



# FIND WHAT STRENGTHENS YOU



## MAY 2025



### STARS= CROSS OVER CLASSES

They are free, unless \$\$ noted, to members of both facilities regardless where class is held

CLASSES ARE FREE WITH MEMBERSHIP!

REGISTRATION IS REQUIRED! CALL (607) 432-0010 opt9

\$8 per class for public

\*Class instructors subject to change

### Class Location





Key @ YMCA

@ YMCA Pool

@ Southside Mall

@ YSF

\$\$ Fee for program

	Monday  <b>CLOSED 5/26</b>	Tuesday	Wednesday	Thursday	Friday	Saturday
	★ Deep Water Aquafit VARIOUS 7:00-7:45 am	★ Spinning @ HEIDI 5:45-6:30 am @YSF	Deep Water Aquafit VARIOUS 7:00-7:45 am	★ Spinning @ HEIDI 5:45-6:30 am @YSF	Deep Water Aquafit VARIOUS 7:00-7:45 am	★ Ignite Circuit MARISA 11:00-11:30 am
	Spinning@ ANNA 9:00-9:45 am	Bikes & Bells ANNA 9:00-10 am	Strong Heart Strong Body ANNA 9:00-10:00 am	★ Tone@ KIMI 7:30-8:00 am <i>NO CLASS 5/1 &amp; 5/22</i>	Spinning @ ANNA 9:00-9:45 am	
	Aqua Aerobics EMILY 10:00-10:45 am	Aqua Arthritis BONNIE 10:00-10:45 am	Silver Sneakers Yoga@ KELLY 11:00-11:45 am	Aqua Arthritis LINDA 10:00-10:45 am	Aqua Aerobics LINDA 10:00-10:45 am	
		Silver Sneakers@ Classic KELLY 11:00-11:45 am	Pilates Express KIMI 12:15-12:45 pm	Silver Sneakers@ Classic KELLY 11:00-11:45 am	★ Body Blitz KIMI 12:00-12:30 pm	
	<b>HAPPY MEMORIAL DAY</b>  <b>NO CLASSES 5/26</b>  	Total Body Blast ANGIE 12:00-12:45 pm		Gentle Restorative Yoga KELLY 12:15-1:00 pm <i>Gentle 5/1, 5/15 &amp; 5/29 Restorative 5/8 &amp; 5/22</i>	★ YO@ KIMI 12:35-1:05 pm	
		Silver Splash Aquafit ANGIE 4:30-5:15 pm		★ High Fitness@ KIMI 7:15-8:15 pm	★ Shuffke & Shine MARISSA 5:30-6:15 pm <i>NO CLASS 5/231</i>	
		Step Express KIMI 6:15-6:45 pm <i>NO CLASS 5/20 &amp; 5/27</i>				
	★ Cardio Sport @ KIMI 6:30-7:00 pm	★ \$\$ Active 8 MARISSA 6:30-7:15 pm		★ \$\$ Active 8 MARISSA 6:30-7:15 pm		

•BEST MOM EVER•

# WELLNESS CLASS DESCRIPTIONS

"Our classes are inclusive, with instructors providing base moves and add-ons for each exercise, giving you the flexibility to create a personalized experience that suits your body's needs on any given day."

## LAND BASED WELLNESS @ Ford Ave

### Gentle Restorative Yoga

This class accommodates a wide range of experience levels from beginners to seasoned yogis. The class is a balance between strength & flexibility while building endurance, improving your breathing and posture. Alternating weeks: one will be Gentle Yoga and the following will be Restorative Yoga.

**Restorative Yoga:** Find comfort in basic poses while being fully supported on props and blankets. We'll rest in each pose for 5-10 minutes allowing the body to relax and let go, leaving you feeling open, toned, and free from stress.

### SPINNING®

SPINNING® is the original group cycling class! No complicated moves to learn & a great low impact cardio workout! Maximize your efficiency while minimizing overtraining, burnout, and injury.

### Bikes-n-Bells

40 minutes of SPINNING® & 30 minutes of kettlebells. Cardio & total body strength training in 1 1/4 hour class.

### Strong Heart, Strong Body

Aerobic weight training, keeps your heart pumping in your target zone & while giving you the benefits of increased metabolism, fat loss, stronger bones, improving balance, & flexibility.

### Total Body Blast

A functional weight training, balance training, cardiovascular training, and flexibility training class. Maximizing muscular & cardiovascular endurance, increases energy, improves range of motion, & adds lean muscle mass.

### High @

High takes old-school aerobics to the next level with modern fitness techniques such as HIIT training, plyometrics, intervals of strength & cardio with music you love resulting in a high energy, INTENSE workout!

## WATER BASED WELLNESS @ Ford Ave

### Deep Water Aqua Fit

This no-impact class combines aerobic activity and muscle toning with an emphasis on core strengthening. Resistance equipment is used.

### Aqua Arthritis

Join us to maintain and increase your range of motion. Toning and flexibility exercises are specified by the Arthritis Foundation. The water's buoyancy and warmth help to decrease pain and stiffness while improving joint flexibility. Swimming skills are not required.

### Aqua Aerobics

Water aerobic exercise is a cardio workout combined with muscle toning activities to create a full-body limited impact workout. The class uses various formats, including equipment (noodles, hand buoys). Swimming ability is not required.

### Silver Splash/ Aqua Fit

A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

## EXPRESS FITNESS (30 MINUTES OR LESS) @ Ford Ave

### YO@

Discover the joy of choreographed stretching with Yo! This dynamic, yoga-inspired workout pairs modern music with stretches, strength, & balance exercises to enhance your overall health. Experience how regular stretching can transform your body & your life while grooving to your favorite tunes and breaking a sweat!

### Step Express

An upbeat step class resulting in an invigorating workout! Lots of options are offered so everyone leaves feeling successful.

### Tone@

30 minutes of intense fun, lower body focused, music driven, and low impact.

### Pilates Express

Pilates is a form of strength training which improves muscle tone, stability & endurance. You will perform a series of controlled movements with precision, for a total body workout.

### Ignite Circuit

This fast-paced bootcamp circuit features 1-minute intervals per exercise, combining strength, cardio, and endurance to maximize results in minimal time. Each round targets a different muscle group, keeping your heart rate up and your body challenged.

### Body Blitz

A dynamic, fat blasting workout at lunchtime! 25 minutes of high intensity, short intervals for increased overall strength targeting every muscle. Using dumbbells & body weight exercises you will blast calories, and increase strength.

### Cardio Sport@

Cardio Sport, also known as "The Workout of Sports", is a training method that aims to replicate the feeling of being in a game through purpose-driven activities. You will use a ball to run through drills that drive your heart rate up.

### Shuffle & Shine

Move, groove, and have a blast! This upbeat class teaches popular step-based routines like the Electric Slide, Cupid Shuffle, and more. Perfect for all levels, easy-to-follow moves set to great music, improve coordination, rhythm, and confidence. No partner needed. Just bring your energy and a smile! Last Friday of every month will be Sweat & Shred Glow Night.

## CLASSES @ The Southside Mall

### SilverSneakers®

SilverSneakers® Classic: Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.

### SilverSneakers® Yoga

SilverSneakers® Yoga: Seated and standing yoga poses to increase flexibility, balance and range of motion.