



FULTON FAMILY YMCA

# GYMNASIUM SCHEDULE

April 2018

## MONDAY

5:00am-9:15am Open Gym  
 9:30am-9:55am \$ Pre-School 3's Gym Class  
 9:55am-10:15am \$ Pre-School 4's Gym Class  
 10:30am-11:15am Silver Sneakers Classic  
 11:30am-1:30pm Open Gym  
 2:00pm-3:30pm \$ Vacation Zone/Open Gym  
 3:30pm-5:15pm Open Gym  
 5:30pm-6:30pm Walk 15@ Live  
 6:30pm-7:30pm Zumba@  
 7:45pm-9:00pm Open Gym

Apr 23rd 9:15am \$ Indoor Soccer Ages 5-8

## TUESDAY

5:00am-9:00am Open Gym  
 9:15am-10:15am Dance and Tone Gold **NEW!**  
 10:15am-11:00am Forever Fit Gold  
 11:00am-11:30am \$ Pre-School 3's Gym Class  
 11:30am-2:00pm Open Gym  
 2:00pm-3:30pm \$ Vacation Zone/Open Gym  
 3:30pm-6:00pm Open Gym  
 6:00pm-6:30pm \$ Tiny Tots Karate  
 6:30pm-7:30pm \$ Novice & Advanced Karate  
 7:45pm-9:00pm Open Gym/\$ Rental

Apr 24th 11:15am \$ Obstacle Course Ages 5-10

## WEDNESDAY

5:15am-6:00am Total Body Fitness  
 6:15am-9:00am Open Gym  
 9:15am-10:15am Walk 15 Gold **NEW!**  
 10:30am-11:15am Silver Sneakers Classic  
 11:30am-1:30pm Open Gym  
 2:00pm-3:00pm \$ Vacation Zone/Open Gym  
 3:00pm-5:15pm Open Gym  
 5:30pm-6:30pm Walk 15@ Live  
 6:30pm-7:30pm Zumba@  
 7:45pm-9:00pm Open Gym/\$ Rental

Apr 25th 11:30am-1:30pm Youth Gym Ages 8-12

## THURSDAY

5:00am-9:00am Open Gym  
 9:15am-10:00am \$ OCO/OI Zumba Gold@  
 10:15am-11:00am Forever Fit Gold  
 11:00am-2:00pm Open Gym  
 2:00pm-3:30pm \$ Vacation Zone/Open Gym  
 3:30pm-5:45pm Open Gym  
 6:00pm-6:30pm \$ Tiny Tots Karate  
 6:30pm-7:30pm \$ Novice & Advanced Karate  
 7:45pm-9:00pm Open Gym /\$ Gym Rental

Apr 25th 11:30am-1:30pm Youth Gym Ages 8-12

## FRIDAY

5:15am-10:15am Open Gym  
 9:15am-10:15am \$ Y-FIT **NEW!**  
 10:30am-11:15am Fun Friday Fitness **NEW!**  
     \*Tai Chi 4/6 & 4/20  
     \*Chair Yoga 4/13 & 4/27  
 11:30am-1:30pm \$ Homeschool PE Class **NEW!**  
 2:00pm-3:00pm \$ Vacation Zone/Open Gym  
 3:00pm-9:00pm Open Gym/\*\*\$ Gym Rental

## SATURDAY

7:00am-8:15am Open Gym  
 8:30am-9:30am Zumba@  
 9:45am-1:00pm \$ Party Rental/Open Gym  
 1:00pm-2:30pm Open Gym  
 2:30pm-3:30pm \$ Party Rental/Open Gym  
 3:30pm-4:00pm \$ Gym Rental/Open Gym

## SUNDAY

8:00am-2:00pm Open Gym



**SPRING BREAK SCHEDULE FOR 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

▲ **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.

**Silver & Fit Excel:** This circuit style 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.

■ **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!

**Dance and 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.

**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!

◆ **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.

● **\$ 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.

## Y-FIT JV Ages 11-16

Learning how to properly use free weight equipment is an important step in developing your personalized fitness plan. In a one-on-one or group setting, our certified staff will guide ages 10-16 year olds through exercises focused on form and technique. In addition to strength training, cardio-agility training will focus on speed and performance.

3 Sessions: \$60.00 member/ \$70.00 non-member

6 Sessions: \$110.00 member/ \$120.00 non-member

9 Sessions: \$165.00 member/ \$175.00 non-member

\*Group Rates are also available \$20 per person

\*Non-refundable

## YOUTH INDOOR SOCCER

Monday, April 23rd

Ages 5-8 9:15am-10:00am

Ages 2-4 10:30am-11:00am

## YOUTH OBSTACLE COURSE

Tuesday, April 24th

Ages 5-10 11:15am-12:00pm



## HOMESCHOOL PE FAMILY MEMBER BENEFIT

### Gym & Swim Classes for HomeSchoolers

### Begins Friday, April 6th

### \*Ages 4-6 (12 per group)

Pool: 11:30am-12:00pm or 12:00pm-12:30pm

Gym: 12:30pm-1:15pm

### Ages 7-12 (24 max)

Pool: 12:30pm-1:15pm

Gym: 11:30am-12:15pm

Depending on the number of children enrolled these times may vary.

\*\*Registration required by March 30th

## SHORIN RYU KARATE

Tiny Tots will learn preliminary fundamentals of the practice. Novice and Advanced are offered to instruct students in self defense, kata and sparring techniques.

SENSEI: Suzanne Summerville - Black Belt

TINY TOTS 4-6 yrs BEGINNER 7+ ADVANCED

M \$38 /month M \$40/month M \$45/month

NM \$47/month NM \$52/month NM \$57/month

\* NO FOOD, DRINKS OR TOBACCO PRODUCTS ALLOWED IN THE GYMNASIUM