



FITNESS CLASSES

Effective 1/1/2020

Monday	Class	Instructor	Location
6:00-6:45am	Cycling	Holly	Spin Room
9:00-10:00am	Body Shop	Dan	Aerobics Room
10:00-11:00am	Water Aerobics	Crystal	Pool
5:15-6:15pm	Crystal'ates	Crystal	Aerobics Room
6:15-7:00 pm	Cycling	Liesl	Spin Room
Tuesday	Class	Instructor	Location
6:00-6:45am	Cycling	Holly	Spin Room
9:30-10:30am	Crystal'ates	Crystal	Aerobics Room
12:15-1:00pm	Cycling	Liesl	Spin Room
5:15-6:15pm	Yoga	Nadine	Aerobics Room
Wednesday	Class	Instructor	Location
6:00-6:45am	Cycling	Holly	Spin Room
9:00-10:00am	STEP Interval	Dan	Aerobics Room
10:00-11:00 am	Water Aerobics	Crystal	Pool
4:00-4:45pm	Adaptive Dance	-	Gym
4:30-5:15pm	Cycling	Molly	Spin Room
5:30-6:30 pm	Burn and Firm	Sheryl	Aerobics Room
Thursday	Class	Instructor	Location
6:00-6:45am	Cycling	Holly	Spin Room
12:15-1:00pm	Cycling	Liesl	Spin Room
9:30-10:30	Crystal'ates	Crystal	Aerobics Room
Friday	Class	Instructor	Location
6:00-6:45am	Cycling	Molly	Spin Room
9:00-10:00am	Body Shop	Dan	Aerobics Room
10:00-11:00am	Cardio Interval Water Aerobics	Dan	Pool
5:15-6:15	Boot Camp	Dan	Aerobics Room
5:30-6:30	Aqua Amp	Lori	Pool
Saturday	Class	Instructor	Location
9:00-10:00 am	Cardio Toning	Sherry	Aerobics Room
9:15-10:00am	Cycling	Molly	Spin Room



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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.

Aqua Physique (ON HIATUS) Water Aerobics with a twist! Join Jimmy for this intense water aerobics class, focusing on key movements to increase bone density/muscular strength; while losing that unwanted weight!

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.

Boot Camp Get a full body workout with this blend of cardio, core, and strength training in a time-based circuit course. All levels welcome!

Burn and Firm: A combination of low impact exercises using 3-10 lb. dumbbells, resistance bands and stability balls that will target all muscle groups. Intermediate fitness level, but can be modified for beginners.

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.

Deep Water Aerobics (ON HIATUS) 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.

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

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, and 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.

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
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