

Group Exercise Classes - 12/4/2017– 3/18/2018

Please note: Schedule is subject to change at any time. For closings and delays due to inclement weather, patrons are asked to check the YWCA website for program and class updates at: www.ywcawpcw.org

Arthritis Foundation Aquatics Program: specially designed recreational exercise for people with arthritis. Have fun and meet new friends. It is not necessary to know how to swim.

Body Sculpt: provides a full body workout using weights, bands, body bars and other resistance equipment. The format changes each week to allow participants to try various venues for sculpting and toning muscles. Modifications are given to accommodate all levels.

Cardio/Step & Stretch: begins with a 30-35 min cardio workout which includes rhythmic dance movements combined with high and low impact calisthenics. This phase is then followed by light weights-designed to tone arms and improve posture, while increasing flexibility. The remainder of the class is done on the floor, where the focus moves to strengthening the abs, deep stretching the lower body and concludes with a final guided relaxation. A total body workout!

Cardio & Pilates: spend approximately 30 minutes on low impact cardio moves. Move on to approx. 15 minutes of weights and end with abdominal work and stretch. Variations include the following: 30 minutes of cardio, about 5-7 minutes of weights and about 20-25 minutes of Pilates with focus on abs.

Cardio & Sculpt: A 60 minute high intensity, low-impact class that incorporates a 5-10 minute warm-up, a high/low aerobic workout choreographed to great music followed by weight work for strength and core conditioning. A soothing stretch and cool down ends the session.

Deep Water Running: taught in deep and shallow water. Floatation devices worn while working in deep water. Focus on core strength and toning.

Foundations of Mindfulness and Meditation: In this meditation course you will be introduced to mindfulness techniques gleaned from various lineages. Practices will cover visualizations, energy awareness, focus, concentration and breathing meditations, to relieve stress and cultivate balance. Class time includes group practice, philosophical study, and guided group discussions. This interactive course is designed to empower students to begin or strengthen their personal meditation practice.

Low Impact Core/ Zumba Core: Consists of a 5-10 minute stretching warm-up, 20-25 minutes of moderate intensity low-

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 - 9:15am Zumba Toning	8:15 - 9:15am Spinning & Core (Beginners)	8:15 - 9:15am Step & Stretch	8:30 - 9:30am Bodyworks - Abdominals	7:30 - 8:30am Foundations of Mindfulness and Meditation	8:30 - 9:30am Cardio & Pilates	8:00 - 9:00am Cardio & Pilates
9:30 -10:15am Aqua Zumba	9:20 -10:20am Zumba Gold®	10:00 -10:45 am Aqua Zumba		9:00 -10:00am Cardio		
	10:00 - 11:00am Weight Training (Fitness Class) Women and Men		10:00 -10:45 am Gentle Aqua-cize			
12:45 -2:15pm Yoga		6:15 - 7:15pm Tai Chi (Survivor's) Room 216		12:45 -2:15pm Yoga		
6:15 - 7:15pm Youth Boot Camp	6:30 - 7:30pm Cardio & Weights Fitness Center	6:30 -7:30pm Pilates/Yoga				
6:30 - 7:30pm Pilates/Yoga		7:15 -8:15pm Meditation (Survivor's) Room 216	6:30 - 7:30pm Yoga (Survivor's) Room 216			

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All-Access: White and Blue Colored
Fee based: Yellow
Breast Cancer Survivors: Pink (no fee)

impact aerobics (or Zumba), followed by 30 minutes of mat Pilates to build core strength and improve flexibility.

Pilates/Pilates (Beginner): strengthens and tones the muscles of the core, improving posture, flexibility and balance. Mind and body connection is emphasized as well as correct breathing and technique. Modifications are taught so all levels can participate. The class ends with a mind-body connecting relaxation.

Senior Weight Loss & Toning: taught in our Fitness Center this program has been carefully developed for seniors. Enjoy a safe and invigorating weight training session within your limits and under the guidance of a trainer.

Spinning & Core: A fun 45 minute spinning class for the beginner or the seasoned athlete. It revs up your metabolism, builds strength and improves your cardiovascular endurance. It is followed by 15 minutes of core work.

Total Body Water Workout and Zumba: enjoy a full body workout in both and/or deep water aerobics, use of buoys, noodles and flotation belts. Classes ends with a full body stretch.

Weight Loss & Toning: a full body workout in our Fitness Center under guidance of a trainer. Learn how to work at an ideal level of cardiovascular intensity and how to exercise with proper form to burn fat and get toned. Ideal for all ages!

Weight Training (Intermediate): A strength and cardio infused class combining dance, weights and resistance training elements designed to improve strength and cardiovascular fitness level.

Yoga: The oldest system of personal development, Yoga tones, stretches and strengthens the body through postures, breathing and meditation. It liberates vast resources of energy, calms the nerves, produces beneficial changes in the immune system and improves ones mental state of being.

Zumba/Aqua Zumba: classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

Zumba Gold: modifies the moves and pacing of Zumba to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.