



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

WALDO COUNTY YMCA GROUP EXERCISE CLASSES

Jan. 2 – March 25, 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

8:15 – 9:00 a.m. GOING STRONG	7:00 – 8:00 a.m. HYBRID BARRE	8:15 – 9:00 a.m. GOING STRONG	7:45 – 8:45 a.m. PILATES	8:15 – 9:00 a.m. GOING STRONG	8:15 – 9:15 a.m. Y-CYCLING Dan
9:15 – 10:15 a.m. TAI CHI Dave	8:15 – 9:15 a.m. Y-Cycling Dan	9:15 – 10:15 a.m. GENTLE YOGA Janneke		9:15 – 10:15 a.m. BODY SCULPTING	9:30 – 10:30 a.m. ZUMBA Kristen
10:30 – 11:30 a.m. DYNAMIC DEFINITION Tamera	9:30 – 10:45 a.m. YOGA W/WEIGHTS Amy	10:30 – 11:30 a.m. DYNAMIC DEFINITION Tamera	10:30 – 11:00 a.m. BEGINNER LINE DANCING Debbie	10:30 – 11:45 a.m. POWER YOGA Amy	
	11:00 – 11:45a.m. DANCE BEATS Rita	11:45 – 1:00p.m. ZUMBA® Tamera / Kristen W.R. & Zoom	11:00 – Noon BEYOND THE BASICS LINE DANCING 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	
4:00 – 4:45 p.m. ZUMBA TOGETHER	3:45 – 4:45 p.m. GENTLE YOGA		4:00 – 5:00 p.m. YIN YOGA	4:30 – 5:30 p.m. ZUMBA Tamera	
5:00 – 5:30 p.m. HIIT / Sophie	5:00 – 6:00 p.m. CARDIO STEP FUSION Tamera	5:15 – 6:15 p.m. TAI CHI FOR HEALTH Julie begins 3/8	5:30 – 6:30 p.m. ZUMBA Chelsey begins 3/2)		
5:30 – 6:00 p.m. CORE TRAINING					
6:30 – 7:30 p.m. Y-CYCLING Serena	6:15 – 7:15 p.m. Y-Cycling Monet		6:45 – 7:45 p.m. Y-CYCLING John		

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 available at our Front Desk.



= additional fee
= in person & on FB Live

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.

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

CARDIO STEP FUSION (60 min. Tamera Blades): Step, hi/lo aerobics, kickboxing, intervals and ab work.

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

DANCE BEATS (45 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 or 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 for active daily living.

HIIT (30 min. Sophie Pfander): High intensity interval training.

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

LIFETIME FITNESS (60 min. Tamera Blades or 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) The slow choreographed movements increase grace, balance, and strength. The class will focus on the first section of the Yang style (about 17 movements)

TAI CHI FOR HEALTHY (60 min. Julie Daigle) A gentle way to improve your physical and mental fitness, to learn how to move mindfully using a system based in techniques that have been around for thousands of years, and to use practices that build relaxation, focus and attention. The benefits cross all age boundaries and fitness levels.

YOGA WITH WEIGHTS & POWER YOGA (75 Min. Amy Bird) Increase strength and balance.

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. Tamera Blades or Kristen Klenk): Includes dance steps from salsa, cha cha, samba, merengue, cumbia, with added hints of calypso, hip hop and belly dancing.

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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 to sign up for classes

In person classes require additional fee of: \$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)*

Winter Session 2: March 9 – April 13

- BEGINNER LINE DANCING (30 min.) Thursdays 10:30 – 11:00 a.m. \$8 Annual Member / \$12 – 3 Month & Non Member
- BEYOND THE BASICS LINE DANCING (60 min.): 11:00 – 12:00 \$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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