



FITNESS CLASSES

Effective 06/07/2018

| Monday | Class | Instructor | Location |
|---------------|--------------------------------|---------------|---------------|
| 6:00-6:45am | Cycling | Regina | Spin Room |
| 9:00-10:00am | Body Shop | Dan | Aerobics Room |
| 9:00-9:45am | Deep Water Aerobics | Bethany | Pool |
| 10:00-11:00am | Water Aerobics | Crystal | Pool |
| 5:15-6:15pm | Crystal'ates | Crystal | Aerobics Room |
| 5:15-6:00pm | Cycling | Molly | Spin Room |
| Tuesday | Class | Instructor | Location |
| 6:00-6:45am | Cycling | ReBecca | Spin Room |
| 9:30-10:30am | Crystal'ates | Crystal | Aerobics Room |
| 12:15-1:00pm | Cycling | Christine | Spin Room |
| 4:30-5:00pm | Hard HIIT'ers | Jason | Aerobics Room |
| 4:30-5:15pm | Cycling | Molly | Spin Room |
| 5:15-6:15pm | Yoga | Nadine | Aerobics Room |
| Wednesday | Class | Instructor | Location |
| 6:00-6:45am | Cycling | Regina | Spin Room |
| 9:00-10:00am | STEP Interval | Dan | Aerobics Room |
| 9:00-9:45am | Deep Water Aerobics | Bethany | Pool |
| 10:00-11:00am | Water Aerobics | Crystal | Pool |
| 4:00-4:45pm | Adaptive Dance | - | Gym |
| Thursday | Class | Instructor | Location |
| 9:30-10:30am | Crystal'ates | Crystal | Aerobics Room |
| 12:15-1:00pm | Cycling | Christine | Spin Room |
| 1:00-1:30pm | Orientation | Christine | Spin Room |
| 5:00-5:45pm | Cycling | Angela | Spin Room |
| 5:15-6:15 PM | Folk Dancing | Sandy | Community Rm. |
| Friday | Class | Instructor | Location |
| 6:00-6:45am | Cycling | ReBecca | Spin Room |
| 9:00-10:00am | Body Shop | Dan | Aerobics Room |
| 9:00-9:45am | Deep Water Aerobics | Bethany | Pool |
| 10:00-11:00am | Cardio Interval Water Aerobics | Dan | Pool |
| 4:45-5:45 pm | Cardio Boxing | Jason | Aerobics Room |
| 5:30-6:30 | Aqua Amp | Lori | Pool |
| Saturday | Class | Instructor | Location |
| 8:00-8:45am | Cycling | Angela/Regina | Spin Room |
| 9:00-10:00 am | Cardio Toning | Sherry | Aerobics Room |
| 9:15-10:00am | Cycling | Molly | Spin Room |

Cost of all classes is included with membership. Community member can take any class by purchasing a \$10.00 day-pass

CORTLAND COUNTY FAMILY YMCA

22 Tompkins Street

Cortland, New York 13045

607-756-2893



HEALTHY LIVING

FITNESS CLASSES

Adaptive Dance **Free Class!** Fun upbeat class for individuals with developmental disabilities. Learn new dances or have fun practicing old ones!

Aqua Amp / Cardio Interval Water Aerobics Two-variations of higher intensity water aerobics. Designed to challenge participants' cardiovascular system without the impact and joint stress of typical land-based high intensity exercises. Very progressive- any fitness level can benefit from safely challenging themselves and progressing over time.

Ballet and Interpretative Dance An artistic dance form performed to music using precise and highly formalized set steps and gestures. A form of modern **dance** in which the **dancer's** movements depict an emotion or tell a story.

Body Shop Work out at your own intensity! This class features a one-minute-on/one-minute-off approach to fitness using body weight exercises, dumbbells, and similar equipment. Appropriate for all fitness levels.

Cardio Boxing A challenging aerobic workout that incorporates movement, self-defense, and boxing. This moderately challenging class combines cardio and boxing to provide a full-body workout. Learn something new every week! Appropriate for most fitness levels.

Cardio-Toning Music-motivated exercise using hand weights, body weight resistance, and floor work; mixed with HIIT and/or cardio bursts. Complete total-body workout.

Crystal-ates A zero impact Pilates inspired workout concentrating on proper form and the mind-body connection. Learn muscle control, utilization, and breathing. Condition the entire body as you release stress and revive the spirit.

Cycling Intense workout that will challenge any fitness level. Improves cardiovascular output and endurance. Requirements: Sign-up for each class; Orientation with instructor 15 minutes prior to first class.

Cycling On-Ramp A comprehensive 30 minute orientation to our cycle program; learn how to setup the bike, the different positions you will use, and more. Takes the place of having to attend a 15 minute orientation prior to first class.

Deep Water Aerobics An interval exercise class in the deep end of the pool. Designed to increase heart rate by using water resistance with zero impact on knees, hips, or back. Great for any fitness level; all participants encouraged to use floatation devices.

Folk Dancing Participants will be led through folk dances from Greece, Israel, Romania and more. Attendees should wear loose fitting clothing and smooth soled shoes (no sneakers please). Perfect for new and experienced dancers.

Hard HIIT'ers High Intensity Interval Training. A quick 30 minute high intensity work-out geared towards those who have time constraints. Quick doesn't mean easy; high intensity helps boost metabolism and burn more calories throughout the whole day!

STEP Interval A class designed around the step; aerobic conditioning in combination with muscle toning exercises. A full body workout.

SPARK for Women This unique program offers wellness ideas, recipes, encouragement and exercise utilizing ideas from Sparkpeople website. (women only). Overcome obstacles, decrease stress, build friendships, regain strength...SPARK a change in your life!

Stretch and Sculpt Music-motivated class using hand weights and stability balls. Low weights target specific muscles, and higher repetitions build endurance and muscle tone.

Water Aerobics A music driven, low impact, energizing workout that is appropriate for all ages and fitness levels. Tone the entire body as you improve posture, balance, joint mobility- and have fun doing it! Class is held in the shallow end of the pool- no swimming required.

Yoga Decrease stress through well-rounded yoga practice. Improve breath awareness, lengthen and strengthen muscle while clearing your mind and balancing your energy. Appropriate for all levels of fitness.

Zumba An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

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