



FULTON FAMILY YMCA LAND FITNESS WITH FRIENDS

July 2019 GROUP EXERCISE SCHEDULE

All Classes 55 Minutes

MONDAY

- 5:00am **Cycle/Strength Class** with Brea Goss
- 9:00am **Total Body Workout** with Karen Crisafulli
- 9:15am **Rock-in-Fitness** with Gina Rohde
- 10:00am **Awesome Abs (30 minutes)** with Karen
- 10:30am **Silver Sneakers Classic** with Cindy Gorea
- 5:30pm **Total Body Workout** with Sarah M/Sarah H
- 6:15pm **Zumba®** with Jenn Hicks

THURSDAY

- 5:15am ****Cycle** with Brea Goss
- 9:00am **Yoga 4 Life** with Cindy Gorea
- 9:15am **Zumba Gold** with Pam Finocchario
- 10:15am **Forever Fit Gold** with Gina Rohde
- 11:15am **Osteo Exercise** with RSVP
Ages 6-12 years old (45 minutes)
- 5:30pm **Restorative Yoga** with Jonell Yablonski

TUESDAY

- 5:15am ****Cycle** with Brea Goss
- 9:00am **Yoga 4 Life** with Cindy Gorea
- 9:15am **Zumba Gold** with Pam Finocchario
- 10:15am **Forever Fit Gold** with Gina Rohde
- 11:15am **Osteo-Exercise** with RSVP
- 4:45pm **Parent & Child Yoga** with Becky Craig
Ages 2-5 years old (30 minutes)
- 5:15pm ****Cycle** with Steve & Josh
- 5:30pm **Hatha Style Yoga** with Cathy France

FRIDAY

- 5:15am **Total Body Bootcamp** with Brea Goss
(NO CLASS 7/5)
- 9:00am **Total Body Workout** with Karen Crisafulli
- 9:15am **\$ Y-FIT** with Brandon Hood
- 10:00am **Awesome Abs (30 minutes)** with Karen C.
- 10:30am **MIX-UP FRIDAY!**
7/5 **Chair Yoga** with Kinyorda Sliwiak
7/12 **Chair Zumba** with Pam Finocchario
7/19 **Chair Strength** with Kinyorda Sliwiak
7/26 **Gentle Dance & Stretch** w/ Sarah H.

WEDNESDAY

- 5:15am **Total Body Fitness** with Brea Goss
- 9:00am **Total Body Workout** with Karen Crisafulli
- 9:15am **Rock-in-Fitness** with Gina Rohde
- 10:00am **Awesome Abs (30 minutes)** with Karen
- 10:30am **Silver Sneakers Classic** with Cindy Gorea
- 5:30pm **Total Body Workout** with Sarah M/Sarah H
- 6:15pm **Zumba®** with Jenn Hicks
- 6:35pm **Vinyasa Yoga** with Becky Craig

SATURDAY

- 8:30am **Zumba®** with Jenn Hicks 7/6, 7/27
with Kinyorda Sliwiak 7/13, 7/20
- 8:30am **Karma Yoga** with Debbie Drake
- 9:45am **Step Class** with Susan Mayer

SUNDAY

- 9:00am **Gentle Yoga Class** with Becky Craig/ Jonell

*** PUNCH CARD 12 CLASSES FOR \$65.00**

**** NEW TO A CYCLE CLASS? Please arrive 15 minutes early to get training from the instructor.**

\$ PAID PROGRAM-PREREGISTER

**FULTON FAMILY YMCA 715 W Broadway Fulton NY 13069
315-598-9622 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 exercise, to slow bone loss and reduce the risk of fracture.

Silver Sneakers Classic: Silver Sneakers Classic offers a blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take control of their health. Classes are designed for older adults who want to improve strength, flexibility, balance and endurance. All members are encouraged to participate.

Tai Chi / Tai Chair: Tai Chi, often described as meditation in motion, promotes serenity through gentle, flowing movements. Tai chi is low impact and puts minimal stress on muscles and joints, making it safe for all ages and fitness levels. Because tai chi is a low impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise. Seated options available.

Chair Yoga Stretch: If limited mobility or injuries are holding you back from enjoying your body to the fullest, then you owe it to yourself to give this course a try. It's an amazing way to *safely stretch and strengthen* your body.

Gentle Yoga: This class will offer careful movement, controlled pressure and well-measured stretches, including range of motion exercises. If you are new to yoga, this is a great way to start a program that will help increase flexibility and increase your overall health.

Parent & Child Yoga: Parenting is a balancing act. Join Becky Craig for a family centered yoga experience that you and your child will love. This class is based on Kidding Around Yoga practices.

Kidding Around Yoga: Offered for 2 different age groups; 4-6 year olds and 7-12 year olds. It is fun, high energy, with music. It will incorporate all the traditional yoga class pieces; meditation, breathing techniques, poses & relaxation.

Yoga 4 Life: This cutting-edge fitness program includes strength- and flexibility-building yoga to create a total body workout. You will experience increased overall health, energy, and vitality plus a stronger and leaner body, reduced stress and posture, improve 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.

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 class you can walk up to 5 miles & burn mega calories!

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.

Restorative 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.

Step Class: This 30 minute class will step up your workouts with great cardio and muscle tone all in one! Step Aerobics burns calories with a fun series of step combinations.

Kickboxing: Kickboxing has been shown to improve fitness, power, flexibility and agility, you can kick and punch your way to a stress-free zone within minutes of this high-energy kickboxing routine.

Awesome ABS/100% Core: Whittle your waist while engaging in exercises that will give your core muscles an extra challenge. Exercises will include crunches, planking, bicycle, 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.

Cycle/Strength: This class will be split into a cycle class and strengthening class using weights and exercises.

Hatha Yoga: This is a branch of yoga that includes yoga postures & breathing exercises which help bring peace to the mind & body, preparing the body for deeper spiritual practices such as meditation. Hatha yoga will maintain a healthy body, relieve stress, improve flexibility & balance, build muscle strength, helps with focus, increases blood flow and improves mood!

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.

Upper Body: Help strengthen your upper body by Integrating arm, shoulder, chest, and back exercises in the routine.

POUND: Channel your inner Rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing drums. Pound is a full-body drumming workout that combines cardio, conditioning, and strength training with yoga & Pilates inspired movements using lightly weighted exercise drumsticks.

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 may be cancelled at anytime due to low enrollment.