



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

WALDO COUNTY YMCA GROUP EXERCISE CLASSES

Sept. 5 - Oct. 9, 2023
Subject to change.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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 (Starts 9/18)		9:15 - 10:15 a.m. CHAIR YOGA Janneke CR	9:00 - 10:15 a.m. POWER YOGA Amy	9:15 - 10:15 a.m. BODY SCULPTING Sophie	9:00 - 10:00 a.m. ZUMBA Kristen
9:15 - 10:00 a.m. CARDIO FUSION Tamera (ends 10/9)		9:15 - 10:15 a.m. DYNAMIC DEFINITION Tamera	10:30 - 11:00 Beginner LINE DANCE Debbie	10:30 - 11:30 a.m. DANCE BEATS Rita	
10:15 - 11:15 a.m. DYNAMIC DEFINITION Tamera	11:00 - 12:00 DANCE BEATS Rita	10:30 - 11:45 p.m. ZUMBA® Tamera / Kristen W.R. & Zoom	11:00 - 12:00 Beyond Basic LINE DANCE Debbie		
2:00 - 3:00 p.m. LIFETIME FITNESS Tamera	2:00 - 3:00 p.m. PREVENT T2 Kristen	2:00 - 3:00 p.m. LIFETIME FITNESS Sophie		2:00 - 3:00 p.m. LIFETIME FITNESS Tamera	

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).

Zoom login information from Wellness Dept.

3:45 - 4:45 p.m. GENTLE YOGA Janneke	4:00 - 4:45 p.m. ZUMBA TOGETHER Kristen	3:45 - 4:45 BELLY DANCE p.m. Wendy (ends 10/11)	3:45 - 4:45 p.m. YIN YOGA Dawn	4:30 - 5:30 ZUMBA PRACTICE	<p>■ = additional fee</p> <p>■ = in person & on FB Live</p> <p>■ = in person & on Zoom</p> <p>■ = in community room</p>
5:30 - 6:30 p.m. ZUMBA Chelsey	5:00 - 6:00 p.m. CARDIO FUSION Tamera (ends 10/3)	5:00 - 5:30 p.m. HIIT 5:30 - 6:00 p.m. CORE TRAINING Sophie	5:15 - 6:15 p.m. Intro to Capoeira Ages 5- 10 (ends 11/2)		
			6:30 - 7:30 p.m. Intro to Capoeira ages 11+ (ends 11/2)		

Helpful Information:

- Classes are held in our Wellness Room. They may also be available virtually via FB Live (shaded blue) or Zoom (listed).
- 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 green box and have an additional fee.
 - ⇒ Class fee must be paid before attending classes, bring receipt of payment for class admittance.
- 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 CLASSES DESCRIPTIONS

CARDIO FUSION (45 min. Tamera Blades) Step, hi/lo aerobics, intervals and ab work.

CHAIR YOGA (60 min. Janneke Zaadstra held in 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!

DYNAMIC DEFINITION & BODY SCULPTING (60 min. Tamera Blades/Sophie Pfander) 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.

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.

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

POWER YOGA (70 min. Amy Bird) Increase your strength with your own body weight.

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

ZUMBA TOGETHER (45 min. Kristen Klenk) A dance class for all ages. A fun time for parents and children to dance together.

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SPECIALTY CLASS DESCRIPTIONS:

INTRO TO CAPOEIRA Brazilian martial art that blends acrobatics, dance, and music.

Led by expert instructors, this introductory 8-week course will introduce participants of all fitness levels to the fundamentals of Capoeira, from basic movements and kicks to the rhythmic beats of traditional instruments. Discover the joy of this dynamic art form while improving strength, flexibility, coordination, and rhythm. **DATES:** Sept. 14 – Nov. 2
FEE: \$40 Annual Members / \$64 - 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 I: Sept. 14 - Oct. 19 Autumn Session II: Oct. 26 - Dec. 7**

- **BEGINNER LINE DANCING** (30 min.) Thursdays 10:30- 11:00 a.m.

FEE: \$8 Annual Member / \$12 - 3 Month & Non Member

- **BEYOND THE BASICS LINE DANCING** (60 min.): 11:00 - 12:00

FEE: \$25 Annual Member / \$35 - 3 Month & Non Member

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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.

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