



FULTON FAMILY YMCA

# GYMNASIUM SCHEDULE

MAY 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 **Tai Chi NEW!**
- 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

\*Closed Monday, May 28th at Memorial Day

## TUESDAY

- 5:00am-9:00am Open Gym
- 9:15am-10:15am **Zumba 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

## WEDNESDAY

- 5:15am-6:00am Total Body Fitness
- 6:15am-9:00am Open Gym
- 9:15am-10:15am **Zumba Tone Gold NEW!**
- 10:30am-11:15am **Tai Chi NEW!**
- 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

## 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

## FRIDAY

- 5:15am-9:00am Open Gym
- 9:15am-10:15am **\$ Y-FIT NEW!**
- 10:30am-11:15am **Fun Friday Fitness NEW!**
- \*Tai Chair Yoga Fusion**
- May 4th, 11th, and 18th**
- \*No Class May 27th**
- 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



\*\* 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

▲ **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.

■ **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 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

## FALL SPORTS PREP TRAINING

Grades 9th-12th

Showing each athlete exactly where they need to safely and effectively start their strength and athleticism journey and how to progress with maximum gains in flexibility, balance, coordination, agility, quickness, crisp directional change, endurance, strength, power, and explosiveness.

Monday, Wednesday and Friday 10:30am-11:30am

July 23rd-August 10th

Member Rate: \$75 / Non member: \$135

## 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