



FULTON FAMILY YMCA

# LAND FITNESS WITH FRIENDS

## FEBRUARY 2018 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
- 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 **Dance & Tone Gold with Anna Thurlow NEW!**
- 10:15am **Stix Cardio Fitness with Sarah Maxam NEW!**
- 10:15am Forever Fit Gold with Anna Thurlow
- 11:15am Osteo-Exercise with RSVP
- 5:15pm Cycle with Josh Osborne
- 5:30pm Karma Yoga with Debbie Drake
- 5:30pm **\$ Women on Weights with Zach McQuaid**
- 6:30pm **\$ Women on Weights with Zach McQuaid**
- 6:45pm **\$ Mindful Meditation with Kim Simmonds**  
March 6th-April 24th NEW!

### WEDNESDAY

- 5:15am Total Body Fitness with Sarah Maxam
- 9:00am Total Body Workout with Karen Crisafulli
- 9:15am **Walk 15 Gold with Lisa Tompkins NEW!**
- 10:00am Awesome Abs with Karen Crisafulli
- 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!**
- 6:30pm **Beginner Pilates with Lisa Tompkins 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
- 11:15am Osteo Exercise with RSVP
- 5:15pm Cycle with Josh Osborne
- 5:30pm Karma Yoga with Debbie Drake
- 5:30pm **\$ Women on Weights with Zach McQuaid**
- 6:30pm **\$ Women on Weights with Zach McQuaid**

### 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!**  
\*Silver & Fit Exel 2/2 & 2/16  
\*Chair Yoga 2/9 & 2/23
- 5:30pm **Sculpt Yoga with Cathy France**  
March 2nd-30th NEW!

### SATURDAY

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

### SUNDAY

- 10:00am **Gentle Yoga with Cathy France NEW!**  
February 4-25th



\* 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:** 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!
- Dance & Tone 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.
- Senior Circuit:** The Senior Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.
- ◆ **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.