



Healthy Living

GROUP FITNESS CLASSES

WINTER
2024

STUDIO A

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|----------|
| 6:00-7:00am High Fitness Ali | 7:00-7:45am Zumba Sarita | 6:00-7:00am High Fitness Ali | 7:00-7:45am Zumba Sarita | 5:20-6:20am Strength & Stretch With Tracey | |
| 8:00-9:00am Forever Fit with Deb | 8:00-9:00am Shaping up with Shirley | 8:00-9:00am Fit Mix with Sue | 8:00-9:00am Kickin' It with Capri | 8:00-9:00am Kickin' It with Capri | |
| 9:15-10:15am Burn Rachel | 9:30-10:30am Barre Fit Kayla | 9:15-10:15am Burn Rachel | 9:30-10:30am Barre Fit Kayla | 9:15-10:15am Burn Rachel | |
| 11:00-12:00pm Fitness 1.0 Michelle | 11:15-12:15pm Tai Chi Paul | 11:00-12:00pm Fitness 1.0 Michelle | 11:15-12:15pm Tai Chi Paul | 11:00-12:00pm Fitness 1.0 Michelle | |
| 12:30-1:30pm Chair Yoga Harry | 12:30-1:30pm Yoga Stacy | 12:30-1:30pm Chair Yoga Jeanette | 12:30-1:30pm Yoga Jeanette | 12:30-1:30pm Yoga Nanette | |
| | | | | | |
| 5:30-6:15pm HIIT Brittany | | 5:30-6:15pm HIIT Brittany | | | |
| 6:30-7:30pm Zumba Sarita | 6:00-7:00pm Yoga Nanette | 6:30-7:30pm Zumba CeCe | 6:00-7:00pm Yoga Nanette | | |



STUDIO B

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|-------------------------------------|----------|
| 9:00-10:00am Shaping Up with Shirley | | 9:00-10:00am Forever Fit with Deb | 9:00-9:45am TRX Robin | 9:00-10:00am Fit Mix with Sue | |
| 11:00-11:45am Studio "B" Boxing Robin <u>Space Limited</u> | 10:00-11:00am Zumba Alondra | 11:00-11:45am Studio "B" Boxing Robin <u>Space Limited</u> | 10:00-11:00am Zumba Akemi | | |
| | 12:15-1:15pm Beginning Tai Chi Paul | | 12:15-1:15pm Beginning Tai Chi Paul | | |
| 5:30-6:15pm TRX Robin | | | | | |

STUDIO C/OUTDOORS

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|
| 8:00-9:00am Y Cycling Outdoors Marty | 5:20-6:20am Y Cycling Indoor Mary | 8:00-9:00am Y Cycling Outdoors Marty | 5:20-6:20am Y Cycling Indoor Mary | 8:00-9:00am Y Cycling Outdoors Debra | 8:30-9:30am Y Cycling Indoors Buzz |
| 10:00-11:00am Y Cycling Pedal+ Indoors Laura | 10:00-11:00am Y Cycling Pedal+ Indoor Laura | | 10:00-11:00am Y Cycling Pedal+ Indoor Sandy | | |
| | 5:15-6:15pm Y Cycling Indoor Buzz | | 5:15-6:15pm Y Cycling Indoor Buzz | | |



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CLASS DESCRIPTIONS:

TRX: This suspended body weight practice builds strength, mobility, and balance in the body and is easily modified for the beginner to advanced!

Zumba: An easy to follow, Latin inspired dance class guaranteed to burn those calories

Fit Mix with Sue: This total body workout incorporates stretching, balance, cardio, strength, and stamina, using stability balls, hand weights, resistance bands, and full body movement.

Forever Fit with Deb: This total body workout incorporates balance, upper body strength training and floor exercises to build strength and stamina.

Shaping up with Shirley: This upbeat class focuses on balance, agility, strength, and stamina. It incorporates a variety of tools, such as the stability ball, hand weights, the step, and hoops.

Kickin' It with Capri: Kickin' It Enjoy an energetic workout set to music you love. Kicking and moving throughout this hour class will make you love exercise again.

Fitness 1.0: A wonderful low impact option to fitness. This class provides cardio through gentle movement, strength training using light weights, improves balance and provides necessary stretching.

Chair Yoga: Stretch and tone your body with the gently introductory yoga class. Using chairs for seated poses and standing poses for support in training strength and flexibility.

Yoga: Yoga concepts and philosophies come in many varieties. You will flow through many types of Yoga such as Hatha, Vinyasa, Iyengar, Ashtanga, Power, and Restorative. Yoga is widely known for its benefits of flexibility and mobility, stress and pain relief, mental focus and total body toning! If you are looking for a total-body workout that will challenge you, shape you, and restore you; then come explore this all levels class



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CLASS DESCRIPTIONS:

HIIT: This class provides weight training combined with bursts of high intensity intervals and plyometrics. It is a body game changer by burning fat, gaining strength and improving cardio endurance.

HIGH Fitness: is an energetic aerobics class with fun music and easy to follow fitness choreography. The workout results in a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks.

Strength & Stretch: Fun and challenging workouts. This medium intensity strength exercise class is specifically designed to target the entire body utilizing a variety of traditional functional and strength training tools. We end each session with intentional stretching focused on hips, legs and shoulders.

Y Cycling: Indoor or Outdoor cycling in a fun group setting. These classes build endurance, strength, speed and cardiovascular ability.

Studio "B" Boxing: Improve your strength, agility and cardiovascular endurance with a mix of boxing drills using both mitts and heavy bags, circuit training, and reaction training using specialized tools and techniques. Bring your boxing gloves if you have them and get ready to work up a sweat. Limited Space available.

Tai Chi: Chinese tai chi (taijiquan) was originally created as a martial art. Practitioners interested in learning tai chi will hopefully find that this art form may increase one's physical and spiritual health. Anyone can learn tai chi.

Burn: A high intensity interval training class. Uses a variety of equipment for short bursts of cardio and strength training.

OFFSITE Umpqua Wellness Workout- Enjoy a modifiable fun workout routine, incorporate an all body workout with light weights and a focus on core strength, balance and cardio. Free to Y Members \$3 drop in. OFFSITE at (Umpqua Community Center-Old Umpqua School) T/TH 8:45-9:45am