



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

December 24 **Closing @ 2:00pm** December 31 **Closing @ 3:00pm**
December 25 **CLOSED Christmas** January 1 **CLOSED New Years Day**

[REGISTER FOR THE 12/31/2018 FROSTBITE 5K @](#)

MONDAY	CLASS See notes in box above 12/24 & 12/31	INSTRUCTOR	LEVEL/INTENSITY
6:00-6:45am	Total Body Blast	Angie No class 12/31	Beginner- Intermediate (Moderate)
7:00-7:45am	Deep Water Aqua Fit (Pool)	Angie No class 12/31	Intermediate-Advanced (Senior Friendly/High)
9:15-10:00am	Aqua Aerobics (Pool)	Lauren	Intermediate (Senior Friendly Moderate)
9:15-10:00am	Spinning® (Limit 18)	Anna No class 12/24 & 12/31	Beginner-Advanced (Moderate- High)
9:15-10:15am	Senior Circuit	Kimi No class 12/24	Senior Friendly (Moderate- High)
12:15-12:45pm	Power 30	Kimi No class 12/24	Intermediate-Advanced (Moderate to High)
6:00-7:00pm	Zumba	Lisa No class 12/24 & 12/31	Beginner-Intermediate (Moderate)
5:30-6:15pm	Spinning® (Limit 18)	Various No class 12/24 & 12/31	Beginner-Advanced (Moderate to High)
TUESDAY	CLASS CLOSED 12/25 & 1/1	INSTRUCTOR	LEVEL/INTENSITY
5:45-6:30am	Spinning® (Limit 18)	Heidi	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)
12:15-1:00pm	Total Body Blast	Angie/Kimi	Beginner-Intermediate (Moderate)
1:15-1:45pm	Silver Sneakers BOOM Move	Avalon	Senior Friendly Intermediate (Moderate to High)
5:30-6:30pm	Silver Splash/Aqua Fit (Pool)	Tabatha	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)
9:15-10:15am	Aqua Aerobics (Pool)	Lauren	Intermediate (Senior Friendly Moderate)
9:15-10:15am	Strong Heart Strong Body	Anna	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)
3:30-4:00pm	Tai Chi Practice	Arlana	Senior Friendly (Gentle) 8 WEEK PROGRAM PARTICIPANTS ONLY
6:00-7:00pm	Zumba	Avalon	Beginner-Intermediate (Moderate)
5:30-6:15pm	Spinning® (Limit 18)	Various	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	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	Intermediate-Advanced (Moderate-High)
10:30-11:30am	Silver Sneakers Classic	Tabatha	Senior Friendly (Moderate)
12:00-1:00pm	Restorative Yoga	Tabatha	Restorative (Gentle/Low)
1:15-1:45pm	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) NEW
5:30-6:30pm	Silver Splash/Aqua Fit (Pool)	Tabatha	Beginner-Intermediate (Sr Friendly/Moderate)
5:45-6:30pm	Advanced TRX Power	Michelle	Intermediate-Advanced (High)
6:00-7:00pm	Spinning@ (Limit 18) NEW	Gregg	Beginner-Advanced (Moderate-High)
7:15-8:15pm	High! NEW	Kimi	Intermediate-Advanced (High)

FRIDAY	CLASS	INSTRUCTOR	LEVEL/INTENSITY
7:00-7:45am	Deep Water Aqua Fit (Pool)	Beth	Intermediate-Advanced (Senior Friendly/High)
9:15-10:15am	Aqua Aerobics (Pool)	Lauren	Intermediate (Senior Friendly Moderate)
9:15-10:00am	Spinning@ (Limit 18)	Anna	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
9:30-10:00am	Tai Chi Practice	Arlana	Senior Friendly (Gentle) 8 WEEK PROGRAM PARTICIPANTS ONLY
10:00-11:00am	High! NEW	Kimi	Intermediate-Advanced (High)
11:15-12:00pm	Beginner TRX	Michelle	Beginner-Intermediate (Moderate)
12:00-12:45pm	MORE Beginner TRX NEW	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

Class Music: Play lists are created to guide the pace and feel of the class. Higher intensity classes will have louder music and appropriate BPM (beats per minute) to achieve the desired work out. Instructors wear microphones so that participants can hear cues.

Class size limits: These classes can accommodate a limited number of participants but are drop in. First come 1st serve basis and members get precedence.

- Spinning@ Limit 18
- TRX@ Classes Limit 7
- Restorative Yoga Limit 15
- Tai Chi Limit 18 REGISTRATION REQUIRED
- Aerial Yoga Limit 4 REGISTRATION REQUIRED

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.**

Classes with less than 4 participants may be cancelled, so if you love your class and instructor bring your friends!