



## GROUP LAND & WATER EXERCISE CLASSES

Fall 2 Session: October 29

Registration begins October 15

CLASSES FREE TO MEMBERS!

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<b>Monday</b>	8:30-9:30am Silver Sneakers Yoga® = Valerie	8:30-9:30am Deep Water Fitness ≥ Teresa	10:00-10:45am Silver Sneakers Classic® =Stephanie	10:00-11:00 am Water Fitness ≥ Sharon	11:30-12:00 Arthritis Class ≥ Dorothy	5:30-6:30pm Pound #Kay	5:30-6:10pm \$Novice Karate =Josh	6:10-7:00pm \$Advance Karate =Josh	6:00-6:45pm Cycling ^Sarah
<b>Tuesday</b>	9:00-9:45 am Journey to Wellness †Stephanie	10:00-11:00 am Water Fitness ≥ Sharon	5:30-6:30 pm Yoga #Kay	5:00-5:45 pm Zumba =Amanda	6:15-7:00 pm Strength & Spin ^Cherie				
<b>Wednesday</b>	8:30-9:30am Deep Water Fitness ≥ Teresa	9:00-9:45 am Journey to Wellness †Stephanie	10:00-10:45am Silver Sneakers Classic® =Stephanie	11:30-12:30 Beginners Line Dancing =Joyce	11:30-12:00 Arthritis Class ≥ Dorothy	6:00-6:45m Cycling ^Sarah			
<b>Thursday</b>	9:00-9:45 am Journey to Wellness †Stephanie	10:00-10:45am Silver Sneakers Classic® =Stephanie	10:00-11:00 am Water Fitness ≥ Sharon	4:00-6:00 pm Intermediate Line Dancing =Joyce	5:00-5:45 pm Zumba #Amanda	6:15-7:00 pm Strength & Spin ^Cherie			
<b>Friday</b>	8:30-9:30am Deep Water Fitness ≥ Teresa	8:30-9:30am Silver Sneakers Yoga® = Valerie	11:30-12:00 Arthritis Class ≥ Dorothy	Check out our Gymnasium & Pool Schedules!		<b>LOCATION KEY:</b> *Gymnasium      =Community Room ^Cycling Studio      ≥ Pool ∞Racquetball Court †Wellness Center #Head Start Room			

\*\*Wellness Center Orientation Sessions can be scheduled by APPOINTMENT! Please contact a Welcome Center Staff Member to schedule your Orientation appointment at 419-562-6218.

Bucyrus Area YMCA 1655 East Southern Ave., Bucyrus, OH 44820: Phone: 419-562-6218  
Hours of Operation: Monday-Friday 5:00am-9:00pm: Saturday 7:00am-5:00pm Sunday 1:00-5:00 pm  
Check out our website @ [www.bucyrusymca.org](http://www.bucyrusymca.org)  
Like us on Facebook @ [www.facebook.com/bucyrus.ymca](http://www.facebook.com/bucyrus.ymca)

### Bucyrus Area YMCA Class Descriptions

Water Classes: M: FREE PP: \$80 Land Classes: M: FREE PP: \$80 Karate Classes: M:\$40 PP:\$60

#### Land Classes:

**CYCLING**- Indoor cycling is a group exercise class performed on stationary bikes. During the class the instructor will guide you through an incredible ride on simulated hill climbing, sprints, & races. A low-impact, high intensity workout that is adaptable for all fitness levels and is a fantastic cardio workout! Water & towels are a must!

**STRENGTH & SPIN**-Think being on a bike for 45 minutes is too long? Join us for this high intensity interval ride that incorporates off the bike toning segments that target your core, arms, and legs muscles.

**JOURNEY TO WELLNESS** -Learn how to use the equipment in the Wellness Center along with lifting weights, proper form, and breathing.

**SILVER SNEAKERS CLASSIC®**- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available for seated or standing support.

**SILVER SNEAKERS YOGA®**-Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

**YOGA** -is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power in a fitness format.

**ZUMBA**-is music/dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

**POUND**- Sweat, Sculpt, & ROCK with **POUND**, the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming! **POUND** is a full body cardio jam session championed by fitness rebels around the world .

#### Pool/Aquatic Classes:

**ARTHRITIS CLASS**- A program to improve flexibility, relieve pain, & decrease stiffness with easy entry & exit of the pool.

**WATER FITNESS**- A conditioning program that works against the resistance of the water to increase strength & improve your overall fitness.

**DEEP WATER FITNESS**- A deep water workout for all fitness levels. Enjoy a workout while suspended in the deep end of the pool with equipment to keep you afloat. The balanced workout includes warm-up, aerobic, cool-down, strength and toning, and flexibility. Intensity is easily adjusted for all levels of fitness.

#### Paid Classes:

**KARATE \$** - Participants will learn self-defense techniques in the attacking & blocking positions of Shotokan Karate while building physical fitness, personal character & self-confidence. Classes are held on Monday & Wednesday evenings 5:30-7:30pm

UPDATED: 8/28/18