



## GROUP LAND & WATER EXERCISE CLASSES

Winter 1 Session: January 2nd-February 17th

Registration begins December 17th

**CLASSES FREE TO MEMBERS!**

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

<b>Monday</b>	8:30-9:30am Deep Water Fitness ≥ Teresa	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	
<b>Tuesday</b>	9:00-9:45 am Journey to Wellness †Stephanie	6:00-6:45 pm Body Blast =Carl	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	5:30-6:30 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
<b>Thursday</b>	9:00-9:45 am Journey to Wellness †Stephanie	10:00-10:45am Silver Sneakers Classic® =Stephanie	6:00-6:45 pm Body Blast *Carl	6:15-7:00 pm Cycling ^Cherie	7:30-8:15pm Aquacize ≥ Dana			
<b>Friday</b>	8:30-9:30am Deep Water Fitness ≥ Teresa	11:30am-12:00pm Arthritis Class ≥ Dorothy	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #d3d3d3;"> <p><b>Check out our Gymnasium &amp; Pool Schedules!</b></p> </div>			<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #d3d3d3;"> <p><b>LOCATION KEY:</b>            *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](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:

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

**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