



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

WALDO COUNTY YMCA GROUP EXERCISE CLASSES

SUMMER Session July 5 - Sept. 30 2022
Subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 - 9:00 a.m. GOING STRONG Anne W.R. & Zoom	7:00 - 8:00 a.m. HYBRID BARRE Susan	8:15 - 9:00 a.m. GOING STRONG Anne W.R. & Zoom	7:45 - 8:45 a.m. PILATES Jane	8:15 - 9:00 a.m. GOING STRONG Anne W.R. & Zoom	
			9:00 - 10:00 a.m. TAI CHI Craig	9:15 - 10:15 a.m. Cardio Fusion Sophie	9:00 - 10:00 a.m. ZUMBA Kristen
10:00 - 11:00 a.m. DYNAMIC DEFINITION Tamera		10:00 - 11:00 a.m. DYNAMIC DEFINITION Tamera		10:30 - 11:30 a.m. GENTLE YOGA Janneke	
		11:30 - 12:45 p.m. ZUMBA® Tamera / Kristen			
2:00 - 3:00 p.m. LIFETIME FITNESS Tamera		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 Kristen	3:45 - 4:45 p.m. GENTLE YOGA Janneke	4:00 - 5:00 p.m. GYROKINESIS Jennifer	4:00 - 5:00 p.m. YIN YOGA Dawn	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. FUNCTIONAL FITNESS Jane	5:15 - 6:15 p.m. SUMMER BOOTCAMP Vicki		
5:30 - 6:00 p.m. CORE TRAINING Sophie					

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.
- 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

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. Sheri McHenry): A variety of dance rhythms created for the Active Older Adult or beginner participant. Easy, fun & effective form of dance fitness!

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

FUNCTIONAL FITNESS (60 min. Jane Veevaert) A mix of cardio, strength and Pilates.

GENTLE YOGA (60 min. Janneke Zaadstra): Simple flowing sequence focusing on alignment, posture, balance, flexibility.

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

GYROKINESIS (60 min. Jennifer Samway): Gyrokinesis is circular movement through breath that rejuvenates the body, decompresses the spine and brings stability to the core. It's a gentle, stretchy class performed mainly on a stool with some time spent on a mat and/or standing.

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 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.

SUMMER BOOTCAMP (60 min. Vicki Tri) This Class will mix traditional calisthenics, body weight exercises, kickboxing, strength and core exercises. This format will push each individual out of their comfort zone. A variety of intensity levels will be demonstrated so each participant is successful at their fitness level. Beginners to athletes are welcome to join.

YIN YOGA (60 min. Dawn Preston) Designed to help you sit longer, and more comfortably, in meditation by stretching connective tissue around the joints. This passive practice involves variations of seated and supine poses typically held 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,

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SPECIALTY CLASS DESCRIPTIONS:

TAI CHI (60 min. Craig Butler): Learn the traditional Yang-style "long" form. The slow and measured movements of taiji stress physical awareness and equilibrium, as well as coordinated breathing and relaxation.

- Spring Session 2: June 16 - July 21)will resume in Sept.)

Fee per session: \$25 Annual Member / \$35 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. 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! *(Minimum of 6 participants to hold class)*

- BEGINNER LINE DANCING (30 min.): June 9 - July 14 (will resume in Sept.)

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

- BEYOND THE BASICS LINE DANCING (60 min.): JUNE 9 - July 14 (will resume in Sept.)

\$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.