

Fitness Class Schedule

Revised: May 2006

Please register at the front desk. Class schedules may change due to lack of enrollment.

Please Remember: After 6:00 pm, youth under the age of 13 are not permitted access to the YMCA unless accompanied by a parent / guardian or registered in a YMCA program.

Calcutta YMCA Program Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30-6:15 am Y-Cycling	5:30-6:15 am Y-Cycling	5:30-6:15 am Y-Cycling	5:30-6:15 am Y-Cycling	5:30-6:15 am Y-Cycling		
8:00-9:00 am Interval Floor		8:00-9:00 am Interval Floor		8:00-9:00 am Interval Floor		
8:00-9:00 am Aqua Aerobics		8:00-9:00 am Aqua Aerobics		8:00-9:00 am Aqua Aerobics		
9:00-10:00 am Y-Cycling	9:00-10:00 am Aqua Aerobics	9:00-10:00 am Y-Cycling	9:00-10:00 am Aqua Aerobics	9:00-10:00 am Y-Cycling		
9:15-10:00 am Aqua Yoga				9:15-10:00 am Aqua Yoga		
10:00-11:00 am Strength Mix	10:15-11:15 am SilverSneakers	10:00-11:00 am Strength Mix	10:15-11:15 am SilverSneakers	10:00-11:00 am Strength Mix	11:00-1:00 pm Family Walking	
	12:15-12:45 pm Y-Cycling		12:15-12:45 pm Y-Cycling			
2:30-4:30 pm Family Walking	2:30-4:30 pm Family Walking	2:30-4:30 pm Family Walking	2:30-4:30 pm Family Walking	2:30-4:30 pm Family Walking		
			5:15-6:15 pm Yogilates			
5:30-6:15 pm Y-Cycling	6:00-7:00 pm Totally Tone	5:30-6:15 pm Y-Cycling	6:00-7:00 pm Totally Tone			
				7:00-7:45 pm Line Dancing		
6:30-8:00 pm Karate			6:30-8:00 pm Karate	7:00-7:45 pm Y-Cycling		
7:30-9:00 pm Family Walking	7:30-9:00 pm Family Walking	7:30-9:00 pm Family Walking	7:30-9:00 pm Family Walking	7:30-9:00 pm Family Walking		

Downtown YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1:00-2:15 pm Jump Stretch	5:30-6:15 am Y-Cycling	1:00-2:15 pm Jump Stretch	5:30-6:15 am Y-Cycling	5:15-6:00 am Y-Cycling	9:00-10:15 am Jump Stretch	
5:15-6:30 pm Jump Stretch	9:00-10:00 am SilverSneakers	5:15-6:30 pm Jump Stretch	9:00-10:00 am SilverSneakers		10:45-12:00 pm Jump Stretch	
5:30-6:15 pm Y-Cycling	10:00-10:45 am Y-Cycling	5:30-6:15 pm Y-Cycling	10:00-10:45 am Y-Cycling		12:30-1:45 pm Jump Stretch	12:30-1:45 pm Jump Stretch
5:30-6:30 pm Tighten-Up	5:15-6:30 pm Jump Stretch	5:30-6:30 pm Tighten-Up	5:15-6:30 pm Jump Stretch	5:15-6:30 pm Jump Stretch	2:30-3:45 pm Jump Stretch	
6:30-7:30 pm Yoga	5:30-6:30 pm Body Sculpting	6:30-7:30 pm Yoga	5:30-6:30 pm Body Sculpting			
6:30-7:30 pm Step and Sculpt		6:30-7:30 pm Step and Sculpt		6:30-7:45 pm Jump Stretch		2:30-3:45 pm Jump Stretch
6:30-8:30 pm Adult Karate		6:30-8:30 pm Adult Karate			4:30-5:45 pm Jump Stretch	
8:00-9:15 pm Jump Stretch	8:00-9:15 pm Jump Stretch	8:00-9:15 pm Jump Stretch	8:00-9:15 pm Jump Stretch			

EAST LIVERPOOL AREA YMCA

FITNESS CLASS DESCRIPTIONS

Aqua Aerobics	A high-intensity, low-impact cardiovascular workout performed in shallow water.
Aqua Fit	A low-impact cardiovascular workout incorporating elements of kickboxing, aerobics and aqua jog performed in both shallow and deep water.
Aqua Jog	A low-impact cardiovascular workout performed in deep water. Water weights may also be used.
Aqua Yoga	This class unites the age-old wisdom of yoga with the warmth and support of water. Standing yoga postures are performed in the zero-depth/therapy pool to relax, stretch and strengthen joints and muscles. Guided relaxation is also performed in the whirlpool area.
Beginner Line-Dancing	Introductory line-dancing class designed to give you a low-intensity cardiovascular workout while learning basic dance steps.
Body Sculpting	A fun, low- to moderate-intensity class consisting of cardiovascular and muscle toning exercises to help create a harmonious body.
Boot Camp	A high intensity class combining sports drills with basic fundamentals of a group PE class. This class combines calisthenics, kickboxing, weights, step, and aerobics. It will make you sweat!
Family Walking	During this designated time, families may use the walking track together in the Wellness Center. Youth / Teens age 15 and under must be accompanied by a parent or guardian. Please note: strollers are not permitted on the walking track.
Interval Floor	A fast pace class that combines strength, flexibility, and core exercises with low-impact aerobics.
Jump Stretch	Jump Stretch classes are designed to improve flexibility while increasing strength without damaging or overloading the joints. Jump Stretch is a great alternative workout for athletes trying to increase speed and vertical jump during the offseason and can be very effective for rehabilitation after an injury.
SilverSneakers	This group exercise class designed for older adults includes a warm-up and rhythmic range of movement stretch, work with resistance tools, cool down, final stretch and relaxation segment. It is an equipment based, multi-level, total body conditioning class in which students use hand-held weights, elastic tubing with handles, a SilverSneakers playball and a chair for standing and/or seated support.
Strength Mix	A low-intensity mix of various strength and cardiovascular exercises.
Step and Sculpt	A moderate- to high- intensity step class that incorporates resistance exercises to sculpt the legs and abdominals.
Tighten-Up	A low- to moderate-intensity total body conditioning class.
Totally Tone	A fun, low-impact cardiovascular conditioning class that incorporates abdominal toning and flexibility exercises.
Y-Cycling	A fun, moderate to high intensity group cycling class set to music. Y-Cycling is a great cross-training program that will challenge you mentally and physically. We recommend bringing a small towel and bottle of water.
Yoga	A workout for mind and body. This class focuses on improved flexibility, body shape, posture and breathing techniques while reducing stress and energizing the body!
Yogilates	A fusion of Pilates and yoga, for balanced core strength and a complete mind, body, and breath experience ending with a relaxation exercise for stress release.