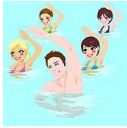


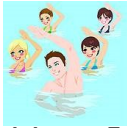









FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S GET FIT TOGETHER

2022 Fall

	8:00 a.m.	9:00 a.m.	10:00 a.m.
Monday	 Water Fitness 8:00-8:45 am	 Silversneakers Classic 9:15-10:00 am	 Silversneakers Splash 10:15-11:00 am
Tuesday			
Wednesday	 Water Fitness 8:00-8:45 am	 Silversneakers Circuit 9:15-10:00 am	 Silversneakers Splash 10:15-11:00 am
Thursday			
Friday	 Water Fitness 8:00-8:45 am	 Silversneakers Classic 9:15-10:00 am	 Silversneakers Splash 10:15-11:00 am

Virtual Classes will be posted on the Switzerland County YMCA Group Fitness Facebook Page.
 Classes listed may not always appear on the schedule.
 Must have 3 participants to conduct the class.
 Members can reserve classes in advance.
 (YMCA members can reserve cycling bikes 24-hours in advance only.)
 Classes may be cancelled for lack of participation or instructor availability.

At this time, please take a few moments to read the class etiquette and policies and procedures.

Group Fitness Class Descriptions



Boot Camp (60 minutes) Seasonal - You won't find any dance moves in this high intensity, sweat-inducing workout. If you are up for the challenge, join us for conditioning drills, high intensity cardio and strengthening exercises. Modifications offered for beginning/intermediate. This is a seasonal class that takes place outside.



Body Toning (60 minutes) This hour long class is based on strength training. Participants will use a variety of equipment to work on full body strengthening.



Cycling (45 minutes) Cycling allows you to train and challenge your aerobic fitness level in a group setting. Instructors will use music to guide your ride. Please arrive 5 to 10 minutes before class to set up your bike. It is recommended to bring water and a towel! (YMCA members can reserve a bike only 24-hours in advance.)



Pilates (45 minutes) Pilates mat work is a system of stretching and strengthening exercises designed to work the body as a whole, focusing on the abdominal, lower back, and gluteal muscles.



Silversneakers Classic (45 Minutes) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.



Silversneakers Splash (45 minutes) Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required. A Silversneakers kickboard and other aquatic equipment is used to improve strength, balance and coordination



Silversneakers Circuit (45 Minutes) The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.



Water Fitness/Aerobics (45 minutes) Water aerobics classes are good for those with arthritis or joint pain, because it is easier on your joints. In this class you will use the natural resistance and buoyancy of water against your body. You will start in the shallow water and finish the class in the deep water.



HITT (30 Minutes) High-Intensity Interval Training. It is a great class to add variety to your exercise plan while taking your fitness to the next level. It can be a cardio-respiratory and/or resistance training technique that alternates brief speed/power and recovery intervals to increase the overall intensity of your workout. HIIT is used by athletes and everyday exercise enthusiasts to reach performance goals and enhance fitness and well-being.

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Classes may be cancelled for lack of participation or instructor availability.