



## GROUP LAND & WATER EXERCISE CLASSES

Winter 1 Session: January 7-February 22

Registration begins December 3

**CLASSES FREE TO MEMBERS!**

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

<b>Monday</b>	8:30-9:30am Deep Water Fitness ≥ Kelli	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 Total Body Circuit #Kay	5:30-6:10pm \$Novice Karate =Josh	6:10-7:00pm \$Advance Karate =Josh	6:00-6:45pm Cycling ^Sarah	7:00-8:00pm Strong by Zumba #Joe
<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 ≥ Kelli	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	5:30-6:10pm \$Novice Karate =Josh	6:00-6:45m Cycling ^Sarah	6:10-7:00pm \$Advance Karate =Josh	
<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 ≥ Kelli	11:30-12:00 Arthritis Class ≥ Dorothy							

Check out our  
Gymnasium & Pool  
Schedules!

### LOCATION KEY:

\*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.

**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.

**STRONG BY ZUMBA**- combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

**TOTAL BODY CIRCUIT** -This class is a **total body** workout! We will use resistance and cardio training techniques to improve your endurance and help you build strength.

#### 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