make it to that last rep or maybe five more!

### **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.

### **RECREATION WALK**

Different times during the week families have the opportunity to gather and walk the track. Ages 8+ with parents or guardians.