













FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE FALL 2017

## September 11 - December 29, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 - 7:00 a.m. Y-Cycling <i>Linda</i>	7:00 - 8:00 a.m. Good Morning Yoga <i>Conny</i>	6:00 - 7:00 a.m. Y-Cycling <i>Linda</i>	7:00 - 8:00 a.m. Good Morning Yoga <i>Conny</i>	7:45 - 8:45 a.m. Y-Cycling <i>Dan</i>
7:00 - 8:00 a.m. Good Morning Yoga <i>Conny</i>	9:00 - 10:00 a.m. Interval Training <i>Susan</i>	9:00 - 10:00 a.m. Cardio Fusion <i>Tamera</i>	9:00 - 10:00 a.m. Pilates on the Mat <i>Jane</i>	9:00 - 10:00 a.m. Cardio Fusion <i>Sophie</i>	9:00 - 10:00 a.m. Pilates/Yoga Fusion <i>Conny</i>
9:00 - 10:00 a.m. Cardio Step <i>Tamera</i>	10:15 - 11:15 a.m. Forever Fit <i>Tamera</i>	10:15 - 11:15 a.m. Dynamic Definition <i>Tamera</i>	10:15 - 11:15 a.m. Zumba <i>Tamera</i>		10:15 - 11:00 a.m. Country Heat LIVE <i>Cari-Anne</i> Begins Nov. 11
10:15 - 11:15 a.m. Dynamic Definition <i>Tamera</i>	11:30 - 12:15 p.m. Zumba Basic <i>Sheri</i>	11:30 - 12:30 p.m. Pilates/Yoga Fusion <i>Conny</i>	11:30 - 12:30 p.m. Line Dancing <i>Debbie</i> Begins Nov. 2	11:30 - 12:00 p.m. Balanced Fitness <i>Anne</i>	11:15 - 12:15 p.m. Tai Chi <i>Dave</i>
11:30 - 12:00 p.m. Balanced Fitness <i>Anne</i>	12:30 - 1:20 p.m. Petite Ballet <i>Michele</i>				
2:00 - 3:00 p.m. Lifetime Fitness <i>Tamera</i>	1:30 - 2:30 p.m. Line Dancing Basics <i>Debbie</i> Begins Nov. 7	2:00 - 3:00 p.m. Lifetime Fitness <i>Tamera</i>		2:00 - 3:00 p.m. Lifetime Fitness <i>Tamera</i>	2:30 - 3:30 p.m. Junior Ballet <i>Michele</i>
4:30 - 5:00 p.m. Body By Hoop <i>Judith</i>	4:00 - 5:00 p.m. Hatha Yoga <i>Polly</i>	4:00 - 5:00 p.m. Country Heat Plus Core Strengthening <i>Cari-Anne</i> Begins Nov. 8	4:00 - 5:00 p.m. Yin Yoga <i>Dawn</i>	4:30 - 5:30 p.m. Zumba <i>Tamera</i>	All classes are held in the Wellness Room unless otherwise noted
5:10 - 5:40 p.m. HIIT <i>Sophie</i>	5:10 - 6:10 p.m. Cardio Step <i>Tamera</i>	5:15 - 6:15 p.m. Cardio Fusion <i>Sophie</i>	5:15 - 6:15 p.m. Challenge <i>Glen</i>	<b>Note:</b> Specialty Classes Require Registration	Class Schedule is subject to change if minimum enrollment is not met
5:45 - 6:15 p.m. Core Training <i>Sophie</i>	6:15 - 7:15 p.m. Vinyasa Flow Yoga <i>Amy</i>			<b>FACILITY HOURS</b>	
6:30 - 7:30 p.m. Y-Cycling <i>Serena</i>		6:30 - 7:30 p.m. Y-Cycling <i>Monet</i>	6:45 - 7:45 p.m. Y-Cycling <i>Robyn</i> Begins Dec. 7	Monday-Thursday Friday Saturday Sunday	5:00 a.m. - 9:00 p.m. 5:00 a.m. - 6:00 p.m. 7:30 a.m. - 5:00 p.m. Noon - 5:00 p.m.

### General Fitness Classes

**Annual Members:**  
All Classes INCLUDED in your Annual Membership!

**S** = Denotes Specialty Class. Dates vary. Please see individual class description for specific dates and pricing.

### 3 - Month & Non - Members Adult Pricing:

\$110 12 week session card, unlimited classes\*

\$84 12 Class card\*

\$10 Drop in fee - per 60 min class

\$6 Drop in fee - 30/45min class

\*12 week class card: Please take card with you to each class. Instructor will punch card when class starts.

\*\*Unused or lost cards are non-refundable

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TAMERA BLADES  
FITNESS@WALDOCOUNTYYMCA.ORG



## **GENERAL FITNESS CLASSES**

### **Balanced Fitness** 30 min. *Anne Rothrock*

A comfortable atmosphere for having fun, while improving flexibility, muscle tone, coordination, balance, heart & lung capacity.

### **Bellydance Workout** 60 min. *Wendy Kasten*

Come and see how much fun it can be to work your core in this 8 week progressive session!

### **Body By Hoop** 30 min. *Judith Tingley*

Learn how to use a weighted hula hoop to whittle your waist and tone your thighs & arms!

### **Cardio Fusion** 60 min. *Tamera Blades/ Sophie Pfander*

Workouts will incorporate step, hi/lo aerobics, kickboxing, intervals and ab work.

### **Cardio Step** 60 min. *Tamera Blades*

A high energy aerobic workout using step platform, includes ab work & stretching.

### **Challenge** 60 min. *Glen Veevaert*

A mix of aerobics, agility, strength/core. Options for all levels of intensity & impact.

### **Core Training** 30 min. *Sophie Pfander*

Exercises for the abs, back, glutes & thighs.

### **Country Heat LIVE** 45 and 60 min. *Cari-Anne Higgins*

This is truly a dance workout anyone can do because the moves are so simple to pick up. Two classes available - the Wednesday class includes 15mins of additional core strengthening.

### **Dynamic Definition** 60 min. *Tamera Blades*

Work your entire body in full range resistance exercises that increase strength, muscle tone, & flexibility.

### **Forever Fit** 60 min. *Tamera Blades*

Low-impact aerobics, muscle strengthening & stretching.

### **Good Morning Yoga** 60 min. *Conny Hatch*

An all-levels class, beginners welcome!

### **Hatha Yoga** 60 min. *Polly Ireland*

An all-levels class that stresses safe alignment and balances strength with flexibility.

### **HIIT** 30 min. *Sophie Pfander*

High intensity interval training.

### **Interval Training** 60 min. *Susan Wieman*

Raise your heart rate with a mixture of hi/low aerobics, step aerobics, strength training, ab work, and stretching.

### **Lifetime Fitness** 60 min. *Tamera Blades*

Age 50+ or beginners. It includes stretches, low-level aerobics, optional chair exercises, strengthening and relaxation. Improve flexibility, muscle tone, coordination, balance, heart & lungs.

### **Pilates on the Mat** 60 min. *Jane Veevaert*

Learn creative ways to isolate, strengthen and stretch every muscle of the body in a functional and effective way.

### **Pilates/Yoga Fusion** 60 min. *Conny Hatch*

This class, using a stability ball, combines the core-strengthening and breath work of Pilates with focus on alignment and full-body awareness of Yoga.

### **Zumba Basic** 45 min. *Sheri McHenry*

A fitness program specifically designed to take the exciting Latin and international dance rhythms created in the original Zumba and bring them to the Active Older Adult or beginner participant. Easy, fun and effective form of dance fitness!

### **Tai Chi** 60 min. *Dave Hurley*

A soft, non-violent martial art that brings relaxation and develops coordination and balance. All levels welcome!

### **Vinyasa Flow Yoga** 60 min. *Amy Bird*

Using a combined art and wisdom from Yoga, Physical Therapy, Pilates, and Dynamic Stretching, this class offers a fresh perspective on functional fitness. With an emphasis on improving core strength, balance, coordination, range of motion, breathe, awareness, and mind and body proprioception.

### **Yin Yoga** 60 min. *Dawn Preston-Alden*

This practice is designed to help you sit longer, and more comfortably, in meditation by stretching connective tissue around the joints (mainly the knees, pelvis, sacrum and spine). A passive practice, Yin Yoga involves variations of seated and supine poses typically held for 3 to 5 minutes, accessing deeper levels of fascia.

### **Zumba** 60 min. *Tamera Blades*

Dance steps are taken from salsa, cha cha, samba, tango, merengue, add hints of flamenco, calypso, hip-hop and belly dancing.

## **SPECIALTY FITNESS CLASSES**

**S** = Specialty Classes require registration at our Front Desk.

### **S Indoor Y-Cycling** *Instructors vary*

**(Classes must be prepaid in order to register. No refunds.)**

The Y-Cycling program will help make your fitness goals a reality. You will get a heart pounding, low impact workout, regardless of your fitness level.

### **S Line Dancing** *Debbie Pennesi*

Step by step line dances will be taught with precise and patient instruction. This is a form of dance for all abilities and ages and does not require a partner. You will learn popular line dances along with the classics, focusing mainly on country with some pop music thrown in for fun!

**Date:** November 2 - December 14, 2017

**Location:** Waldo County YMCA Wellness Room

**Day & Time Class 1:** Thursdays, 11:30 a.m. - 12:30 p.m. (intermed)

**Date:** November 7 - December 12, 2017

**Location:** Waldo County YMCA Wellness Room

**Day & Time Class 2:** Tuesdays 1:30 - 2:30 p.m. (beginner)

**Fee for 1 class per week:** \$25 Annual Members

\$35 3-Month & Non-Members

### **S Petite Ballet Dancers (for ages 3 - 5)** *Michele Cox*

Inspired by the classics, the program introduces basic ballet, folk and character steps to the younger dance. Princes & Princesses welcome!

**Date:** **Fall Session 1:** September 12 - October 17, 2017

**Fall Session 2:** October 24 - November 28, 2017

**Location:** Waldo County YMCA Wellness Room

**Day & Time:** Tuesdays, 12:30 p.m. - 1:20 p.m.

**Fee:** \$40 Annual Members

\$60 3-Month & Non-Members

### **S Junior Ballet (for ages 5 - 8)** *Michele Cox*

Where it all begins for ages 5 - 8! Participants will learn foot positions, connecting turns and 3-part jump combinations.

**Date:** **Fall Session 1:** September 16 - October 21, 2017

**Fall Session 2:** October 28 - December 2, 2017

**Location:** Waldo County YMCA Wellness Room

**Day & Time:** Saturdays, 2:30 p.m. - 3:30 p.m.

**Fee:** \$40 Annual Members

\$60 3-Month & Non-Members