



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FITNESS SCHEDULE

WAYNE COUNTY YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Fitness Schedule Spring 2017</b>		8:00-9:00 Tai Chi*		8:00-9:00 Tai Chi*		8:15-9:00 Bootcamp
Please arrive 5-10 minutes prior to class. Spots are limited.	9:00-9:45 X-Fit	9:00-9:45 Golden Gang	9:00-9:45 X-Fit	9:00-9:45 Golden Gang	9:00-9:45 Zumba	9:00-10:00 Zumba
					9:00-10:00 Hatha Yoga	
You must sign up to reserve spin bikes.	10:00-10:45 Silver Sneakers	10:00-11:00 Twist & Turn	10:00-10:45 Silver Sneakers	10:00-10:45 Chair Yoga	10:00-10:45 Silver Sneakers	
Wear appropriate exercise attire.- loose fitting, comfortable clothes, and sneakers.		10:30-12:00 Hatha Yoga				
Please bring water and stay hydrated.	11:00-12:00 Enhance Fitness		11:00-12:00 Enhance Fitness		11:00-12:00 Enhance Fitness	
Regular Group Fitness Classes are free to Members.	12:15-12:50 Tai Chi*		12:15-12:50 Tai Chi*			
NON-MEMBERS 45 min class \$5.00 1 hour or more \$7.00	5:00-6:00 Body Fit		5:00-6:00 Body Fit			
*Special fitness Sessions-Tai Chi require additional payment & pre-registration.	5:30-6:15 Spinning	5:30-6:30 Simply Strength		5:15-6:30 Hatha Yoga	5:15-6:00 Spinning	
ENHANCE FITNESS: 16 Wk Sessions Must Pre-Register				5:30-6:30 Simply Strength		
See back for more class information.	6:00-7:00 Zumba		6:00-7:00 Zumba			

**WAYNE COUNTY YMCA**

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# GROUP FITNESS Winter 2017

## WAYNE COUNTY YMCA

- Body Fit** **Instructor:** Cathy **Location:** Gymnasium  
Total body strength class with high-energy so you can condition, strengthen and tone some of the biggest muscle groups.
- Bootcamp** **Instructor:** Kyreek **Location:** Gymnasium  
Dynamic stretching & running with interval training, including lifting weights/objects, pulling TRX straps, pushups/sit-ups, plyometrics, and various types of intense explosive routines.
- Chair Yoga** **Instructor:** Beth **Location:** Gymnasium  
Wind down with a perfect introduction to yoga using a chair for assistance rather than going to the floor.
- Enhance Fitness** **Instructor:** Cathy, Mollie, Liz **Location:** Gymnasium  
Adaptable exercise program offering levels challenging enough for active older adults and safe enough for the unfit or near frail. Class includes stretching, flexibility, balance, low-impact aerobics, & strength training. 16 wk sessions, *pre-registration is required.*
- Golden Gang** **Instructor:** Tina **Location:** Gymnasium  
Increase your cardiovascular and muscular endurance when fitness and fun come together with low-impact aerobic activity.
- Hatha Yoga** **Instructor:** Beth, Sarah **Location:** Upstairs  
Designed to enhance vitality and a sense of well-being using gentle movements to improve flexibility, balance, strength and posture.
- Silver Sneakers** **Instructor:** Tina, Cathy, Mollie **Location:** Gymnasium  
Variety of exercises to increase strength, range of movement and activities for daily living. Hand-held weights, elastic tubing w/ handles & a Silver Sneakers ball offer resistance. A chair is used for seated or standing support.
- Simply Strength** **Instructor:** Laurie **Location:** (Tues) Gymnasium/ (Thurs) Side Room  
Condition your whole body using a bench and body bars for some major toning you'll get an endurance workout built to last.
- Spinning** **Instructor:** Laurie, DJ **Location:** Upstairs  
Designed for all levels, this traditional indoor cycling class offers an effective way to build cardiovascular strength and endurance.
- Tai Chi** **Instructor:** Master Lee **Location:** Gym  
**Sessions:** Morning/Evening **Cost:** \$80/Members \$160/Nonmembers  
Lunch **Cost:** \$40/Members \$80/Nonmembers  
A series of movements performed slowly, each posture flowing into the next without pause and with concentration & deep breathing
- Twist & Turn** **Instructor:** Nancy **Location:** Gymnasium  
Line dance routines for a mind & body workout. Classes will use music, choreography to enhance, memory, and mobility.
- X-Fit** **Instructor:** Cathy **Location:** Gymnasium  
Cardiovascular drills, strength training, and more! This class will benefit any committed individual.
- Zumba** **Instructor:** Mollie **Location:** Gymnasium

Get ready to dance yourself into shape with this exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party!