



**ANNUAL MEMBER BENEFIT!**  
Most group exercise classes are included with your membership.

# WALDO COUNTY YMCA GROUP EXERCISE CLASSES

Oct. 9 - Dec. 30, 2023

Subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:15 - 9:15 a.m. Y-CYCLING Dan (begins 11/4)
8:15 - 9:00 a.m. GOING STRONG Anne	7:00 - 8:00 a.m. HYBRID BARRE Susan	8:15 - 9:00 a.m. GOING STRONG Anne	7:45 - 8:45 a.m. PILATES Jane	8:15 - 9:00 a.m. GOING STRONG Anne	
9:15 - 10:15 a.m. TAI CHI Dave CR	8:15 - 9:15 a.m. Y-CYCLING Dan (begins 11/7)	9:15 - 10:15 a.m. CHAIR YOGA CR Janneke	9:00 - 10:15 POWER YOGA Amy	9:15 - 10:15 a.m. BODY SCULPTING Sophie	9:30 - 10:30 a.m. ZUMBA Kristen
9:15 - 10:15 a.m. DYNAMIC DEFINITION Tamera		9:15 - 10:15a.m. DYNAMIC DEFINITION Tamera	10:30 - 11:00 Beginner Line Dance Debbie	10:30 - 11:30 a.m. DANCE BEATS Rita	
	11:00- 12:00 DANCE BEATS Rita	10:30 - 11:30 ZUMBA Kristen	11:00 - 12:00 Beyond the Basics Line Dance Debbie		
2:00 - 3:00 p.m. LIFETIME FITNESS Tamera	2:00 - 3:00 p.m. DP BOOSTER CLUB Kristen	2:00 - 3:00 p.m. LIFETIME FITNESS Sophie		2:00 - 3:00 p.m. LIFETIME FITNESS Tamera	
3:45 - 4:15 ZUMBA KIDZ	3:45 - 4:45 p.m. GENTLE YOGA Janneke		4:00 - 5:00 p.m. YIN YOGA Dawn	4:30 - 5:30 p.m. DANCE FITNESS Rebecca	
	5:30 - 6:30 p.m. ZUMBA Chelsey	5:00 - 5:30 p.m. HIIT 5:30 - 6:00 p.m. CORE Sophie			
5:00 - 6:15 p.m. POWER YOGA Amy					
6:30 - 7:30 p.m. Y-CYCLING Serena (begins 11/6)	6:45 - 7:45 p.m. Y-CYCLING Monet (begins 11/28)		6:30 - 7:30 p.m. Y-CYCLING John (begins 11/8)		

**START DATES:**  
Look for the specific date of classes beginning throughout the month.  
You must belong to our Y Fitness FB group for FB Live classes (see back).

- = additional fee
- = in person & on FB Live
- = zoom
- = in Community Room

**Helpful Information:**

- Classes in white boxes are held in our Wellness Room. They may also be available virtually via FB Live (shaded blue) or Zoom shaded yellow.
- Participants may register two weeks prior to the start of any program except cycling.
- Instructors & class times are subject to change.
- Must be ages 14 & up to participate in a General Fitness Class.
- Specialty classes are in pink boxes and have an additional fee.
  - ⇒ Class fee must be paid before attending classes
- See reverse side for additional pricing options to join a class.

**ADDITIONAL PRICING OPTIONS TO JOIN A CLASS:**

- **3-Month & Non-Member Pricing:**
  - ⇒ \$110 - 12 week session
  - ⇒ \$ 84 - 12-Class Card - Instructor will punch the card for each class. Cards are non-refundable.
- **Drop in Pricing:**
  - ⇒ \$10 - per 60 min. class
  - ⇒ \$ 8 - per 45 min. class
  - ⇒ \$ 6 - per 30 min. class

## GROUP EXERCISE EXERCISE CLASSES DESCRIPTIONS

**BODY SCULPTING** (60 min. Sophie Pfander) Full body strength training with dumbbells, bands, step platform, or stability ball. Work every major muscle group and boost your metabolism!

**CHAIR YOGA** (60 min. Janneke Zaadstra in the Community Room)

**CORE TRAINING** (30 min. Sophie Pfander) Exercises for the abs, back, glutes & thighs.

**DANCE BEATS** (60 min. Rita Swidrowski) A variety of dance rhythms created for the Active Older Adult or beginner participant. Easy, fun & effective form of dance fitness!

**DANCE FITNESS** (60 min. Rebecca Loveland) Choreographed dance routines are good for your physical and mental health.

**DYNAMIC DEFINITION** (60 min. Tamera Blades) Work your entire body in full range resistance exercises that increase strength, muscle tone & flexibility.

**GENTLE YOGA** (60 min. Janneke Zaadstra) This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility.

**GOING STRONG** (45 min. Anne Rothrock) Blending balance, strength, and movement. Movement that matters for active daily living.

**HIIT** (30 min. Sophie Pfander) High intensity interval training. Burn fat and improve your cardiovascular fitness!

**HYBRID BARRE** (60 min. Susan Wieman): Ballet inspired moves with elements of Pilates, yoga, strength training and aerobics.

**LIFETIME FITNESS** (60 min. Tamera Blades/Sophie Pfander) Age 50+ or beginners. Includes aerobics, muscle strengthening, and stretching. Improve flexibility, muscle tone, coordination, balance, heart & lung efficiency.

**PILATES** (60 min. Jane Veevaert) Learn creative ways to isolate, strengthen and stretch every muscle of the body in a functional and effective way. Pilates exercises will enhance core strength and promote flexibility and muscular control.

**POWER YOGA** (75 min. Amy Bird) Increase strength and balance.

**TAI CHI** (60 min. Dave Hurley) held in the Community Room) Learn a slow flow sequence.

**YIN YOGA** (60 min. Dawn Preston) 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). This passive practice, involves variations of seated and supine poses typically held for 3 to 5 minutes, accessing deeper levels of fascia.

**ZUMBA** (60 min. Kristen Klenk/Chelsey Effinger) Includes dance steps from salsa, cha cha, samba, merengue, cumbia, with added hints of calypso, hip hop and belly dancing.

### SPECIALTY CLASS DESCRIPTIONS:

**INDOOR Y-CYCLING** (60 min. Instructors vary): Make your fitness goals a reality with a heart pounding, low impact workout, regardless of your fitness level. Call 207.338.4598 **Fee:** \$5 Annual Member / \$10 - 3 Month & Non Member

**LINE DANCING** (Debbie Pennesi) 2 levels of classes available! This is a form of dance for all abilities and ages and does not require a partner. You will learn popular line dances step by step, focusing mainly on country with some pop music thrown in for fun! Step by step line dances with precise and patient instructions. *(Minimum of 6 participants to hold class) Autumn Session: Nov. 9- Dec. 21*

**BEGINNER LINE DANCING** (30 min.): **THURSDAY 10:30 - 11:00** \$8 Annual Member / \$12 - 3 Month & Non Member

**BEYOND THE BASICS LINE DANCING** (60 min.): **THURSDAY 11:00 - 12:00** \$25 Annual Member / \$35 - 3 Month & Non Member

**DP BOOSTER CLUB** (60 min.): For those who have completed the YMCA Prevent T2 program. Meet the first Tuesday of each month.

### WCY GROUP EXERCISE FACEBOOK GROUP

We have created a private Facebook Group Fitness page to help connect further with our Annual Members. We are posting live classes (that can be viewed over and over) plus tips and encouragement to help further your fitness journey.