

# BUCYRUS YMCA GROUP FITNESS SCHEDULE

## 2019 Fall 1

| <u>MONDAY</u>  |                         |               |
|----------------|-------------------------|---------------|
| <b>MORNING</b> |                         |               |
| 8:30 AM        | Deep Water Fitness      | Pool          |
| 10:00 AM       | Silver Sneakers Classic | Community Rm  |
| 10:00 AM       | Water Fitness           | Pool          |
| 11:30 AM       | Chair Yoga              | Community Rm  |
| 11:30 AM       | Arthritis               | Pool          |
| <b>EVENING</b> |                         |               |
| 5:00 PM        | Strong by Zumba         | Head Start Rm |
| 5:30 PM        | * Novice Karate         | Community Rm  |
| 6:00 PM        | Cycling                 | Spin Room     |
| 6:00 PM        | * Advance               | Community Rm  |

| <u>TUESDAY</u> |                     |               |
|----------------|---------------------|---------------|
| <b>MORNING</b> |                     |               |
| 9:00 AM        | Journey to Wellness | Wellness Cntr |
| 10:00 AM       | Water Fitness       | Pool          |
| <b>EVENING</b> |                     |               |
| 5:15 PM        | Cardio Step         | Head Start Rm |
| 6:45 PM        | Aqua Fit            | Pool          |

| <u>WEDNESDAY</u> |                         |               |
|------------------|-------------------------|---------------|
| <b>MORNING</b>   |                         |               |
| 8:30 AM          | Deep Water Fitness      | Pool          |
| 9:00 AM          | Journey to Wellness     | Wellness Cntr |
| 10:00 AM         | Silver Sneakers Classic | Community Rm  |
| 10:00 AM         | Water Fitness           | Pool          |
| 11:30 AM         | Arthritis               | Pool          |
| 11:30 AM         | Line Dancing            | Community Rm  |
| <b>EVENING</b>   |                         |               |
| 5:30 PM          | * Novice Karate         | Community Rm  |
| 6:00 PM          | Cycling                 | Spin Room     |
| 6:00 PM          | * Advance               | Community Rm  |

| <u>THURSDAY</u> |                         |               |
|-----------------|-------------------------|---------------|
| <b>MORNING</b>  |                         |               |
| 9:00 AM         | Journey to Wellness     | Wellness Cntr |
| 10:00 AM        | Silver Sneakers Classic | Community Rm  |
| 10:00 AM        | Water Fitness           | Pool          |
| <b>EVENING</b>  |                         |               |
| 5:00 PM         | Zumba                   | Community Rm  |
| 5:15 PM         | Cardio Step             | Head Start Rm |
| 6:45 PM         | Aqua Fit                | Pool          |

| <u>FRIDAY</u>  |                    |      |
|----------------|--------------------|------|
| <b>MORNING</b> |                    |      |
| 8:30 AM        | Deep Water Fitness | Pool |
| 11:30 AM       | Arthritis          | Pool |
| <b>EVENING</b> |                    |      |
| OPEN SWIM      |                    |      |

| <u>SATURDAY</u> |                 |           |
|-----------------|-----------------|-----------|
| <b>MORNING</b>  |                 |           |
| 8:00 AM         | Strength & Spin | Spin Room |



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UPDATES!



Classes with an (\*) involve extra fee

| <u>UPCOMING EVENTS</u>          |
|---------------------------------|
| BINGO September 12th @ 12:30 PM |
| MOM PROM October 12th @ 6:00 PM |

| <u>SESSION DATES:</u> |                 |             |
|-----------------------|-----------------|-------------|
| Fall 2:               | Oct. 28-Dec. 13 |             |
| Registration:         | M: Oct. 14      | PP: Oct. 21 |
| Winter 1              | 2020            |             |
| Registration:         | M: Dec. 16      | PP: Dec. 23 |

BUCYRUS YMCA  
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| <u>Class Name:</u>      | <u>Class Instructor:</u> | <u>Class Description:</u>   |
|-------------------------|--------------------------|---|
| Journey to Wellness     | Stephanie                | Learn how to use the equipment in the Wellness Center along with lifting weights, proper form, and breathing.   |
| Silver Sneakers Classic | Stephanie                | Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneaker ball are offered for resistance. A chair is available for seated or standing support.                          |
| Chair Yoga              | Melissa                  | Along with increased ranges of motion through holding poses on a chair, chair yoga can assist in reducing anxiety, introducing or practicing meditation, and creating spatial awareness.  |
| Line Dancing            | Joyce                    | Line dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing either each other or in the same direction, and executing the steps at the same time.   |
| Cardio Step             | Emma                     | Join this class for a mix of step aerobics, cardio, and strength training.  |
| Strong by Zumba         | Joe                      | Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.  |
| Cycling                 | Sarah                    | Indoor cycling is a group exercise class performed on stationary bikes. During the class the instructor will guide you through an incredible ride on simulated hill climbing, sprints, & races. A low-impact, high intensity workout that is adaptable for all fitness levels and is a fantastic cardio workout! Water & towels are a must! |
| Zumba                   | Joe                      | A total body workout, combining all elements of fitness- cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.  |
| Strength & Spin         | Cherie                   | Think being on a bike for 45 minutes is too long? Join us for this high intensity interval ride that incorporates off the bike toning segments that target your core, arms, and legs muscles.   |
| Arthritis Class         | Dorothy                  | A program to improve flexibility, relieve pain and decrease stiffness with easy entry and exit of the pool.   |
| Water Fitness           | Sharon                   | A conditioning program that works against the resistance of the water to increase strength and improve your overall fitness.  |
| Deep Water Fitness      | Randy/Class Led          | A deep water workout for all fitness levels. Enjoy a workout while suspended in the deep end of the pool with equipment to keep you afloat. The balanced workout includes warm-up, aerobic, cool-down, strength, toning, and flexibility. Intensity is easily adjusted for all levels of fitness.   |
| Aqua Fit                | Teresa                   | In this class the resistance of the water makes the workout feel intense while the water cushions you from the impact. It reduces stress on joints and muscles. Good class for all ages and great for runners, cyclists, injuries, osteoporosis, and fibromyalgia. Also, an excellent cardio class.   |
| *Karate                 | Josh/Linda               | Participants will learn self-defense techniques in the attacking and blocking positions of Shotokan Karate while building physical fitness, personal character and self-confidence.   |