



ONEONTA FAMILY YMCA MARCH WELLNESS SCHEDULE ALL CLASSES FREE TO OUR MEMBERS

CHECK WITH YOUR INSTRUCTOR ABOUT SPECIALLY THEMED CLASSES FOR MARCH.



MONDAY	CLASS	INSTRUCTOR	LEVEL/INTENSITY
6:00-6:45am	Total Body Blast NO CLASS 3/4	Angie	Beginner- Intermediate (Moderate)
7:00-7:45am	Deep Water Aqua Fit (Pool)	Angie/Beth	Intermediate-Advanced (Senior Friendly/High)
9:15-10:00am	Aqua Aerobics (Pool)	Michelle	Intermediate (Senior Friendly Moderate)
9:15-10:00am	Spinning® (Limit 18)	Anna NO CLASS 3/4	Beginner-Advanced (Moderate- High)
9:15-10:15am	Senior Circuit	Kimi	Senior Friendly (Moderate- High)
12:15-12:45pm	Power 30	Kimi	Intermediate-Advanced (Moderate to High)
6:00-7:00pm	Zumba	Avalon	Beginner-Intermediate (Moderate)

TUESDAY	CLASS	INSTRUCTOR	LEVEL/INTENSITY
5:45-6:30am	Spinning® (Limit 18)	Heidi/Ryan	Beginner-Advanced (Moderate to High)
9:15 - 10:00 am	Precision Performance	Petrea	Intermediate-Advanced (Moderate to High)
9:15-10:00am	Aqua Arthritis (Pool)	Michelle	Beginner (Senior Friendly/Low)
10:30-11:30am	Silver Sneakers Classic	Kimi	Senior Friendly (Moderate)
11:45-12:30pm	Silver Sneakers Circuit NEW	Avalon (Limit 10)	Senior Friendly (Moderate to High , in Spin Studio)
12:15-1:00pm	Total Body Blast	Angie/Kimi	Beginner-Intermediate (Moderate)
1:15-2:00pm	Silver Sneakers BOOM Move	Avalon	Senior Friendly Intermediate (Moderate to High)
5:30-6:30pm	Silver Splash/Aqua Fit (Pool)	Tabatha/Angie	Beginner- Intermediate (Sr Friendly Moderate)

WEDNESDAY	CLASS	INSTRUCTOR	LEVEL/INTENSITY
6:00-6:45am	Ultimate Body Chisel	Heidi	Intermediate-Advanced (High Intensity)
7:00-7:45am	Deep Water Aqua Fit (Pool)	Angie	Intermediate-Advanced (Senior Friendly/High)
9:15-10:00am	Aqua Aerobics (Pool)	Michelle	Intermediate (Senior Friendly Moderate)
9:15-10:15am	Strong Heart Strong Body	Anna NO CLASS 3/6	Senior Friendly (Moderate- High)
10:30-11:30am	Chair Yoga	Kelly	Senior Friendly (Gentle/Low)
12:15-12:45pm	Circuit Breaker	Kimi	Intermediate-Advanced (High Intensity)
1:00-2:00pm	Silver Sneakers Classic NEW	Kimi	Senior Friendly (Moderate)
6:00-7:00pm	Zumba	Avalon	Beginner-Intermediate (Moderate)
6:00-6:45pm	Spinning® (Limit 18)	Gregg	Beginner-Advanced (Moderate to High)

Try our FREE to members Fit4Me Resistance Training App

Guest Flex Pass Pricing **Guest \$7.00 Sr. Guest (60+ yrs) \$5.00**



THURSDAY	CLASS	INSTRUCTOR	LEVEL/INTENSITY
5:45-6:30am	Spinning@ (Limit 18)	Ryan/Heidi	Beginner-Advanced (Moderate to High)
9:15-10:00am	Aqua Arthritis (Pool)	Michelle	Beginner (Senior Friendly/Low)
9:00-10:15am	Bikes-n-Bells (Limit 18)	Anna NO CLASS 3/7	Intermediate-Advanced (Moderate-High)
10:30-11:30am	Silver Sneakers Classic	Tabatha/Kimi	Senior Friendly (Moderate)
12:00-1:00pm	Restorative Yoga	Tabatha/Kelly	Restorative (Gentle/Low)
1:15-2:00pm	Silver Sneakers BOOM Move	Avalon	Senior Friendly Intermediate (Moderate to High)
4:30-5:30pm	Beginner Aerial Yoga (Limit 4) Must Register	Vanessa	Beginner-Intermediate (Moderate)
5:30-6:30pm	Silver Splash/Aqua Fit (Pool)	Tabatha/Angie	Beginner-Intermediate (Sr Friendly/Moderate)
5:45-6:30pm	Advanced TRX Power	Michelle	Intermediate-Advanced (High)
6:00-7:00pm	Spinning@ (Limit 18)	Gregg	Beginner-Advanced (Moderate-High)
7:15-8:15pm	High Fitness@	Kimi	Intermediate-Advanced (High)

FRIDAY	CLASS	INSTRUCTOR	LEVEL/INTENSITY
7:00-7:45am	Deep Water Aqua Fit (Pool)	Beth	Intermediate-Advanced (Senior Friendly/High)
9:15-10:00am	Aqua Aerobics (Pool)	Tabatha/Michelle	Intermediate (Senior Friendly Moderate)
9:15-10:00am	Spinning@ (Limit 18)	Anna NO CLASS 3/8	Beginner-Advanced (Moderate-High)
10:00 - 10:30am	Aqua Stretch (Pool)	Michelle	Beginner (Senior Friendly/Low)
10:30-11:15am	Silver Sneakers Chair Yoga	Kelly	Senior Friendly (Gentle/Low)
12:15-1:00pm	Blended Yoga	Kelly	Beginner-Intermediate (Moderate)

SATURDAY	CLASS	INSTRUCTOR	LEVEL
10:00-11:00am	High Fitness @ NO CLASS 3/9	Kimi	Intermediate-Advanced (High)
11:15-12:00pm	Beginner TRX NO CLASS 3/9	Michelle	Beginner-Intermediate (Moderate)
12:00-12:45pm	MORE Beginner TRX NO CLASS 3/9	Michelle	Beginner-Intermediate (Moderate)

Fragrances: Please be mindful that many people have sensitivities to fragrances and essential oils. If an instructor plans on offering essential oils or scented eye pillows during a class, such as Restorative Yoga, participants will be asked prior to offering. Please use fragrances sparingly for everyone's comfort.

Specialty Classes: These classes usually follow a different format than other classes on the schedule, usually require registration, usually a fee for Members and Public and you will be charged a fee if you fail to show for class. See the Welcome Center for program specific flyers:

- Stand Up Paddleboard Yoga
- Restorative Aerial Yoga
- Tai Chi

Guest Flex Pass Pricing

Bring your friends to join the fun!!!

Guest \$7.00

Sr. Public (60+ yrs) \$5.00

- Each FLEX pass is good for one wellness class at the Oneonta Family YMCA.
- FLEX passes do NOT guarantee a spot in the classes, some classes are limited in size.
- Members are given precedence over non-members if a class becomes full.
- Silver Sneakers Members are given precedence in Silver Sneakers classes due to the Silver Sneakers contract.

Please note all classes & Instructors are subject to change