



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

It's healthy heart month! Join us for some heart pumping fun and work on strengthening this very important muscle!



MONDAY	CLASS	INSTRUCTOR	LEVEL/INTENSITY
6:00-6:45am	Total Body Blast	Angie	Beginner- Intermediate (Moderate)
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)
9:15-10:00am	Spinning® (Limit 18)	Anna	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	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)
11:30-12:15	Senior Cardio NEW	Avalon	Senior Friendly (Moderate to High)
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	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	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)
5:30-6:15pm	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

FEBRUARY FITNESS CHALLENGE! 2/1-2/28

Classes with less than 4 participants may be cancelled, so bring your friends to keep your favorite class on the

Expresso's Rally For The Y Challenge. Where every mile you ride counts and Expresso donates \$.10 a mile to our Y! Ask us how or visit www.oneontaymca.org to support or ride!

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)
1:15-2:00pm	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	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@ NO CLASS 2/14	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	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
10:00-11:00am	High Fitness @	Kimi	Intermediate-Advanced (High)
11:15-12:00pm	Beginner TRX	Michelle	Beginner-Intermediate (Moderate)
12:00-12:45pm	MORE Beginner TRX	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.

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

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****

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.