



FULTON FAMILY YMCA

GYMNASIUM SCHEDULE

MAY 2017

MONDAY

5:00am-10:15am Open Gym
 10:30am-11:15am Silver Sneakers Classic
 11:30am-2:00pm Open Gym
 2:00pm-3:30pm \$ SACC/Open Gym
 5:30pm-6:30pm Walk 15
 6:30pm-7:30pm Zumba®
 7:45pm-9:00pm Open Gym/\$ Rental

TUESDAY

5:00am-9:00am Open Gym
 9:15am-10:15am Zumba Gold®
 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 \$ SACC/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

WEDNESDAY

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



THURSDAY

5:00am-9:00am Open Gym
 9:15am-10:00am \$ OCO/OI Zumba Gold®
 10:15am-11:00am Forever Fit Gold
 11:15am-2:00pm Open Gym
 2:00pm-3:30pm \$ SACC/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

FRIDAY

5:15am-6:00am Intro to Cross Training
 6:15am-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-2:00pm Open Gym
 2:00pm-3:30pm \$SACC/Open Gym
 5:45pm-8:00pm \$ Lacrosse (Apr7th-May 14th)
 8:15pm-9:00pm Open Gym

SATURDAY

7:00am-8:15am Open Gym
 8:30am-9:30am Zumba®
 9:45am-11:45am Open Gym
 12:00pm-1:00pm \$ Party Rental/Open Gym
 1:00pm-2:30pm Open Gym
 2:30pm-3:30pm \$ Party Rental/Open Gym
 3:30pm-5:00pm Open Gym

SUNDAY

8:00am-9:30am Open Gym
 10:00am-12:00pm \$ Family Pickleball *NEW!*
 12:15pm-3:00pm Open Gym

** PUNCH CARD 10 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.

■ **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!

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.

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.

● **Cross Training:** Strength and cardio in one high intensity workout!

WALK TO RUN CLUB

April 10th-June 12th 2017

Ideal for brand-new runners, or those returning to the sport from injury or a long layoff, a run/walk program guides the athlete to a safe transition from non-running to running, or allows him or her to return to running successfully.

Monday Evenings 6:00pm-7:15pm

This program will meet 1 day per week and a weekly training schedule will be provided to all participants.

Instructor: Zach McQuaid

Free for Fulton YMCA Members

***Participants who attend 5 classes or more will receive \$5.00 off registration for the 2017 River Run!**

FAMILY PICKLEBALL

This cross between ping-pong, badminton and tennis is gaining popularity among groups of all ages. The game is played by two or four people on a badminton sized court with wooden paddles and a whiffle ball. Enjoy friendly competition in a relaxed atmosphere.

Sundays: 10:00am-12:00pm

Members \$2 per family/ Non members \$5 per family

PICKLEBALL FOR SENIORS

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced competitive game for experienced players.

When: Wednesday's 11:30am-1:30pm

Members: Free/Non member \$4.00

SPORTS BIRTHDAY PARTIES

Pick your favorite sports theme and we will provide you with the gymnasium and a referee specific to that sport!

All parties include table clothes, streamers and a happy birthday banner. A party hostess will be at your party to assist you with any needs you may have. See front desk and birthday party brochure for more information.

\$150.00 Fulton Members only. (20 child maximum)

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