



FULTON FAMILY YMCA

# LAND FITNESS WITH FRIENDS

## JULY 2018 GROUP EXERCISE SCHEDULE

### MONDAY

- 9:00am **Total Body Workout** with Karen Crisafulli
  - 10:00am **Awesome Abs** with Karen Crisafulli
  - 10:30am **Tai Chi** with Debbie Drake **Ends July 30th**
  - 10:30am **Tai Chair Yoga Fusion** Starts Aug 6th!
  - 5:15pm **Total Body Workout** with Zach McQuaid
  - 6:30pm **Zumba®** with Jenn Hicks
  - 6:30pm **\$ Women on Weights** with Zach McQuaid
- \*Registration Opens July 2nd  
\*Session Dates July 23rd-August 29th

### TUESDAY

- 5:15am **Cycle** with Brea Goss
- 9:00am **Yoga 4 Life** with Cindy Gorea
- 9:15am **Zumba Tone Gold** with Pam Finocchiaro
- 10:15am **Forever Fit Gold** with Anna Thurlow
- 11:15am **Osteo-Exercise** with RSVP
- 5:30pm **Karma Yoga** with Cathy France

### WEDNESDAY

- 5:15am **Body Fit** with Sarah Maxam
  - 9:00am **Total Body Workout** with Karen Crisafulli
  - 9:15am **Zumba Tone Gold** with Pam Finocchiaro
  - 10:00am **Awesome Abs** with Karen Crisafulli
  - 10:30am **Tai Chi** with Debbie Drake **Ends July 30th**
  - 10:30am **Silver Sneakers Classic** Starts August 1st
  - 5:15pm **Total Body Workout** with Zach McQuaid
  - 6:30pm **Zumba®** with Jenn Hicks
  - 6:30pm **\$ Women on Weights** with Zach McQuaid
- \*Registration Opens July 2nd  
\*Session Dates July 23rd-August 29th
- Wednesday, July 4th we are closed for the Holiday

### 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 **Vin/Yin Yoga Fusion** with Jonell Yablonski

### FRIDAY

- 9:00am **Total Body Workout** with Karen Crisafulli
- 9:15am **\$ Y-FIT** with Brandon Hood **NEW!**
- 10:00am **Awesome Abs** with Karen Crisafulli

### SATURDAY

- 8:30am **Zumba®** with Jenn Hicks
- 8:30am **Karma Yoga** with Debbie Drake **\*Ends July 28th**



\*Classes will return in the Fall of 2018

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

\$ 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 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.

**Tai Chi:** Join Debbie Drake for Tai Chi, often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because tai chi is a low impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise.

**Tai Chair Yoga Fusion:** This modified seated version of Tai Chi can be enjoyed by anyone wishing to practice Tai Chi sitting down. People with almost any chronic condition can learn to improve their health and mobility. This safe easy-to-learn program relieves pain and improves health and quality of life.

■ **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.

**Zumba T one 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.

**Vin/Yin 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.

◆ **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.

**Body Fit:** This class is a mix of HIITS, Stix and strength training. You will never have the same class twice...but you will always get a great workout to start your day!

**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.

**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.

● **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.