



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Tradition YMCA Fitness Schedule

Monday

9:00-10:00am Woman's Bible Study/bi-monthly
5:30-6:30pm *Barre Intensity (Brooke)

Tuesday

9:30-10:30am *Barre (Lacey)
5:30-6:30pm 20/20/20 (Gary)

Wednesday

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

Thursday

9:00-9:45am *LIT (Wendy)
10:00-11:00am *HIIT (Wendy)
5:00-6:00pm *Barre Intensity (Brooke)
6:00-7:00pm 20/20/20 (Gary)

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.

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 meet your needs.