## January YWCA Fitness “Land” Class Schedule

*Class descriptions and locations on back  *Aquatics classes are found on POOL SCHEDULE

<table>
<thead>
<tr>
<th>MONDAYS</th>
<th>TUESDAYS</th>
<th>WEDNESDAYS</th>
<th>THURSDAYS</th>
<th>FRIDAYS</th>
<th>SATURDAYS</th>
<th>SUNDAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AM</strong></td>
<td><strong>AM</strong></td>
<td><strong>AM</strong></td>
<td><strong>AM</strong></td>
<td><strong>AM</strong></td>
<td><strong>AM</strong></td>
<td><strong>AM</strong></td>
</tr>
<tr>
<td>Move and Groove</td>
<td>Core, More &amp; Stretch</td>
<td>Move and Groove</td>
<td>Yoga I/II</td>
<td>Move and Groove</td>
<td>Yoga I</td>
<td>Move and Groove</td>
</tr>
<tr>
<td>9—9:45am (Yael)</td>
<td>10-11am (Jane)</td>
<td>9—9:45am (Rose)</td>
<td>10:30-11:30am (Hampton)</td>
<td>9—9:45am (Yael)</td>
<td>10:15-11:15 am (Hampton)</td>
<td></td>
</tr>
<tr>
<td><strong>PM</strong></td>
<td><strong>PM</strong></td>
<td><strong>PM</strong></td>
<td><strong>PM</strong></td>
<td><strong>PM</strong></td>
<td><strong>PM</strong></td>
<td><strong>PM</strong></td>
</tr>
<tr>
<td>Pure Body Strength</td>
<td>Yoga: Vinyasa Flow II/III</td>
<td>Pure Body Strength</td>
<td>Cycle Class</td>
<td>Pilates</td>
<td>No Classes</td>
<td></td>
</tr>
<tr>
<td>12-12:45pm (Yael)</td>
<td>4:30-5:30pm (Mary)</td>
<td>12-12:45pm (Bryan)</td>
<td>5:25-6:10pm (Yael)</td>
<td>10-11am (Kay)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vinyasa Yoga II/III</td>
<td>Cycle Class</td>
<td>LIIT</td>
<td>Vinyasa Yoga II/III</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6-7pm (Sarah)</td>
<td>5:45-6:30pm (Jody)</td>
<td>6-7pm (Jody)</td>
<td>6:30-7:30pm (Yael)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 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

---

**Holiday Hours**

Monday Jan. 17: 8am-5pm

**Limited Class Schedule**

---

**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 slow flow style yoga, combines movements with some traditional yoga postures.

- **Vinyasa Yoga II/III**: A flow style yoga, a moderate pace combined with some traditional yoga postures and holds.

- **Yoga: Vinyasa Flow II/III**: An invigorating flow comprised of intention-setting, focused themes, posture demos, sequence repetition and simple cues intended to strengthen your core, improve balance and stability, regulate breathing, calm your mind and soften your spirit.