## December YWCA Fitness “Land” Class Schedule

<table>
<thead>
<tr>
<th>MONDAYS AM</th>
<th>TUESDAYS AM</th>
<th>WEDNESDAYS AM</th>
<th>THURSDAYS AM</th>
<th>FRIDAYS AM</th>
<th>SATURDAYS AM</th>
<th>SUNDAYS AM</th>
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<tbody>
<tr>
<td>Move and Groove 9—9:45am (Yael)</td>
<td>Core, More &amp; Stretch 10-11am (Jane)</td>
<td>Move and Groove 9—9:45am (Rose)</td>
<td>Yoga I/II 10:30-11:30am (Hampton)</td>
<td>Move and Groove 9—9:45am (Yael)</td>
<td>Yoga I 10:15-11:15 am (Hampton)</td>
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<tr>
<td>Pure Body Strength 12-12:45pm (Yael)</td>
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<tr>
<td>Cycle Class 5:25-6:10pm (Jody)</td>
<td>Pure Body Strength 12-12:45pm (Rose)</td>
<td>Cycle Class 5:25-6:10pm (Yael)</td>
<td>Pilates 10-11am (Kay)</td>
<td>Pure Body Strength 12-12:45pm (Jody)</td>
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<tr>
<td>Vinyasa Yoga II/III 6-7pm (Sarah)</td>
<td>LIIT 6-7pm (Jody)</td>
<td>Vinyasa Yoga II/III 6:30-7:30pm (Yael)</td>
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## IMPORTANT INFORMATION

All fitness classes are being held with no reservations - class passes available at front desk 30 minutes prior to class start time.

Masks and social distancing are required at all times in facility. You must wear a mask even when exercising.

All fitness classes are being held in the multipurpose room with no more than 8 participants inside.

Instructors have the option to take their class outside or open MP room doors for outside participation.

Other rooms capacity: Cardio room –8 , Weight room –6, Yoga studio (extra space for member use ) -5, Cycle studio -2

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**Holiday Hours**
- Friday Dec. 24: 9am-2pm
- Saturday Dec. 25: Closed
- Friday Dec. 31: 7am-2pm
- Saturday Jan. 1: 10am-2pm

**Hours of operation**
- Monday – Thursday: 7am-9pm
- Friday: 7am-8pm
- Saturday: 8am-5pm
- Sunday: 1pm-5pm
CLASS DESCRIPTIONS
(As of 9/14/20, all classes are held in multipurpose room until further notice.)

- **Core, More & Stretch**: A low-intensity mat workout focusing on core strength ending with a long, relaxing stretch.
- **Cycle Class**: This class is a high intensity cardio workout set on a specialized stationary bike.
- **HIIT (High Intensity Interval Training)**: This class improves muscular and cardiovascular strength and endurance, using weights and various impact level cardio moves.
- **LIIT (Low Impact Interval Training)**: This class improves muscular and cardiovascular strength and endurance, using weights and low impact cardio moves.
- **Move and Groove**: A low-intensity chair and standing class focusing on flexibility and strength. Great for those suffering with joint issues.
- **Pilates**: Low-impact exercises that focus on core strength, flexibility and long, lean muscles in the whole body.
- **Pure Body Strength**: This is a low cardio sculpting class designed to cover every muscle group thoroughly, using weights.
- **Yoga I**: Beginner friendly. Classes go through traditional yoga postures and stretches.
- **Yoga I/II**: A flow style yoga, combines movements with some traditional yoga postures.
- **Vinyasa Yoga II/III**: A flow style yoga, a little faster pace combined with some traditional yoga postures.