



GROUP LAND & WATER EXERCISE CLASSES

Spring 2 Session: April 9-May 27

Registration begins March 26

CLASSES FREE TO MEMBERS!

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	8:30-9:30am Deep Water Fitness ≥ Teresa	10:00-10:45am Silver Sneakers Classic® =Stephanie	10:00-11:00 am Water Fitness ≥ Sharon	11:30am-12:00pm Arthritis Class ≥ Dorothy	5:30-6:30 pm Zumba #Amanda	5:30-6:10 pm Novice Karate \$ = Josh	6:00-6:45 pm Cycling ^Sarah	6:10-7:00 pm Advance Karate \$ = Josh
Tuesday	9:00-9:45 am Journey to Wellness †Stephanie	10:00-11:00 am Water Fitness ≥ Sharon	6:00-6:45 pm Body Blast =Carl	6:15-7:00 pm Cycling ^Cherie	7:30-8:15pm Aquacize ≥ Dana			
Wednesday	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	5:30-6:30 pm Zumba #Amanda	5:30-6:10 pm Novice Karate \$ =Josh	6:00-6:45 pm Cycling ^Sarah	6:10-7:00 pm Advance Karate \$ =Josh
Thursday	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	11:00 -12:00 Chair Yoga #Sae	6:00-6:45 pm Body Blast *Carl	6:15-7:00 pm Cycling ^Cherie	7:30-8:15pm Aquacize ≥ Dana	
Friday	8:30-9:30am Deep Water Fitness ≥ Teresa	11:30am-12:00pm Arthritis Class ≥ Dorothy	<div data-bbox="814 1203 1236 1433" data-label="Text"> <p>Check out our Gymnasium & Pool Schedules!</p> </div>		<div data-bbox="1436 1170 2034 1433" data-label="Text"> <p>LOCATION KEY: *Gymnasium =Community Room ^Cycling Studio ≥ Pool ∞Racquetball Court †Wellness Center #Head Start Room</p> </div>			

****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
Like us on Facebook @ 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:

BODY BLAST- Alternates between intervals of muscular strength and endurance exercises for a total body workout that keeps you coming back for more.

CHAIR YOGA- will provide different methods to stretch your body and release your stress while sitting in a chair.

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!

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