



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Tradition YMCA Fitness Schedule

Monday

9:00-10:00am	Woman's Bible Study/bi-monthly
5:45-6:45	*Barre Intensity (Brooke)

Tuesday

9:30-10:30am	*Barre Intensity (Brooke)
6:00-6:45pm	20/20/20 (Gary)

Wednesday

9:30-10:30am	*Yoga (Buck)
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Thursday

9:00-9:45am	*LIT (Wendy)
10:00-11:00am	*HIIT (Wendy)
5:00-5:45pm	20/20/20 (Gary)
5:45-6:45pm	*Barre Intensity (Brooke)

Friday

9:30-10:30am	*Barre (Lacey)
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***Barre:** Focuses on strengthening the body with ballet based exercises, also incorporates arm and core work.

***Barre Intensity:** Combines attributes of Pilates, dance and functional fitness training.

HIIT: High Intensity Interval Training, total body workout; strength training and cardio.

***LIT:** Low Impact Training, focuses on dynamic cardiovascular exercise, strength and balance training.

***Yoga:** De-stress and relax, build strength, flexibility and tone using yoga postures and breathing techniques.

20/20/20: This class has it all! Incorporates several exercise formats, cardio and strength. A great total body workout.

*=Please Bring Personal Mat to Class

- Feel free to use the group fitness room any time there is not a class.
- For safety reasons, only those 11 years and older are permitted in class (after having a gym orientation) unless attending a designated kids class.
- Unless otherwise noted, our classes are suitable for all fitness levels. Instructors will show options and modifications to to meet your needs.