FITNESS CLASSES

Effective 06/28/2021

Monday	Class	Instructor	Location
10:00-10:50 AM	Deep Water	Sandy	Pool
Tuesday	**Class**	**Instructor**	**Location**
9:00-9:45 AM	Chair Yoga	Jamie	Gymnasium
10:00-10:50 AM	Water Aerobics	Jamie	Pool
5:15-6:15 PM	Yoga	Nadine	Gymnasium
Wednesday	**Class**	**Instructor**	**Location**
10:00-10:50 AM	Deep Water	Sandy	Pool
Thursday	**Class**	**Instructor**	**Location**
9:00-9:45 AM	Chair Yoga	Jamie	Gymnasium
10:00-10:50 AM	Water Aerobics	Jamie	Pool
Friday	**Class**	**Instructor**	**Location**
10:00-10:50 AM	Deep Water	Sandy	Pool

FITNESS CLASS DESCRIPTIONS

<u>Chair Yoga</u> This yoga class incorporates basic yoga poses while utilizing a chair to aid in comfort-ability. By doing this practice mindfully (listening to our bodies) and regularly, it helps to gain flexibility, ease of motion and better balance, stability and mindful strength. Please note that we do not get on the floor during this class. **Please bring your own yoga mat. Chairs will be provided. Reservation Required. No Masks Required**

<u>Deep Water Aerobics</u> 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. **Reservations not required.**

<u>Water Aerobics</u>   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. **Reservations not required.**

<u>Yoga</u> 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. **Please bring your own yoga mat and optional equipment (Yoga blocks, strap). Reservation Required. Masks Required.**

Cost of all classes in 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   607-756-2893