



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

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

9:30-10:30am	*Yoga (Buck)	
10:45-11:45am	Water Aerobics	

Thursday

9:00-9:45am	*LIT (Wendy)
10:00-11:00am	*HIIT (Wendy)
1:30-2:30pm	Chair Yoga (Mary)
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.

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.

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

Water Aerobics: A fusion of core, cardio and aqua pilates.

***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.