FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Tradition YMCA Fitness Schedule

Monday

9:30-10:30am	Chair Yoga (Mary)
5:45-6:45pm	*Barre Intensity (Brooke)

Tuesday

6:15-7:15am	Cardio Training (Wendy)
9:30-10:30am	*Barre (Lacey)
10:45-11:30am	*Intro to Meditation (Cathy)

Wednesday

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

Thursday

9:00-9:45am	*LIT (Wendy)
10:00-11:00am	*HIIT (Wendy)
1:30-2:30pm	Yoga/Chair Yoga (Mary)
5:45-6:45pm	*Barre Intensity (Brooke)

Friday

9:30-10:30am	*Barre (Lacey)

***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.

Cardio Training: Combines running and other cardiovascular exercise.

Chair Yoga: Using the stability of a chair, de-stress and relax, build strength, flexibility and tone using yoga postures and breathing techniques.

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

***Intro to Meditation:** Decrease stress, bring calm to your life, increase your contentment and much more.

***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.

*=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 meet your needs.