



FULTON FAMILY YMCA

# LAND FITNESS WITH FRIENDS

## DECEMBER 2017 GROUP EXERCISE SCHEDULE

### MONDAY

- 5:00am Y-YO with Kim Simmonds
- 9:00am **Total Body Workout** with Karen Crisafulli
- 10:00am **Awesome Abs** with Karen Crisafulli
- 10:30am **Cycle with Sarah Maxam *NEW!***
- 10:30am **Silver Sneakers Classic** with Lisa Tompkins
- 5:15pm **Total Body Workout** with Zach McQuaid
- 5:30pm **Walk 15** with Lisa Tompkins
- 6:15pm **100% Core** with Zach McQuaid *NEW!*
- 6:30pm **\$ Women on Weights** with Anna Thurlow
- 6:30pm **Zumba®** with Jenn Hicks

### TUESDAY

- 5:15am **Cycle** with Brea Goss
- 9:00am **Yoga 4 Life** with Cindy Gorea
- 9:15am **Zumba Gold®** with Pam Finocchiaro
- 10:15am **Stix Cardio Fitness** with Sarah Maxam *NEW!*
- 10:15am **Forever Fit Gold** with Anna Thurlow
- 11:00am **Osteo-Exercise** with RSVP
- 5:15pm **Cycle** with Josh Osborne
- 5:30pm **Karma Yoga** with Debbie Drake
- 6:45pm **\$ Mindful Meditation** with Kim Simmonds

### WEDNESDAY

- 5:15am **Total Body Fitness** with Brea Goss
- 9:00am **Total Body Workout** with Karen Crisafulli
- 9:15am **Zumba Gold®** with Pam Finocchiaro
- 10:00am **Awesome Abs** with Karen Crisafulli
- 10:15am **Cycle with Steve Osborne *Last class 12/20***
- 10:30am **Silver Sneakers Classic** with Lisa Tompkins
- 5:15pm **Total Body Workout** with Zach McQuaid
- 5:30pm **Walk 15** with Lisa Tompkins
- 6:30pm **Cycle** with Zach McQuaid *NEW!*
- 6:30 pm **\$ Women on Weights** with Anna Thurlow
- 6:30pm **Zumba®** with Jenn Hicks

### THURSDAY

- 5:15am **Cycle** with Brea Goss
- 9:00am **Yoga 4 Life** with Cindy Gorea
- 10:15am **Forever Fit Gold** with Anna Thurlow
- 11:00am **Stix Gold Fitness** with Lisa Tompkins *NEW!*
- 11:00am **Osteo Exercise** with RSVP
- 5:15pm **Cycle** with Josh Osborne
- 5:30pm **Karma Yoga** with Debbie Drake

### FRIDAY

- 9:00am **Total Body Workout** with Karen Crisafulli
- 9:15am **\$ Y-FIT** with Brandon Hood *NEW!*
- 10:00am **Awesome Abs** with Karen Crisafulli
- 10:30am **\*Friday Fitness w/ Guest Instructor *NEW!***
- \* Chair Yoga 12/1 & 12/15**
- \*Zumba Tone 12/8**
- \* Walk 15 Gold 12/22**
- \*Senior Circuit 12/29**

### SATURDAY

- 8:30am **Zumba®** with Jenn Hicks
- 8:30am **Karma Yoga** with Debbie Drake
- 9:45am **Walk 15** with Lisa Tompkins *NEW!*



\* DENOTES SCHEDULE CHANGES

\*\* PUNCH CARD 12 CLASSES FOR \$60.00

\$ PAID PROGRAM-PREREGISTER

## 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.

**Chair Yoga Stretch:** Looking for a **safe and gentle**, yet effective yoga practice that doesn't have you performing those "pretzel-like" yoga positions? A practice where you can enjoy all the benefits of traditional yoga while being comfortably supported by a chair? This Chair Yoga course has you in mind. If limited mobility or injuries are holding you back from enjoying your body to the fullest, then you owe it to yourself to give this course a try. It's an amazing way to *safely stretch and strengthen* your body.

■ **Stix Gold Fitness:** Seniors will love this class that involves drumming and exercise! This is a great way to introduce fitness in a fun way! Modified for all fitness levels.

**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!

**Sculpt Yoga:** This class will boost your metabolism as you tone and sculpt every major muscle group while improving endurance and flexibility.

**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!

**Zumba Gold:®** 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.

**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.

**Stix Cardio Fitness:** This full-body cardio workout combines drumsticks with constant simulated drumming. Expect a mix of cardio and Pilates holds that will strengthen and sculpt infrequently used muscles. Enjoy great music that will help you sweat off pounds!

**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!

**100% CORE:** This Core conditioning exercise program will target all these muscle groups effectively!

**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.

● **Y-FIT:** Our cutting edge \*high intensity fitness program that combines compound lifts, weight training and endurance into one routine. You will shed body fat and increase your energy, speed and metabolism.

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