



FULTON FAMILY YMCA

# GYMNASIUM SCHEDULE

## July 2019

### MONDAY

5:00am-9:15am Open Gym  
 9:15am-10:10am Rock-in-Fitness  
 10:30am-11:15am Silver Sneakers  
 11:30am-1:30pm \$ Kindercamp\*/Open  
 1:30pm-3:30pm \$ CAMP  
 3:30pm-6:15pm Open Gym  
 6:15pm-7:10pm Zumba@  
 7:30pm-9:00pm Open Gym

### THURSDAY

5:00am-9:00am Open Gym  
 9:15am-10:10am \$ OCO/ Zumba Gold@  
 10:15am-11:10am Forever Fit Gold  
 11:15am-12:15pm \$ Kindercamp\*/Open  
 12:15pm-2:00pm Open Gym  
 2:00pm-3:30pm \$ CAMP  
 3:30pm-5:55pm Open Gym  
 6:00pm-6:30pm \$ Tiny Tots Karate  
 6:30pm-7:30pm \$ Beginner & Advanced Karate  
 7:45pm-9:00pm Open Gym /\$ Gym Rental  
 \* ONLY July 8th, 9th, 10th, 11th

### TUESDAY

5:00am-9:00am Open Gym  
 9:15am-10:10am Zumba Gold  
 10:15am-11:10am Forever Fit Gold  
 11:15am-12:15pm \$ Kindercamp\*/Open  
 12:15pm-2:00pm Open Gym  
 2:00pm-3:30pm \$ CAMP  
 3:30pm-5:55pm Open Gym  
 6:00pm-6:30pm \$ Tiny Tots Karate  
 6:30pm-7:30pm \$ Beginner & Advanced Karate  
 7:45pm-9:00pm Open Gym /\$ Gym Rental  
 \* ONLY July 8th, 9th, 10th, 11th

### FRIDAY

5:15am-6:00am Total Body Bootcamp  
 6:15am-9:00am Open Gym  
 9:15am-10:15am \$ Y-FIT  
 10:30am-11:15am Active Adult Mix up Friday  
 11:30am-1:30pm Open Gym  
 1:30pm-3:30pm \$ CAMP  
 3:30pm-7:00pm Open Gym

### WEDNESDAY

5:15am-6:00am Total Body Fitness  
 6:15am-9:10am Open Gym  
 9:15am-10:10am Rock-in-Fitness with Gina Rohde  
 10:30am-11:15am Silver Sneakers  
 11:30am-12:15pm \$ Kindercamp\*/Open  
 12:15pm-2:00pm Open Gym  
 2:00pm-3:30pm \$ CAMP  
 3:30pm-6:10pm Open Gym  
 6:15pm-7:10pm Zumba@  
 7:15pm-9:00pm Open Gym/\$ Rental  
 \* ONLY July 8th, 9th, 10th, 11th

### SATURDAY

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

### SUNDAY

8:00am-12:00pm Open Gym



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

\$ 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 life-style 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.  
**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.  
**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.
  
- **\$ 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.

● **NEW! POUND—Rockout. Workout.**  
 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 uniquely combines cardio, conditioning, and strength training with yoga and Pilates inspired movements using lightly weighted exercise drumsticks.  
 Fulton Family Members FREE  
 \$6 per class / 12 class punch card \$60 for non-members

**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

**HOMESCHOOL PE FAMILY MEMBER BENEFIT**  
**Gym & Swim Classes for HomeSchoolers**  
**Ages 4-6 (12 max)**  
 Pool: 11:30am-12:15pm  
 Gym: 12:30pm-1:15pm  
**Ages 7-12 (24 max)**  
 Pool: 12:30pm-1:15pm  
 Gym: 11:30am-12:15pm

**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**