



FULTON FAMILY YMCA

# LAND FITNESS WITH FRIENDS

January 2019 GROUP EXERCISE SCHEDULE

## MONDAY

- 9:00am **Total Body Workout** with Karen Crisafulli
- 10:00am **Awesome Abs** with Karen Crisafulli
- 10:30am **Silver Sneakers Classic** with Cindy Gorea
- 5:15pm **Total Body Workout** with Zach McQuaid
- 5:30pm **Walk 15** with Lisa Tompkins
- 6:30pm **Zumba®** with Jenn Hicks
- 6:30pm **\*\*\*Cycle with Zach McQuaid *NEW!***

## THURSDAY

- 5:15am **\*\*\*Cycle** with Brea Goss
- 9:00am **Yoga 4 Life** with Cindy Gorea
- 10:15am **Forever Fit Gold** with Gina Rohde
- 11:15am **Tai Chi** with Debbie Drake
- 11:15am **Osteo Exercise** with RSVP
- 4:45pm **Kidding Around Yoga** with Becky Craig  
**Ages 7-12 years old (45 minutes)**
- 5:15pm **\*\*\*Cycle** with Josh Osborne
- 5:30pm **Restorative Yoga** with Jonell Yablonski

## TUESDAY

- 1/1 NO GROUP EX CLASSES!**
- 5:15am **\*\*\*Cycle** with Brea Goss
  - 9:00am **Yoga 4 Life** with Cindy Gorea
  - 9:15am **Zumba Gold** with Pam Finocchiaro
  - 10:15am **Forever Fit Gold** with Gina Rohde
  - 10:30am **\*\*\*Cycle** with Sarah Maxam
  - 11:15am **Osteo-Exercise** with RSVP
  - 4:45pm **Kidding Around Yoga** with Becky Craig  
**Ages 4-7 years old (30 minutes)**
  - 5:00pm **Pound Class** with Kinyorda Silwiak
  - 5:15pm **\*\*\*Cycle** with Steve Osborne
  - 5:30pm **Kickboxing** with Kinyorda Silwiak
  - 5:30pm **Hatha Style Yoga** with Cathy France

## FRIDAY

- 5:15am **Total Body Bootcamp** with Brea Goss
- 9:00am **Total Body Workout** with Karen Crisafulli
- 9:15am **\$ Y-FIT** with Brandon Hood
- 10:00am **Awesome Abs** with Karen Crisafulli
- 10:30am **MIX-UP FRIDAY!**
- 1/4 **Yoga w/ Light Weights** with Deb Drake
- 1/11 **Chair Yoga** with Kinyorda Sliwiak
- 1/18 **Zumba Gold** with Kinyorda Sliwiak
- 1/25 **Tai Chair** with Cindy Gorea

## 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
- 10:30am **Silver Sneakers Classic** with Cindy Gorea
- 5:15pm **Total Body Workout** with Zach McQuaid
- 5:30pm **Walk 15** with Lisa Tompkins
- 6:30pm **Zumba®** with Jenn Hicks
- 6:30pm **\*\*\*Cycle with Zach McQuaid *NEW!***

## SATURDAY

- 8:30am **Zumba®** with Jenn Hicks 1/5 & 1/26  
with Kinyorda Sliwiak 1/12 & 1/19
- 8:30am **Karma Yoga** with Debbie Drake
- 10:00am **Cycle** with Steve Osborne

## SUNDAY

- 9:00am **Gentle Yoga Class** with Cathy France

\* DENOTES SCHEDULE CHANGES

\*\* PUNCH CARD 12 CLASSES FOR \$65.00

\*\*\* NEW TO A CYCLE CLASS?

Please arrive 15 minutes early to get training from the instructor.

\$ PAID PROGRAM-PREREGISTER

FULTON FAMILY YMCA 715 W Broadway Fulton NY 13069  
315-598-9622 [www.fultonymca.com](http://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 exercise, to slow bone loss and reduce the risk of fracture.  
**Silver Sneakers Classic:** Silver Sneakers Classic offers a blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take control of their health. Classes are designed for older adults who want to improve strength, flexibility, balance and endurance. All members are encouraged to participate.  
**Tai Chi / Tai Chair:** Tai Chi, often described as meditation in motion, promotes serenity through gentle, flowing movements. Tai chi is low impact and puts minimal stress on muscles and joints, making it safe for all ages and fitness levels. Because tai chi is a low impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise. Seated options available.  
**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.  
**Parent & Child Yoga:** Parenting is a balancing act. Join Becky Craig for a family centered yoga experience that you and your child will love. This class is based on Kidding Around Yoga practices.
- **Kidding Around Yoga:** Offered for 2 different age groups; 4-6 year olds and 7-12 year olds. It is fun, high energy, with music. It will incorporate all the traditional yoga class pieces; meditation, breathing techniques, poses & relaxation.  
**Yoga 4 Life:** This cutting-edge fitness program includes strength-and flexibility-building yoga to create a total body workout. You will experience increased overall health, energy, and vitality plus a stronger and leaner body, reduced stress and posture, improve 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.  
**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 class you can walk up to 5 miles & 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.  
**Restorative Yoga:** This synergetic yoga class fuses the two distinct styles of Vinyasa Yoga, a warming and heart opening yang practice that allows prana, or energy, to flow through your body as you move with your breath through a sequence of poses, and Yin Yoga, a more gentle, restorative form of yoga which targets deep connective and fascia tissue to promote flexibility and self-love, in order to help you cultivate an enduring sense of vitality and rejuvenation.
- ◆ **Kickboxing:** Kickboxing has been shown to improve fitness, power, flexibility and agility, you can kick and punch your way to a stress-free zone within minutes of this high-energy kickboxing routine.  
**Awesome ABS/100% Core:** Whittle your waist while engaging in exercises that will give your core muscles an extra challenge. Exercises will include crunches, planking, bicycle, 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.  
**Hatha Yoga:** This is a branch of yoga that includes yoga postures & breathing exercises which help bring peace to the mind & body, preparing the body for deeper spiritual practices such as meditation. Hatha yoga will maintain a healthy body, relieve stress, improve flexibility & balance, build muscle strength, helps with focus, increases blood flow and improves mood!  
**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.  
**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.  
**Upper Body:** Help strengthen your upper body by Integrating arm, shoulder, chest, and back exercises in the routine.
- **POUND:** Channel your inner Rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing drums. Pound is a full-body drumming workout that combines cardio, conditioning, and strength training with yoga & Pilates inspired movements using lightly weighted exercise drumsticks.  
**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.