

Wyoming YMCA **GROUP EXERCISE** October 20th-December 16th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beginner Yoga 8:15am Tara Gillen Room	SilverSneakers 9:00-9:45am Heather B Gym		Yoga 8-9am Pam Gillen Room	Cycling 5:45am Mary	
Ageless Fitness 9:00-9:45am Tamara Gym	Zumba 10:00-11:00am Heather B Gillen Room	Ageless Fitness 9:00-9:45am Tamara Gym	SilverSneakers 9:00-9:45am Randi Gym	Zumba 8:30-9:30am Wendy Gillen	Cardio Fusion 8:30-9:45am Andrea Gillen Room
			Zumba 9:30-10:30am Heather Gillen Room	Cycling 9:45am Wendy Gillen Room	
			Reach 10:10-10:40am Randi		
Cardio Kick 4:45-5:45pm Andrea Gillen Room	H.I.I.T 4:00-5:00pm Courtney Gillen Room	Cardio Blast 5:00-5:30pm Andrea Gillen Room			
Yoga 6-7pm Pam Gillen Room	Walking Club With Holly 6:00-7:00pm	Chisel & Sculpt 5:30-6:30pm Andrea Gillen Room	H.I.I.T 4:00-5:00pm Courtney Gillen Room		
	Zumba 6:00-7:00pm Brittany Gillen Room		Zumba 6:00-7:00pm Michelle Gillen Room		
	POUND 7:15-8:00pm Wendy Functional Fitness				

***All times are subject to change without notice* Call 585-786-2880 to verify**

Prime Time: Child watch is available during all group exercise classes for our Family membership holders. Contact the front desk for more information on that program.

Class Descriptions

CARDIO

Cycling

An instructor-led cycling workout on a specialty designed Trixter stationery bike. This high energy, low impact class will guide you up hills, through trails and racing over a flat road as you control the intensity of the ride!

ZUMBA®//Latin HipHop/Z-Tone

A fusion of Latin and international music themes that create a dynamic, exciting and effective fitness workout. A combination of fast and slow rhythms tone and sculpt the body and burn calories the fun way! **z-Tone incorporates light weights

POUND

Fun, Functional Fitness method that fuses the best strength trainings, Pilates, and cardio moves with drumming. Each technique targets and strengthens the core.

INTERVAL

Ageless Fitness

Multi-level exercise that includes a variety of exercises and equipment. Must bring a sense of humor for fun and laughs.

Interval/Sculpt

Varying cardio levels helps you burn the most calories! This class will burn your weekend calories and give you strong muscles!

Cardio Fusion

This class combines cardio and strength moves that sculpt and tone the entire body. This class incorporates a variety of equipment to provide a workout that is effective and fun!

H.I.I.T. Strong

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Boot Camp

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MIND/BODY

Yoga

This class is an energetic program that strengthens and connects mind, body and spirit to improve flexibility and strength.

Reach

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Strength

Chisel and Sculpt

Exercise designed to focus on both muscles and bones. Classes may include toning, firming and flexibility, performed with or without weights/resistance, for the purpose of improving muscular strength and endurance.

SilverSneakers®

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Suspension Training

This form of resistance training is a complete body work out that will tone your body and improve your balance. Suspension training is a small group workout that will use your body for resistance and leave you feeling strong.