



FULTON FAMILY YMCA

GYMNASIUM SCHEDULE

OCTOBER 2017

MONDAY

5:00am-9:15am Open Gym
 9:30am-9:55pm \$ 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 \$ Pickleball **NEW!**
 2:00pm-3:30pm \$ Vacation Zone/Open Gym
 3:30pm-5:15pm Open Gym
 5:30pm-6:30pm Walk 15@ Live **NEW!**
 6:30pm-7:30pm Zumba@
 7:45pm-9:00pm Open Gym

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 \$ Vacation Zone/Open Gym
 3:30pm-5:00pm Open Gym
 5:15pm-5:45pm Stix Kids Fitness Ages 6-10 **NEW!**
 6:00pm-6:30pm \$ Tiny Tots Karate
 6:30pm-7:30pm \$ Novice & Advanced Karate
 7:45pm-9:00pm Open Gym /\$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
 12:30am-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/\$Gym Rental

FRIDAY

5:15am-10:15am Open Gym
 10:30am-11:15am *Friday Fitness **NEW!**
 11:30am-2:00pm Open Gym
 2:00pm-3:00pm \$ Vacation Zone/Open Gym
 3:00pm-9:00pm Open Gym/*\$ Gym Rental
 *Walk 15 10/3 and 10/20
 *Forever Fit Gold 9/22 and 9/29

WEDNESDAY

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

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 \$ Gym Rental/Open Gym

SUNDAY

8:00am-3:00pm Open Gym

*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

▲ **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!

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)

Y-FIT JV

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**

SELF DEFENSE FOR WOMEN

Adult Class

This 3 hour course will cover social media awareness as well as how to handle a physical attack. Learn how to protect and empower your self in any situation!

Wednesday, October 25th

9:00am-12:00pm

Member \$ 25/ Non member \$35

Class is limited to 10 participants

Syracuse Self Defense LLC

PICKLEBALL LEAGUE

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.

Monday and Wednesday's 11:30am-1:30pm

Members: Free/Non member \$4.00

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