

BUCYRUS YMCA GROUP FITNESS SCHEDULE

2020 Spring 1 Session

February 24 - April 12

<u>MONDAY</u>		
MORNING		
8:30 AM	Aqua Dynamics	Pool
10:00 AM	Silver Sneakers Classic	Community Rm
10:00 AM	Water Fitness	Pool
11:30 AM	Arthritis	Pool
11:30 AM	Chair Yoga	Community Room
EVENING		
5:15 PM	Strong by Zumba	Racquetball Rm B
6:00 PM	Cycling	Spin Rm

<u>TUESDAY</u>		
MORNING		
9:00 AM	Journey to Wellness	Wellness Cntr
10:00 AM	Water Fitness	Pool
EVENING		
5:15 PM	Cardio Step	Community Room
6:45 PM	Aquacize	Pool

<u>WEDNESDAY</u>		
MORNING		
8:30 AM	Aqua Dynamics	Pool
9:00 AM	Journey to Wellness	Wellness Cntr
10:00 AM	Silver Sneakers Classic	Community Rm
11:30 AM	Line Dancing	Community Rm
11:30 AM	Arthritis	Pool
EVENING		
5:15 PM	Zumba	Racquetball Rm B
6:00 PM	Cycling	Spin Rm

<u>THURSDAY</u>		
MORNING		
9:00 AM	Journey to Wellness	Wellness Cntr
10:00 AM	Silver Sneakers Classic	Community Rm
10:00 AM	Water Fitness	Pool
EVENING		
5:15 PM	Cardio Step	Community Room
6:45 PM	Aquacize	Pool

<u>FRIDAY</u>		
MORNING		
8:30 AM	Aqua Dynamics	Pool
11:30 AM	Arthritis	Pool
EVENING		
6:30-8:45 PM	OPEN SWIM	*New Time*

UPCOMING EVENTS:

- *Adult League Basketball Games:
 - Games on Sundays January 19th-March 29
 - Double Elimination Tournaments begin March 8
- *Youth Basketball Signups February 4-29
 - Practices begin week of March 9
 - Games will be Sat mornings, March 14-April 25
- *West Side of Gym closed:
 - Tuesdays 5:30-6:30 pm
 - Wednesdays 5:00-7:00 pm
 - Thursdays 5:00-6:00 pm
- *Entire Gymnasium will close at 12 pm on March 6.
- *Gymnastics meet March 7th @ 7:00 am-5:00 pm
 - Gymnasium will be closed all day.
- *Entire Gymnasium closed March 13th starting at 12

Classes with an (*) involve extra fee

<u>SESSION DATES:</u>		
Spring 1	February 24-April 12	
Registration:	M: Feb 10-23	PP: Feb 17- 23
Spring 2	April 13-May 30	
Registration:	M: Mar 30-Apr 12	PP: Apr 6-12

FOLLOW US FOR CLASS UPDATES!



BUCYRUS YMCA

1655 East Southern Ave.

P 419 562 6218 F 419 563 0037

www.bucyrustiffinymca.org

Updated: 3/5/2020

Class Name:	Class Instructor:	Class Description:
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.
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!
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.
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.
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.
Cardio Step	Joe	Join this class for a mix of step aerobics, cardio, and strength training.
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.
Aqua Dynamics	Randy/Class Led	A full pool 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.
*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.