

## Tiffin Community YMCA & Heidelberg's Saurwein Wellness Center Fitness Schedule

| <b>MONDAY</b>                   |                        |            | <b>TUESDAY</b>                  |                        |            | <b>WEDNESDAY</b>                |                                             |            | <b>THURSDAY</b>                 |                         |               |
|---------------------------------|------------------------|------------|---------------------------------|------------------------|------------|---------------------------------|---------------------------------------------|------------|---------------------------------|-------------------------|---------------|
| <b>MORNING</b>                  |                        |            | <b>MORNING</b>                  |                        |            | <b>MORNING</b>                  |                                             |            | <b>MORNING</b>                  |                         |               |
| 9:00 AM                         | Total Body Fix         | FH- Ct. 1  | 5:00 AM                         | * Early Bird Challenge | FH- Ct. 1  | 5:00 AM                         | * Early Bird Challenge                      | FH- Ct. 1  | 5:00 AM                         | * Early Bird Challenge  | FH- Ct. 1     |
| 9:00 AM                         | Fit 4 Life             | FH- Ct. 3  | 8:00 AM                         | Deep Water Fitness     | Pool       | 8:00 AM                         | Deep Water Fitness                          | Pool       | 8:00 AM                         | Deep Water Fitness      | Pool          |
| 9:15 AM                         | Water Walking          | Pool       | 9:00 AM                         | Core N More            | Top Studio | 9:00 AM                         | Total Body Fix                              | FH- Ct. 1  | 9:00 AM                         | Core N More             | Top Studio    |
| 10:15 AM                        | Arthritis              | Pool       | 9:00 AM                         | Gentle Lift            | FH- Ct. 1  | 9:00 AM                         | Fit 4 Life                                  | Top Studio | 9:15 AM                         | Have a Seat             | Tennis Ct.    |
|                                 |                        |            | 9:15 AM                         | Have a Seat            | Tennis Ct. | 9:00 AM                         | Power UP <small>(Parkinson's class)</small> | FH Studio  |                                 |                         |               |
|                                 |                        |            | 10:30 AM                        | Power Cycle            | Bottom St. | 9:15 AM                         | Water Walking                               | Pool       |                                 |                         |               |
|                                 |                        |            |                                 |                        |            | 10:15 AM                        | Arthritis                                   | Pool       |                                 |                         |               |
| <b>EVENING</b>                  |                        |            | <b>EVENING</b>                  |                        |            | <b>EVENING</b>                  |                                             |            | <b>EVENING</b>                  |                         |               |
| 5:30 PM                         | Pure Toning            | Top Studio | 5:30 PM                         | Cardiotone             | Top Studio | 5:30 PM                         | Pure Toning                                 | Top Studio | 5:30 PM                         | Cardiotone              | Top Studio    |
| 5:30 PM                         | Circuit Grind          | FH- Ct. 1  | 6:40 PM                         | R.I.P.P.E.D            | Top Studio | 5:30 PM                         | Circuit Grind                               | FH- Ct. 1  | 6:00 PM                         | * Band Fusion (Max. 10) | Bottom Studio |
| 5:30 PM                         | * Intermediate Pilates | Bottom St. |                                 |                        |            | 5:30 PM                         | * Intermediate Pilates                      | Bottom St. | 6:40 PM                         | Cardio Drumming         | Top Studio    |
| 6:40 PM                         | Cardio Drumming        | Top Studio |                                 |                        |            | 6:40 PM                         | Body Blast                                  | Top Studio |                                 |                         |               |
|                                 |                        |            |                                 |                        |            | 6:45 PM                         | * Pilates/Yoga Blend                        | Bottom St. |                                 |                         |               |
| <b>Saurwein Wellness Center</b> |                        |            | <b>Saurwein Wellness Center</b> |                        |            | <b>Saurwein Wellness Center</b> |                                             |            | <b>Saurwein Wellness Center</b> |                         |               |
| 12:30 PM                        | Lunchtime Express      | SW Studio  | 10:30 AM                        | Flow w/Francine        | SW Studio  | 12:30 PM                        | Lunchtime Express                           | SW Studio  | 10:30 AM                        | Flow w/Francine         | SW Studio     |
| 5:30 PM                         | Fitness Over 40        | SW Studio  | 12:15 PM                        | 30min. Indoor Cycle    | SW Studio  | 5:30 PM                         | Fitness Over 40                             | SW Studio  | 12:15 PM                        | 30min. Indoor Cycle     | SW Studio     |
| 6:45 PM                         | Tabata Burn            | SW Studio  |                                 |                        |            | 6:45 PM                         | Tabata Burn                                 | SW Studio  |                                 |                         |               |

| <b>FRIDAY</b> |                                             |            | <b>SATURDAY</b> |                 |            |
|---------------|---------------------------------------------|------------|-----------------|-----------------|------------|
| 5:00 AM       | * Early Bird Challenge                      | FH- Ct. 1  | 9:30 AM         | Cardio Drumming | Top Studio |
| 9:00 AM       | Total Body Fix                              | FH- Ct. 1  |                 |                 |            |
| 9:00 AM       | Fit 4 Life                                  | FH- Ct. 3  |                 |                 |            |
| 9:00 AM       | Power UP <small>(Parkinson's class)</small> | FH Studio  |                 |                 |            |
| 9:15 AM       | Water Walking                               | Pool       |                 |                 |            |
| 10:15 AM      | Arthritis                                   | Pool       |                 |                 |            |
| 10:30 AM      | Power Cycle                                 | Bottom St. |                 |                 |            |

**Classes with an (\*) beside them REQUIRE registration/fee involved**

| <b>LOCATION KEY</b> |                                   |
|---------------------|-----------------------------------|
| FH- Ct.             | YMCA court area designated        |
| Top Studio          | YMCA Top Studio                   |
| Bottom St.          | YMCA Bottom Studio                |
| FH Studio           | YMCA Studio located in back of FH |
| SW Studio           | Saurwein Multipurpose Rm.         |

# 2019 FALL II FITNESS SCHEDULE



FOLLOW US FOR CLASS UPDATES!

TIFFIN COMMUNITY YMCA  
180 Summit Street, Tiffin, Ohio 44883  
P 419 447 8711 F 419 447 8704 www.tiffinyymca.org

|   | <b>Class Name</b>         | <b>Length</b> | <b>Instructor</b> | <b>Description</b>                                                                                                                                                                                                                                                                                                                                                                                              |
|---|---------------------------|---------------|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | 30min. Indoor Cycle at SW | 30 min        | Carrie            | These IC6 bikes use a colored zone program to make sure your pushing yourself to your limits in this short but high energy class. <b>(Limited- 8 bikes) Call SW desk day of class to reserve your bike 419-448-2600</b>                                                                                                                                                                                         |
|   | Arthritis                 | 45 min        | Diana             | YMCA/Arthritis Foundation water exercise program geared toward optimum joint health and flexibility.                                                                                                                                                                                                                                                                                                            |
| * | Band Fusion               | 1 hr          | Anne              | Push your body's limit through different strength moves and stretches utilizing only bands. Great way to sculpt the muscles while pushing your limit.                                                                                                                                                                                                                                                           |
|   | Body Blast                | 1 hr          | Kristen           | Full body workout meant to increase the heart rate and push your muscles to their limit using a wide range of equipment. Sure to give you the sweat you are looking for.                                                                                                                                                                                                                                        |
|   | Cardiotone                | 1 hr          | Shena             | This class takes standard hi/lo aerobics, kickboxing, and dance moves and gives them a bit of an upbeat, urban flavor. Set to the latest hip-hop music, this class will give you a fun, energetic 30min. cardio workout that is followed by 30min. of strength training, core and stretching.                                                                                                                   |
|   | Core N More               | 1 hr          | Samantha          | Learn how to engage, use and strengthen your core muscles.                                                                                                                                                                                                                                                                                                                                                      |
|   | Circuit Grind             | 1 hr          | Michelle          | A low-mid impact aerobic, muscle-toning class, focused on total body strengthening. This interval based class will move you through circuits while working your overall strength, flexibility, core and aerobic capabilities, All fitness levels.                                                                                                                                                               |
|   | Cardio Drumming           | 1 hr          | Noel              | A full-body cardio jam session, combining light resistance with constant simulated drumming.                                                                                                                                                                                                                                                                                                                    |
|   | Deep Water Fitness        | 1 hr          | Louise            | Water exercise that blends cardio with strength and core work.                                                                                                                                                                                                                                                                                                                                                  |
| * | Early Bird Challenge      | 1 hr          | Carrie            | T-F join in a vigorous whole body workout that leaves you with a sense of accomplishment upon completion!<br>M: 4 days- \$45; 3 days- \$35; 2 days- \$25; PP: \$80                                                                                                                                                                                                                                              |
|   | Fit 4 Life                | 1 hr          | Bruce             | Forty min. of low impact aerobics followed by twenty min. of strength, balance and stretching exercises all to the beat of classic oldies music. For active older adults and the young at heart.                                                                                                                                                                                                                |
|   | Flow w/Francine at SW     | 1 hr          | Francine          | Yoga and Pilates style exercises that flow together, resulting in a workout that develops strength, flexibility and balance.                                                                                                                                                                                                                                                                                    |
|   | Fitness over 40 at SW     | 1 hr          | Nick              | An hour of cardio, strength, flexibility and balance that is appropriate for those facing the challenges of aging.                                                                                                                                                                                                                                                                                              |
|   | Have a Seat               | 45 min        | Francine          | Exercise performed in a chair. A variety of equipment will be used. Class members will stand up for balance work.                                                                                                                                                                                                                                                                                               |
| * | Intermediate Pilates      | 1 hr          | Katie             | Taking your basic knowledge of Pilates to the next level by building on existing core strength with challenging Pilate's exercises and flows.<br><b>M: \$5-1 day \$10-2 days \$15-3 days PP: \$80</b>                                                                                                                                                                                                           |
|   | Lunchtime Express at SW   | 30 min        | Carrie            | 30 minutes of circuit training using body weight and various equipment that is sure to give you that mid day re-charge                                                                                                                                                                                                                                                                                          |
| * | Pilates/Yoga Blend        | 1 hr          | Kim               | An equal blend of yoga and pilates focused on building strength and flexibility while calming the mind <b>M: \$5 PP: \$80</b>                                                                                                                                                                                                                                                                                   |
|   | Power Cycle               | 45 min        | Carrie            | This high energy workout will take your body through a mix of sprints, jumps, endurance riding and hill climbing all while pushing yourself to motivational music and instruction <b>(Limited- 12 bikes)</b>                                                                                                                                                                                                    |
|   | (Parkinson's Class)       | 45 min        | Carrie            | Fitness class specifically designed to help those with Parkinson's gain a better quality of life through strength, balance, gait and cognitive training. Classes will focus on BIG movements along with coordination, postural instability and agility with high amounts of intensity and effort in order to improve functional mobility and delay the progression of Parkinson's. <b>OPEN TO THE COMMUNITY</b> |
|   | Pure Toning               | 1 hr          | Jill              | A Full body workout focusing on toning the body and building a solid base strength using free weights, body bars and stability balls. This lower impact class may contain some light cardio but is targeted at "burning" those muscles and pushing you to new limits.                                                                                                                                           |
|   | R.I.P.P.E.D               | 1 hr          | Anne              | R.I.P.P.E.D incorporates Resistance, Interval, Power, Plyometrics, Endurance and Diet. The first five components are taught in a 50 minute class, while the last component, Diet, is touched upon at the end. This class changes up the workout every 6 to 9 minutes, allowing every muscle group to get a quick yet effective workout. Great class for all fitness levels.                                     |
|   | Tabata Burn at SW         | 1 hr          | Nick              | A H.I.I.T (high intensity interval training) workout designed to get your HR up in that very hard anaerobic zone for a short period of time. This class will BURN those muscles!!!!                                                                                                                                                                                                                             |
|   | Total Body Fix            | 1 hr          | Hanna             | Formatted for all skill levels, this full body workout uses circuit style stations and gives participants the ability to sculpt, tone and burn to the level desired in a dynamic group setting.                                                                                                                                                                                                                 |
|   | Water Walking             | 45 min        | Diana             | Low impact walking exercises in the shallow end of the pool.                                                                                                                                                                                                                                                                                                                                                    |