



## Fall 1 Group Land & Water Exercise Classes

Session: August 7th-September 15th

Registration begins July 24th

*\*First week of registration reserved for members only  
Classes FREE to Members!*

**FOR YOUTH DEVELOPMENT®**

FOR HEALTHY LIVING

FOR SOCIAL RESPONSIBILITY

**LOCATION KEY:** \*Gymnasium =Community Room ^Cycling Studio ≥ Pool ∞Racquetball Court †Wellness Center #Head Start Room

<b>Monday</b>	8:30-9:30am Deep Water Fitness ≥ Teresa	10:00-10:45am Silver Sneakers Classic® =Stephanie	10:00-11:00am Water Fitness ≥ Sharon	11:30am-12:00pm Arthritis Class ≥ Dorothy	5:00-6:00 pm Zumba *Amanda	5:30-6:10 pm Novice Karate \$ =Linda	6:00-6:45 pm Cycling ^Sarah	6:10-7:00 pm Advance Karate \$ =Linda
<b>Tuesday</b>	9:00-9:45 am Journey to Wellness †Stephanie	10:00-11:00am Water Fitness ≥ Sharon	6:15-7:00 pm Cycling ^Cherie	7:30-8:15pm Aquacize ≥ Dana				
<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	11:30am-12:00pm Arthritis Class ≥ Dorothy	5:00-6:00 pm Zumba *Amanda	5:30-6:10 pm Novice Karate \$ =Linda	6:00-6:45 pm Cycling ^Sarah	6:10-7:00 pm Advance Karate \$ =Linda
<b>Thursday</b>	9:00-9:45 am Journey to Wellness †Stephanie	10:00-10:45am Silver Sneakers Classic® =Stephanie	10:00-11:00am Water Fitness ≥ Sharon	11:00am -12:00pm Chair Yoga =Sae	6:15-7:00 pm Cycling ^Cherie	6:00-7:00pm Core Yoga =Sae	7:30-8:15pm Aquacize ≥ Dana	
<b>Friday</b>	8:30-9:30am Deep Water Fitness ≥ Teresa	11:30am-12:00pm Arthritis Class ≥ Dorothy						

**Check out our  
Gymnasium & Pool  
Schedules!**

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

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

Like us on Facebook @ [www.facebook.com/bucyrus.ymca](http://www.facebook.com/bucyrus.ymca)

### Bucyrus Area YMCA Class Descriptions

**Water Classes:** Members: FREE PP: \$80 **Land Classes:** Members: FREE PP: \$80

#### Land Classes:

**Core Yoga-** Set your to-do list aside and make room for self-care; pausing to recharge, generates the energy to live your life fully. This all-levels class presents simple, non-competitive yoga practices that can be targeted to reduce chronic tension and systematically relax the physical body, the emotional body, and the mind. Know that in moving your body there is a lesson to be learned.

**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!

**Chair Yoga-** While you are sitting on a chair, chair yoga will provide you different methods to stretch your body and release your stress.

**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.

**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.

#### Pool/Aquatic Classes:

**Aquacize-** An aerobic program that consists of strengthening of strengthening exercises in the pool all done to the beat of music.

**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