



YMCA of Cecil County *FALL* Fitness Schedule Sept. 5-Oct 23

7 Week Session 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	S.H.R.E.D. (Phil)		S.H.R.E.D. (Phil)		S.H.R.E.D. (Phil)	
6am	Group Cycling (Lynsey)		Group Cycling (Tracy)		Group Cycling (Lynsey)	
8am	TNT (Phil)	Core 45 (Phil)	TNT (Phil)	Core 45 (Phil)	TNT (Phil)	Group Cycling (Lynsey)
9am						YOGA 1 & 2 (Marille)
9:15am	Body Blast (Kristin)	Shape It Up (Danielle)	Body Blast (Kristin)	Ballet Barre/TRX (Danielle)	Barre "Lean Out" (Lisa)	
9:15am		Barre "Lean Out" (Brynn)	ZUMBA (Danielle)			
10am						Core 45 (Phil)
10:20am	Group Cycling (Tara)	Cycling & Abs (Danielle)	Group Cycling (Danielle)	Cycling & Abs (Danielle)	Group Cycling (Tara)	
10:30am	Power/Vinyasa YOGA (MarieRose)				Power/Vinyasa YOGA (MarieRose)	
11:05am			Ballet Barre(Danielle)			
11:15am		ZUMBA (Danielle)				
Noon	Cycle/TRX (Nicole/Tara)	Group Cycling (Tara)	Cyc/YOGA Tara/Brynn)	Cycling & Tabata (Tara)	Cycle/TRX (Nicole/Tara)	
4:30pm	Group Cycling (Tracy)		Group Cycling (Tracy)			
5:00pm				*Free Wheeling (Tony) (FREE TO MEMBERS)		
5:30pm		Core 45 (Phil)		Core 45 (Phil)	Cycle & Weights (Tracy)	
6pm	Tabata With Tracy		Barre "Lean Out" (Lisa)			
6:30pm		Inspirational YOGA Alison	Group Cycling (Sue/Jim)			
6:30pm		*Free Wheeling (Tony) (FREE TO MEMBERS)		TAI CHI (Tom)		

Fitness & Cycling Classes

6X \$145 Members \$160 Non
 5X \$122 Members \$137 Non
 4X \$100 Members \$110 Non
 3 X \$75 Members \$105 Non
 2 X \$52 Members \$84 Non
 1 X \$28 Members \$58 Non

*Free" Wheeling FREE to Members only
starting 9/14 Pre-Registration for free clas-
 ses is recommended.

Cycling Pass Member 50
 Non-Mbr 80

Drop In Fees Member 5
 Non 10

Space is limited!

Lunch Time CYCLING Pass: Includes **ONLY all** the **LUNCH TIME CLASSES**. MEMBERS: \$30 NON-MEMBERS: \$60

All fitness levels are welcome to attend any of our classes. Our instructors will demonstrate modifications. Work at your own pace. All programs have a minimum enrollment. Fees must be paid upon registration. All classes are subject to change or cancellation due to attendance. **NO REFUNDS** OF ANY KIND WILL BE GIVEN. A prorated credit may be issued during the **1st week** of class **ONLY**. Credits and/or other issues concerning classes are processed by Office Manager. Make ups are for YMCA Cancellations Only.



CARDIO & STRENGTH

S.H.R.E.D: STRENGTH-HEALTH-ROWDY-ENERGY-DETERMINATION. Bring it all with you for the best wake up class you have ever attended. Circuits, drills, old school standbys along with cutting edge training methods will be your best reason for getting out of bed-think BOOT CAMP X 2. Challenge yourself, amass your energy, intensify your focus and own your day.

Body Blast: Kristin will get you sweating and burning calories by mixing a variety of techniques using free weights, kettlebells, barbells, bodyweight, gliders, tabata and cardio bursts. Come and see what all the hype is about and join this high energy class!

Tabata With Tracy: A brutal circuit of 20 seconds on and 10 second rests, maybe. This is not your everyday ordinary intervals of cardiovascular, strength and power for the ultimate workout, but one that will continue the burn the rest of the week.

BALLET Barre /TRX: If you are staying on top of fitness trends you know that "barre workouts," which are designed to give you a long, lean dancer-like physique, are all the rage these days. Barre studios are popping up in every major city across the globe, along with a variety of DVDs you can do at home. While all barre workouts differ slightly in structure, most methods incorporate exercises done at a ballet barre combined with elements of ballet, Pilates, and yoga. Adding the TRX to the Ballet Barre brings this class to a whole another level of Fitness!

Core 45: Over 25 exercises to learn on the staball for your Core. Phil will make your abs burn, guaranteed!

Barre "Lean Out" Fitness: This is an invigorating workout that will change your body!! Barre based workouts have been toning and shaping celebrity bodies for over 50 years, and now Barre Fitness is here and the first of its kind by a Certified Barre Fitness Instructor at the YMCA of Cecil County. Open to all levels.

Shape it Up: Delivers a fast, effective total body workout and helps build a rock solid core and will increase muscular endurance.

TNT: More than just a gut buster, it includes strength and cardio utilizing weights, medicine balls, slam balls and more!..

YOGA

POWER/VINYASA YOGA: Consists of a dynamic, constantly flowing sequence of postures (asanas), linked together utilizing deep, yogic(ujjayi)breathing. The class, although physically challenging, is designed for all levels. Strength and flexibility!

YOGA 1 & 2: Experience Yoga routines that nourishes your body, relaxes your mind and uplifts you. Beginners and continuing students welcome.

Inspirational YOGA: A class focused on getting rid of all that tightness that builds up in your muscles from work or exercise using inspirational verses to connect all aspects of Life and exercise and music to soothe the soul. Spirit/Soul/Body.

TAI CHI: Yang style Tai Chi movements are low impact, gentle and put minimal stress on your muscles and joints.

Inspirational YOGA: A class focused on getting rid of all that tightness that builds up in your muscles from work or exercise using inspirational verses to connect all aspects of Life and exercise and music to soothe the soul. Spirit/Soul/Body

ZUMBA

ZUMBA: This class fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. You could burn 600 to 1,000 calories per class!

CYCLING

CYCLING PASS: Based on a first come, first serve basis! You may purchase an unlimited Pass for our cycling classes, there is no guarantee, but the Pass will give you the ability to go to any cycling class we offer if there is availability. Or you may secure your spot by registering for classes. Your Choice! The Pass is good for the 7week session and must be shown to the instructor before starting class. There is also a sign in sheet in the classroom as well. NO REFUNDS! Not redeemable for cash! Also includes Cycle & Strength classes/Cycle & Weights.

Group CYCLING: This is any indoor cycling journey. This is a guaranteed cardiovascular workout. Appropriate for everyone who wants to build stamina and all around fitness. Instructors are all Spinning®certified.

Cycle & Weights: Combination of weights and cycling designed to strengthen and tone. An off and on ride to keep the heart rate going and body pumped!

Cycle & TRX: A great change of pace to add TRX (a suspension training) to a cycling class! This combo class of cycling and tabata will burn the calories and give you the stamina you have been looking for. Adding Wednesday gives you a great opportunity to get a Yoga ending.

Cycle/Step Circuit: If you love to do step this will be FUN> After a fun ride on the bikes we will step into more cardio and strength. Just a class full of FUN>>>

"Free" Wheeling Cycling: This FREE class is for our registered Y members only who would like to experience cycling to improve their cardio functions to the fullest. Participants need to be registered for this class. Cycling passes need to know that this class is for novices who wish to explore and expand their knowledge and stamina in using the cycling bikes.

Cycle & Abs: A great combination to help sculpt the legs and core while burning fat!