



FULTON FAMILY YMCA

LAND FITNESS WITH FRIENDS

APRIL 2017 GROUP EXERCISE SCHEDULE

MONDAY

- 5:00am **Y-YO** with Kim Simmonds *NEW TIME!*
- 9:00am **Total Body Workout** with Karen Crisafulli
- 9:30am **\$ Women on Weights** with Brandon Hood
- 10:00am **Awesome Abs** with Karen Crisafulli
- 10:30am **Silver Sneakers Classic** with Cindy Gorea
- 5:15pm **Total Body Workout** with Sarah Maxam
- 5:30pm **Walk 15** with Lisa Tompkins
- 5:30pm **\$ Women on Weights** with Brad Crofoot
- 6:30pm **Zumba®** with Jenn Hicks

TUESDAY

- 5:15am **Cycle** with Brea Goss
- 9:00am **Yoga 4 Life** with Cindy Gorea
- 9:15am **Gold Dance Fit** with Anna Thurlow
- 9:30am **\$ Women on Weights** with Brad Crofoot
- 9:30am **Cycle** with Kana Tryt *Last class 4/25*
- 10:15am **Forever Fit Gold** with Anna Thurlow
- 11:00am **Osteo-Exercise** with RSVP
- 5:15pm **Cycle** with Josh Osborne
- 5:15pm **\$ Women on Weights** with Anna Thurlow
- 5:30pm **Karma Yoga** with Debbie Drake
- 6:45pm **\$ *Mindful Meditation** with Kim Simmonds
**March 21st-May 9th **

WEDNESDAY

- 5:15am **Total Body Fitness** with Brea Goss
- 9:00am **Total Body Workout** with Karen Crisafulli
- 9:15am **Gold Dance Fit** with Anna Thurlow
- 10:00am **Awesome Abs** with Karen Crisafulli
- 10:30am **Silver Sneakers Classic** with Cindy Gorea
- 5:15pm **Total Body Workout** with Sarah Maxam
- 5:30pm **\$ Women on Weights** with Brad Crofoot
- 5:30pm **Walk 15** with Lisa Tompkins
- 6:30pm **Zumba®** with Jenn Hicks

THURSDAY

- 5:15am **Cycle** with Brea Goss
- 9:00am **Yoga 4 Life** with Cindy Gorea
- 9:30am **\$ Women on Weights** with Brad Crofoot
- 9:30am **Cycle** with Sarah Maxam
- 10:15am **Forever Fit Gold** with Anna Thurlow
- 11:00am **Osteo Exercise** with RSVP
- 5:15pm **\$ Women on Weights** with Anna Thurlow
- 5:15pm **Cardio Kickboxing** with Susan Mayer *NEW!*
- 5:15pm **Cycle** with Josh Osborne
- 5:30pm **Karma Yoga** with Debbie Drake

FRIDAY

- 5:15am **Cross Training** with Sarah Maxam
- 9:00am **Total Body Workout** with Karen Crisafulli
- 10:00am **Awesome Abs** with Karen Crisafulli
- 10:30am **Silver Sneakers Classic** with Cindy Gorea

SATURDAY

- 8:30am **Zumba®** with Jenn Hicks
- 8:30am **Karma Yoga** with Debbie Drake
- 9:30am **Cycle** with Suzanne Crandall-LaFrata *NEW!*

SUNDAY

- 8:15am **\$ Cross Training** with Jessica Hudson *NEW!*
April 16th and 23rd
- 9:00am **Gentle Yoga** with Cathy France *NEW For April!*
Sunday, April 16th Closed for Easter

**** PUNCH CARD 10 CLASSES FOR \$60.00**

\$ PAID PROGRAM-PREREGISTER

FULTON FAMILY YMCA 715 W Broadway Fulton NY 13069 315-598-9622 www.fultonymca.com



INTENSITY LEVELS:

▲ Low Intensity

■ Low/Medium

◆ Medium/High

● High

Some classes can be adjusted to a lower intensity.

**PUNCH CARD CLASSES

\$ PAID PROGRAM-PREREGISTER

- ▲ **Osteo-Exercise:** Progressive weight training and balance exercise, to slow bone loss and reduce the risk of fracture.
- Silver Sneakers Classic:** Silver Sneakers Classic offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health. Classes are designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance. This class is not just for Silver Sneaker Participants, members are encouraged to participate.
- **Cardio Kickboxing:** Cardio-Kickboxing is a full-body workout that starts with a warm up and gradually increases in intensity. This class can be modified for any fitness level!
- Yoga 4 Life:** This cutting-edge fitness program includes strength-and flexibility-building yoga to create a total body workout. With Yoga 4 life, you'll experience not only increased overall health, energy, and vitality but also stronger and leaner body, reduced stress and tension, better posture, improved concentration, and a higher level of fitness.
- Forever Fit Gold:** This class will offer a light cardio warm up, followed by a strength portion that will meet the needs of every fitness level. The last segment will focus on core strength and balance. We have created this class to offer a beginner/intermediate weights program for those who want to tone and stay healthy and fit!
- Walk 15:** This low impact class will use music and walking steps to get big results! The easy to learn format allows people of all fitness levels to feel successful on the first try. In this hour long classroom setting you can walk up to 5 miles and burn mega calories!
- Gold Dance Fit:** Gold targets the largest growing segment of the population: baby boomers. Gold also fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Modified moves and pacing to suit the needs of the active older participant.
- ◆ **Awesome ABS:** Whittle your waist while engaging in exercises that will give your core muscles an extra challenge. Exercises will include crunches, planking, bicycle, etc., focusing on the abdominal and oblique muscles.
- Cycle:** Pedal your way to a healthier life! This class combines energizing music with a unique workout that offers powerful results. Indoor Cycling classes can strengthen the heart and lungs, burn calories, lower total cholesterol, decrease stress, reduce the risk of some diseases and improve quality of life.
- HIITS:** High Intensity Interval Training has the fitness world buzzing! This workout has the potential to torch maximum calories in a minimum amount of time by keeping your heart rate up. The class will offer intense bursts of exercise, followed by short, sometimes active recovery periods.
- Karma Yoga:** The word Vinyasa means "breath-synchronized movement". Our instructor will lead you through one pose to the next on the inhale and exhale. This technique is sometimes called Vinyasa Flow or just flow due to the way the poses run together.
- Fitness Frenzy:** This class will offer participants a chance to try a new class style each week. A current class instructor will take a turn offering their specialty each Sunday. Check the Fitness Frenzy F
- Total Body Workout:** A fun, high energy, total body workout using weights and muscle specific exercises. This class will incorporate cardio, plyometric, and exercises to strengthen, improve balance and engage the entire core. Each class day will use a different discipline; kettle bells, free weights, stability ball or weighted bar.
- Y-YO:** Take a break from the weight room and get into this class! This PiYo inspired workout will use the best moves from pilates, yoga and martial arts to keep you moving and calories burning!
- Zumba:** Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements.
- **\$ Cross Training Sunday:** Spice up your workout routine with cross training for the whole body fitness that mixes aerobics, strength training and flexibility. Using different muscle groups, you reach a higher level of fitness.
- Introduction to Cross Training:** This class will teach you how to cross train and feel great! If you like an early morning workout that will infuse cardio and strength this class is for you!

Classes open to participants ages 10 and up, classes may be cancelled at anytime due to low enrollment.