



REACH BEYOND

Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the Y is so much more than just working out. Beyond fitness facilities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.



HEALTH & FITNESS

UPDATED ON: MAY 9, 2017

STAFF CONTACTS

- ACY – Amanda Vander Logt Fitness Coordinator P 702.2316 E avanderlogt@ymcafoxcities.org
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- HVY – Paula Beyer Health & Fitness Director P 830.5708 E pbeyer@ymcafoxcities.org
- HVY – Colleen Eichsteadt Wellness Coordinator P 830.5725 E ceichsteadt@ymcafoxcities.org
- NMY – Susan Hildebrandt Health & Fitness Director P 886.2127 E shildebrandt@ymcafoxcities.org
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YOU SPOKE, WE LISTENED.

YMCA Members: Registration will no longer be required for all FREE/Value-Added land, cycling, water and mind/body fitness classes. Members are now able to drop-in and attend these classes, as part of our **“Flexible Fitness Scheduling.”**

General Public may purchase a **Day Pass** at the Member Service Desk and enjoy the use of our facilities and land, cycling and mind/body fitness classes for the entire day pending schedules, equipment and space availability.

| | |
|--|-------------|
| Youth Day Pass (ages 6-17) | \$8 |
| Young Adult Day Pass (ages 18-25) | \$10 |
| Adult Day Pass | \$14 |
| Family Day Pass | \$16 |

HIGH CAPACITY CLASSES

A very small selection of classes might exceed the room capacity for a class, therefore a ticket will be required for members and the general public to attend. These High Capacity Classes are labeled with a # sign after their class name in the Program Guide. These classes will also be marked with a # sign on our fitness class grid. Stop by the Member Service desk at your Y up to 30-minutes prior to that class to obtain your ticket.

PLEASE NOTE:

- Y Members and General Public must register during session registration weeks for **ALL** Small Group Personal Training Classes.
- Youth (14 years and older) are welcome to participate in Health & Fitness programs without parental supervision. Youth, 8-13 years of age, interested in participating in fitness classes may with a parent, must seek permission from the Fitness Director/Coordinator before participating in classes.

CONVENIENT. FLEXIBLE. EXPANDED OPTIONS.

You will find the most current display of class availability on our YMCA of the Fox Cities APP. The app is available for the iPhone and Android and can be downloaded at the Google PlayStore or iTunes Store.

We will continue to provide a printed form of the traditional Fitness Class Grid at all five YMCA of the Fox Cities locations. For those who want to review or print the entire fitness schedule, or selected pages of our program guide, please visit our website www.ymcafoxcities.org.

GROUP CYCLING

ACTIVE OLDER ADULTS - LAND AND WATER FITNESS CLASSES

Please look in the Health and Fitness section of the program guide for land and water fitness appropriate for active older adults. They will be labeled "AOA Friendly"

CYCLING 101 (APY) – AOA FRIENDLY

One day class (1 hour and 15 minutes) orientation to Group Cycling. Learn bike fit, how to operate indoor cycle, cycling techniques, modifications, and best practices. Free H2O Bottle sponsored by Chain Reaction Cyclery.

CYCLE 360 (HVY)

Cycle, Strength and Core combines indoor cycling and OFF the bike strength and core training. Participants will experience a total body circuit workout and add variety to their everyday indoor cycling class.

CYCLING BOOT CAMP (APY)

Interval training on and off the bike, creating a complete fitness experience, alternating cardio on the bicycle with body weight floor work. Recommended to wear cross trainer athletic shoes.

CYCLE EXPRESS (ACY, APY, FWY)

All the fun of a 45-minute Group Cycling class in just 30-minutes!

CYCLE LITE EXPRESS (ACY, HVY) – AOA FRIENDLY

Designed to meet the needs of a variety of individuals who wish to have less of an intense cycling experience.

CYCLE LITE (APY) - AOA FRIENDLY

Class designed for lower intensity indoor cycling workouts with longer warm up, cool down and stretch.

CYCLE YOGA (ACY)

The first half of class is designated to yoga. You will work through basic yoga sequences, improve flexibility and work on balance techniques. The second half of class will be spent getting your heart rate up cycling.

GROUP CYCLING CLASSES (ACY, APY, FWY, HVY, NMY)

Get fit or stay fit! Join in the fun for a non-impact Cardio workout for all abilities. Bring water bottle to class. If you are a new rider please come to class 10-15 minutes early to be set up on the bike.

REALITY RIDES EXPRESS (APY)- 30 Minute virtual multimedia ride.

REALITY RIDES (APY)- 45 Minute virtual multimedia ride.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--------------------------------------|------|--------------------|-----|----------|----------|----------|----------------|
| Cycling 101 –April 3 AOA Friendly | APY | 14 years and older | M | 6:45 PM | 8:00 PM | FREE | Day Pass |
| Cycle 360 | HVY | 14 years and older | F | 5:15 AM | 6:00 AM | FREE | Day Pass |
| Cycling Boot Camp | APY | 14 years and older | W | 4:45 PM | 5:45 PM | FREE | Day Pass |
| Cycling Boot Camp | APY | 14 years and older | SAT | 8:00 AM | 9:00 AM | FREE | Day Pass |
| Cycle Lite – AOA Friendly | APY | 14 years and older | F | 10:00 AM | 10:45 AM | FREE | Day Pass |
| Cycle Lite Express - AOA Friendly | ACY | 14 years and older | T | 9:30 AM | 10:00 AM | FREE | Day Pass |

Spring Session: April 10-May 28, 2017

This is a working document and is subject to change.

| | | | | | | | |
|-----------------------------------|-----|--------------------|----------------|----------|----------|------|----------|
| Cycle Lite Express - AOA Friendly | HVY | 14 years and older | M/F | 10:00 AM | 10:30 AM | FREE | Day Pass |
| Cycle Express | APY | 14 years and older | T | 8:15 AM | 8:45 AM | FREE | Day Pass |
| Cycle Express | APY | 14 years and older | T | 4:45 PM | 5:15 PM | FREE | Day Pass |
| Cycle Express | ACY | 14 years and older | F | 5:15 AM | 5:45 AM | FREE | Day Pass |
| Group Cycling | ACY | 14 years and older | T/TH | 5:15 AM | 6:00 AM | FREE | Day Pass |
| Group Cycling | ACY | 14 years and older | T/W/TH | 8:30 AM | 9:15 AM | FREE | Day Pass |
| Group Cycling | ACY | 14 years and older | M/W | 5:30 PM | 6:15 PM | FREE | Day Pass |
| Group Cycling | ACY | 14 years and older | W | NOON | 12:45 PM | FREE | Day Pass |
| Group Cycling | ACY | 14 years and older | F | 8:45 AM | 9:30 AM | FREE | Day Pass |
| Group Cycling | ACY | 14 years and older | SAT | 7:30 AM | 8:15 AM | FREE | Day Pass |
| Group Cycling | APY | 14 years and older | T/TH | 5:15 AM | 6:00 AM | FREE | Day Pass |
| Group Cycling | APY | 14 years and older | T/TH | 6:15 AM | 7:00 AM | FREE | Day Pass |
| Group Cycling | APY | 14 years and older | M/T/W/ F | 9:00 AM | 9:45 AM | FREE | Day Pass |
| Group Cycling | APY | 14 years and older | M/W | NOON | 12:45 PM | FREE | Day Pass |
| Group Cycling | APY | 14 years and older | M | 4:45 PM | 5:30 PM | FREE | Day Pass |
| Group Cycling | APY | 14 years and older | T/TH | 5:30 PM | 6:15 PM | FREE | Day Pass |
| Group Cycling | APY | 14 years and older | M | 5:45 PM | 6:30 PM | FREE | Day Pass |
| Group Cycling | FWY | 14 years and older | M/W/F | 5:15 AM | 6:15 AM | FREE | Day Pass |
| Group Cycling | FWY | 14 years and older | T/TH | 8:15 AM | 9:15 AM | FREE | Day Pass |
| Group Cycling | FWY | 14 years and older | M/W | 8:15 AM | 9:15 AM | FREE | Day Pass |
| Group Cycling | FWY | 14 years and older | F | 8:30 AM | 9:30 AM | FREE | Day Pass |
| Group Cycling | FWY | 14 years and older | M | 9:30 AM | 10:15 AM | FREE | Day Pass |
| Group Cycling | FWY | 14 years and older | T/TH | NOON | 12:45 PM | FREE | Day Pass |
| Group Cycling | FWY | 14 years and older | T/TH | 5:15 AM | 6:00 AM | FREE | Day Pass |
| Group Cycling | FWY | 14 years and older | M/T/W | 6:00 PM | 6:45 PM | FREE | Day Pass |
| Group Cycling | FWY | 14 years and older | SAT | 7:30 AM | 8:15 AM | FREE | Day Pass |
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| Group Cycling | HVY | 14 years and older | M/T/W/ TH/F | 9:00 AM | 9:45 AM | FREE | Day Pass |
| Group Cycling | HVY | 14 years and older | M/W/F | 12:05 PM | 12:50 PM | FREE | Day Pass |
| Group Cycling | HVY | 14 years and older | M/W/T H | 6:00 PM | 6:45 PM | FREE | Day Pass |
| Group Cycling | NMY | 14 years and older | T/W/TH /F | 5:00 AM | 5:45 AM | FREE | Day Pass |
| Group Cycling | NMY | 14 years and older | M/W/F/ SAT | 6:00 AM | 6:45 AM | FREE | Day Pass |
| Group Cycling | NMY | 14 years and older | M/W/F | 8:30 AM | 9:15 AM | FREE | Day Pass |
| Group Cycling | NMY | 14 years and older | T/TH | 8:30 AM | 9:30 AM | FREE | Day Pass |
| Group Cycling | NMY | 14 years and older | M/T/TH | 12:10 PM | 12:50 PM | FREE | Day Pass |
| Group Cycling | NMY | 14 years and older | M/T/W | 5:00 PM | 5:45 PM | FREE | Day Pass |
| Reality Rides Express | APY | 14 years and older | TH | 8:15 AM | 8:45 AM | FREE | Day Pass |
| Reality Rides | APY | 14 years and older | TH | 9:00 AM | 9:45 AM | FREE | Day Pass |

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LAND FITNESS

ACTIVE OLDER ADULTS - LAND AND WATER FITNESS CLASSES

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30-MINUTE STRENGTH (APY)

Explore a variety of exercises and techniques as you strengthen your entire body. Class is designed to give you a total body workout in minimal time, utilizing a combination of free-weight equipment and functional exercises.

AXIS™ (HVY)

AXIS by Group Rx puts POWER TO THE CORE in 30-minutes. AXIS creates stability from the axis, or the middle of your body, which is the basis of all movement, then layers on mobility, strength and finally, power. Move like never before, beginning from the core, and reach farther than you thought possible.

BOLLYX (HVY)

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated all at the same time. At the very core of a BollyX workout is the inspiration it draws from the music and dance of Bollywood, the film industry of India.

BOOT CAMP 101 (HVY) – AOA FRIENDLY

Are you looking for the Boot Camp experience but desire a more modified/less intense version of it? Try Boot Camp 101. Will incorporate typical boot camp-type exercises, which focus on agility and endurance. Be sure to bring your towel and water bottle.

BOSU CARDIO & CONDITIONING (HVY, NMY)

The BOSU Balance Trainer will challenge your body and improve your coordination. Experience a dynamic workout that combines cardiovascular and strength exercises to target your upper and lower body, abs and back.

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CARDIO (APY)

Expect the unexpected in this fat blasting, high-energy, action-packed class. This challenging workout is designed to increase your cardiovascular fitness with activities that may include bosu, kickbox, step, agility drills, intervals and circuits.

CARDIO BARRE CONNECT (APY)

A unique cardiovascular fusion of ballet barre technique, yoga sequences, core conditioning, functional movement and dance principles. No prior ballet experience is necessary for this fun, full body workout.

CARDIO FUNK (HVY)

A fun cardio dance workout that promotes calorie burn, toning and core stability. Easy to follow choreography. All fitness levels welcome.

CARDIO GOLD (NMY) – AOA FRIENDLY

A beginner cardio class that will get your heart pumping whether standing or seated.

CARDIO KICKBOX (FWY, HVY, NMY)

Punch and kick with a dynamic martial arts-inspired workout for your entire body that also trains your heart.

CARDIO - STRENGTH FUSION (ACY, FWY, NMY)

Workout may include hi/lo aerobics, STEP or circuits. Strength training exercises will also be incorporated through the use of weights, stability balls and tubing.

CIRCUIT TRAINING (NMY)

A blend of cardio and strength with a mix of intervals and circuits.

CORE (ACY, APY, FWY, HVY, NMY)

Sculpt your entire abdominal area as you improve your body's overall functional strength, balance and coordination.

CORE – STRENGTH - CORE (HVY, NMY)

First 15-minutes core exercises. Last 15-minutes more intense core exercises. Middle of class focuses primarily on increasing overall body strength. Incorporates the use of stability ball, free weights, exercise bands and medicine balls.

FOAM ROLLER (HVY)

The most overlooked component of injury prevention and fast progress is soft-tissue quality. Prep your muscles for a workout, treat day-to-day stiffness and loosen things up. Foam roll classes are based on the fact that loosening up the connective tissues increases muscle flexibility, in addition to reducing pain. Foam rolling enables your muscles to stretch more easily.

GENTLE STRETCH (ACY, APY, FWY, HVY, NMY) – AOA FRIENDLY

This program is designed to increase balance, flexibility and range of movement. Chairs are provided to support participants while performing seated and standing stretching and yoga-type exercises.

HOOP FITNESS (HVY)

Use weighted hoops to tone your core and add some fun to your cardio workout.

KETTLEBELL (ACY, FWY, HVY, NMY)

Looking for something new and exciting? This class will increase your cardiovascular and muscular endurance, strength, and balance, while giving you a total body workout. Great for strengthening your posterior chain of muscles. Suitable for the intermediate to advanced exerciser.

KETTLEBELL BOOT CAMP (FWY)

Ramp up your kettlebell workout by incorporating other pieces of equipment in a "Boot Camp" type setting.

MAX INTERVALS (ACY, HVY, NMY)

Get maximum results with this high intensity interval based workout. It is a total body workout that will get your heart pumping.

NORDIC WALKING(APY)- Embrace the outdoors with Nordic Walking. Using Nordic Walking Poles while walking will enhance your cardio and strength benefits, while decrease orthopedic stress on muscles and joints. Please come dressed for the weather, traction devices for footwear and head lamps recommended.

PIYO™ LIVE (ACY, APY, FWY, NMY)

PiYo™ is a strength workout using a unique combination of strength conditioning, flexibility and dynamic balance with hints of Yoga and Pilates. Fun music and rhythmic choreography will make you sweat.

POWER HOUR (ACY)

High intensity cardio strength intervals with an emphasis on body weight, core and plyometrics. Intermediate level class.

PREGNANT & FIT (HVY)

A medically approved program that includes: low-impact aerobic activities, muscle conditioning and stretching for women in any stage of pregnancy. *Written approval from your health care provider is required. Bring a water bottle to class.

RETRO-CARDIO (ACY)

Return to the burn of intense cardio with the "cool" music of the 80's and 90's. The class incorporates toning and core as well. Break out your neon clothes and leg warmers and join us for a "totally tubular" time!

SAMPLER SATURDAY (ACY, HVY)

All your favorite classes: Zumba®, Cardio Kickbox, Total Cardio, Total Body Boot Camp, Step and Strength and Resistance. Classes will vary each week. Check schedule on-line or at your branch.

SILVER SNEAKERS® - CIRCUIT (FWY) – AOA FRIENDLY

Increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with handheld weights, elastic tubing with handles, and a Silver Sneakers® ball is alternated with non-impact aerobic choreography. Chair is offered for support, stretching, and relaxation exercises.

SILVER SNEAKERS® – CLASSIC (ACY, APY, FWY, HVY, NMY) – AOA FRIENDLY

Move to the music through a variety of exercises to increase muscular strength, range of movement, and activities for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SIMPLY BALANCE (APY) – AOA FRIENDLY

Balance is the key for activities of daily living and recreational pursuits. Learn and practice stability skills to enhance your enjoyment of life! BOSU may be introduced in this class.

SIMPLY FIT (ACY, APY, FWY, HVY, NMY) – AOA FRIENDLY

Class suited for all levels of fitness. Utilizes simple, low impact aerobic choreography, resistance training, mind/body techniques, and stretching to deliver a total body workout. Class is for anyone new to exercise, returning to exercise, or looking to complement their current workout routine.

SIMPLY STRENGTH (APY, FWY) – AOA FRIENDLY

Moderately paced class, suited for the novice to intermediate exerciser. Learn the basics of strength training using a variety of techniques and equipment. Women only at Appleton YMCA.

STEP (ACY, APY, FWY, HVY)

Fun and easy to follow moves on the step in this high energy and motivating cardio workout.

STEP COMBO (HVY)

A step workout with a little more! The first half of class is step followed by a strength workout. A great

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all-in-one class!

STEP INTERVAL (HVY) This class will provide easy step aerobic choreography followed by faster paced interval cardio and strength exercises which will incorporate the step.

STRENGTH & RESISTANCE (ACY, APY, FWY, HVY, NMY)

Learn the basics of weight training, reduce body fat, and improve bone density using hand held weights, body bars, tubing and stability balls. Aerobics not included.

STRENGTH FOR LIFE (APY OUTREACH) – AOA FRIENDLY

Taking action for a healthier mind- body and spirit! A chair based class for all abilities. A class designed to improve strength, flexibility and balance. *(Class held at Appleton Evangelical Free Church on the corner of Capitol and Lynndale in the Town of Grand Chute. Free for members. E-passes may not be used for this class for General Public.)*

STROLLEROBICS (NMY)

An indoor-outdoor mother and baby exercise program that emphasizes cardiovascular fitness through power walking. Enjoy quality time with your baby while toning and strengthening muscles that may have changed during pregnancy. *Written approval from your health care provider is required if mother starts program prior to 6-weeks postpartum checkup. Bring stroller, baby supplies and water bottle to class.

TABATA CARDIO (APY, HVY)

No choreography, please, just give me the drills! 20 seconds of high intensity work followed by a 10 second recovery. Using minimal equipment you get your heart pumping. * Also enjoy one of our TABATA Cardio - Core combo classes

TAI CHI FOR BETTER BALANCE (ACY) – AOA FRIENDLY

A falls prevention program...improve your balance, strength, mobility and confidence by participating in exercises and activities that improve your stability. Tai Chi movements are also practiced to help improve balance and increase confidence in doing everyday activities.

TOTAL BODY BOOT CAMP (ACY, APY, FWY, HVY, NMY)

Incorporates Boot Camp-style cardio - strength drills designed to help you reach your fitness goals. Athletic, strength, power and sports conditioning moves burn the most amount of calories, while sculpting a fit body.

TOTAL BODY CONDITIONING (ACY, APY, NMY)

Get a variety of cardio conditioning and strength training exercises that will give you a total body workout.

TRANSFORM™ (HVY)

Transform by Group Rx unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses such as warrior, and sport-influenced movement including plyometrics, and strength.

TURBO KICK® (FWY)

The unique Turbo Kick® movement patterns, combinations and techniques work together to give you the ultimate cardiovascular workout that will melt fat and reshape your body! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down designed to maximize weight loss!

ZUMBA® (ACY, APY, FWY, HVY, NMY)

Combines motivating high-energy music with unique moves and combinations. Based on the principle that a workout should be "FUN AND EASY TO DO" allowing participants to stick with it and achieve long-term health benefits.

ZUMBA GOLD® (ACY, APY, FWY, NMY) – AOA FRIENDLY

Zumba for the Active Older Adult and the beginner participant.

ZUMBA® TONING (APY, HVY)

Combine weighted, maraca-like toning sticks with specific Zumba moves to get a calorie burning, strength training rhythmic work out.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|-------------------------------|-------------|--------------------|------------|--------------|------------|-----------------|-----------------------|
| 30-Minute Strength | APY | 14 years and older | T/TH | 11:30 AM | NOON | FREE | Day Pass |
| Axis™ | HVY | 14 years and older | T | 5:10 AM | 5:55 AM | FREE | Day Pass |
| BollyX® | HVY | 14 years and older | M/F | 9:00 AM | 9:50 AM | FREE | Day Pass |
| BollyX® | HVY | 14 years and older | W | 4:15 PM | 5:05 PM | FREE | Day Pass |
| Boot Camp 101 - AOA Friendly | HVY | 14 years and older | T/TH | 9:00 AM | 10:00 AM | FREE | Day Pass |
| BOSU Cardio & Conditioning | HVY | 14 years and older | TH | 5:15 AM | 6:15 AM | FREE | Day Pass |
| BOSU Conditioning | NMY | 14 years and older | W | 4:30 PM | 5:15 PM | FREE | Day Pass |
| Cardio | APY | 14 years and older | M/F | 9:00 AM | 10:00 AM | FREE | Day Pass |
| Cardio Barre Connect | APY | 14 years and older | F | 4:45 PM | 5:30 PM | FREE | Day Pass |
| Cardio Dance Gold | FWY | 14 years and older | T | 10:15 AM | 11:00 AM | FREE | Day Pass |
| Cardio Funk | HVY | 14 years and older | W | 6:45 PM | 7:30 PM | FREE | Day Pass |
| Cardio Gold - AOA Friendly | NMY | 55 years and older | T/TH | 9:00 AM | 9:45 AM | FREE | Day Pass |
| Cardio Kickbox | ACY | 14 years and older | F | 9:10 AM | 9:50 AM | FREE | Day Pass |
| Cardio Kickbox | ACY | 14 years and older | T | 5:15 PM | 6:00 PM | FREE | Day Pass |
| Cardio Kickbox | FWY | 14 years and older | W | 9:00 AM | 9:45 AM | FREE | Day Pass |
| Cardio Kickbox | FWY | 14 years and older | TH | 5:30 PM | 6:15 PM | FREE | Day Pass |
| Cardio Kickbox | HVY | 14 years and older | M | 5:30 PM | 6:15 PM | FREE | Day Pass |
| Cardio Kickbox | NMY | 14 years and older | T/TH | 6:05 PM | 7:05 PM | FREE | Day Pass |
| Cardio - Strength Fusion | ACY | 14 years and older | F | 5:30 AM | 6:15 AM | FREE | Day Pass |
| Cardio - Strength Fusion | FWY | 14 years and older | M/W | 5:15 AM | 6:00 AM | FREE | Day Pass |
| Cardio - Strength Fusion | FWY | 14 years and older | M | 5:30 PM | 6:15 PM | FREE | Day Pass |
| Cardio - Strength Fusion | NMY | 14 years and older | M/W | 5:30 PM | 6:30 PM | FREE | Day Pass |
| Circuit Training | NMY | 14 years and older | SAT | 8:00 AM | 8:45 AM | FREE | Day Pass |
| Core | ACY | 14 years and older | T/TH | 9:00 AM | 9:25 AM | FREE | Day Pass |
| Core - Women Only | APY | 18 years and older | M | 4:30 PM | 5:15 PM | FREE | Members Only |
| Core | FWY | 14 years and older | F | 8:05 AM | 8:35 AM | FREE | Day Pass |
| Core | FWY | 14 years and older | T/TH | 8:30 AM | 9:00 AM | FREE | Day Pass |
| Core | HVY | 14 years and older | SAT | 8:00 AM | 8:45 AM | FREE | Day Pass |
| Core | HVY | 14 years and older | M/W | 9:00 AM | 9:45 AM | FREE | Day Pass |
| Core | NMY | 14 years and older | T/TH | 9:30 AM | 10:00 AM | FREE | Day Pass |
| Core-Strength-Core | HVY | 14 years and older | T/TH | 5:10 AM | 5:55 AM | FREE | Day Pass |
| Core-Strength-Core | NMY | 14 years and older | T/TH | 5:00 PM | 5:45 PM | FREE | Day Pass |
| Foam Roller | HVY | 14 years and older | TH | 10:10 AM | 10:55 AM | FREE | Day Pass |
| Gentle Stretch - AOA Friendly | ACY | 14 years and older | F | 8:15 AM | 9:00 AM | FREE | Day Pass |
| Gentle Stretch - AOA Friendly | APY | 14 years and older | T/TH | 10:30 AM | 11:30 AM | FREE | Day Pass |
| Gentle Stretch - AOA Friendly | APY | 14 years and older | W/F | 11:00 AM | 11:45 AM | FREE | Day Pass |
| Gentle Stretch - AOA Friendly | HVY | 55 years and older | W | 8:00 AM | 8:45 AM | FREE | Day Pass |
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| Hoop Fitness | HVY | 14 years and older | W | 6:45 AM | 7:15 AM | FREE | Day Pass |
| Kettlebell | ACY | 14 years and older | T/TH | 5:45 PM | 6:30 PM | FREE | Day Pass |
| Kettlebell | FWY | 14 years and older | T/TH | 6:00 AM | 6:30 AM | FREE | Day Pass |
| Kettlebell | FWY | 14 years and older | F | 9:00 AM | 9:45 AM | FREE | Day Pass |
| Kettlebell Boot Camp | FWY | 14 years and older | M/W | NOON | 12:45 PM | FREE | Day Pass |
| Kettlebell | HVY | 14 years and older | T | 6:15 AM | 6:45 AM | FREE | Day Pass |
| Kettlebell | HVY | 14 years and older | M | 4:15 PM | 5:00 PM | FREE | Day Pass |
| Kettlebell | NMY | 14 years and older | T/TH | 9:00 AM | 9:30 AM | FREE | Day Pass |
| Kettlebell/Core | NMY | 14 years and older | T | 9:00 AM | 10:00 AM | FREE | Day Pass |
| Max Intervals | HVY | 14 years and older | T | 5:15 AM | 6:15 AM | FREE | Day Pass |
| Max Intervals | HVY | 14 years and older | F | 9:00 AM | 10:00 AM | FREE | Day Pass |
| Max Intervals | ACY | 14 years and older | T/TH | NOON | 12:45 PM | FREE | Day Pass |
| Max Intervals | NMY | 14 years and older | T/TH | 5:30 AM | 6:00 AM | FREE | Day Pass |
| Nordic Walking | APY | 14 years and older | M/F | 5:30AM | 6:30AM | FREE | Day Pass |
| PiYo™ Live | ACY | 14 years and older | W | 8:30 AM | 9:30 AM | FREE | Day Pass |
| PiYo™ Live | FWY | 14 years and older | SAT | 8:15 AM | 9:10 AM | FREE | Day Pass |
| PiYo™ Live | FWY | 14 years and older | T/TH | 8:15 AM | 9:00 AM | FREE | Day Pass |
| PiYo™ Live | FWY | 14 years and older | T/TH | 12:00 PM | 12:30 PM | FREE | Day Pass |
| PiYo™ Live | FWY | 14 years and older | W | 5:15 PM | 6:10 PM | FREE | Day Pass |
| PiYo™ Live | FWY | 14 years and older | M | 7:15 PM | 8:00 PM | FREE | Day Pass |
| PiYo™ Live | NMY | 14 years and older | M | 5:15 PM | 6:00 PM | FREE | Day Pass |
| Power Hour | ACY | 14 years and older | M/F | NOON | 1:00 PM | FREE | Day Pass |
| Pregnant & Fit | HVY | 16 years and older | M | 6:00 PM | 7:00 PM | FREE | Day Pass |
| Retro-Cardio | ACY | 14 years and older | SUN | 9:15 AM | 10:15 AM | FREE | Day Pass |
| Sampler Saturday | ACY | 14 years and older | SAT | 8:30 AM | 9:30 AM | FREE | Day Pass |
| Sampler Saturday | HVY | 14 years and older | SAT | 8:00 AM | 8:45 AM | FREE | Day Pass |
| Silver Sneakers® Classic - AOA Friendly | ACY | 55 years and older | M/W | 7:45 AM | 8:30 AM | FREE | Day Pass |
| Silver Sneakers® Classic - AOA Friendly | ACY | 55 years and older | MW | 8:40 AM | 9:25 AM | FREE | Day Pass |
| Silver Sneakers® Classic - AOA Friendly | APY | 55 years and older | T/TH | 8:00 AM | 8:45 AM | FREE | Day Pass |
| Silver Sneakers® Classic - AOA Friendly | FWY | 55 years and older | M/F | 10:45 AM | 11:30 AM | FREE | Day Pass |
| Silver Sneakers® Classic - AOA Friendly | HVY | 55 years and older | T/TH | 8:00 AM | 8:45 AM | FREE | Day Pass |
| Silver Sneakers® Classic - AOA Friendly | HVY | 55 years and older | T/TH | 9:00 AM | 9:45 AM | FREE | Day Pass |
| Silver Sneakers® Classic - AOA Friendly | NMY | 55 years and older | F | 9:00 AM | 9:45 AM | FREE | Day Pass |
| Simply Balance - AOA Friendly | APY | 14 years and older | M/W | 7:15 AM | 8:00 AM | FREE | Day Pass |
| Simply Fit - AOA Friendly | ACY | 14 years and older | W | 10:00 AM | 10:45 AM | FREE | Day Pass |
| Simply Fit- AOA Friendly | ACY | 14 years and older | T/TH | 7:30 AM | 8:15 AM | FREE | Day Pass |
| Simply Fit - AOA Friendly | FWY | 14 years and older | M/W/F | 9:50 AM | 10:35 AM | FREE | Day Pass |
| Simply Fit - AOA Friendly | HVY | 55 years and older | T/TH | 8:00 AM | 8:45 AM | FREE | Day Pass |
| Simply Fit - AOA Friendly | HVY | 55 years and older | M/W | 9:00 AM | 9:45 AM | FREE | Day Pass |
| Simply Fit | NMY | 14 years and older | M/W/F | 8:30 AM | 9:30 AM | FREE | Day Pass |
| Simply Fit - AOA Friendly | APY | 18 years and older | M/W | 10:10 AM | 10:55AM | FREE | Day Pass |

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|---|-----|--------------------|-------------|----------|----------|------|--------------|
| Simply Strength - AOA Friendly - Women Only | APY | 18 years and older | M/W | 11:00 AM | 11:45 AM | FREE | Members Only |
| Simply Strength - AOA Friendly | FWY | 14 years and older | W | 10:45 AM | 11:30 AM | FREE | Day Pass |
| Step | ACY | 14 years and older | W | 8:30 AM | 9:30 AM | FREE | Day Pass |
| Step | APY | 14 years and older | T/TH | 8:45 AM | 10:00 AM | FREE | Day Pass |
| Step | FWY | 14 years and older | M | 9:00 AM | 9:45 AM | FREE | Day Pass |
| Step | HVY | 14 years and older | W | 9:00 AM | 9:45 AM | FREE | Day Pass |
| Step | HVY | 14 years and older | M | 12:05 PM | 12:50 PM | FREE | Day Pass |
| Step Combo | HVY | 14 years and older | T | 6:30 PM | 7:30 PM | FREE | Day Pass |
| Step Intervals | HVY | 14 years and older | W | 5:15 AM | 6:00 AM | FREE | Day Pass |
| Strength & Resistance | ACY | 14 years and older | T | 5:45 AM | 6:30 AM | FREE | Day Pass |
| Strength & Resistance | ACY | 14 years and older | T/TH | 8:20 AM | 9:00 AM | FREE | Day Pass |
| Strength & Resistance | APY | 14 years and older | T/TH | 5:30 AM | 6:15 AM | FREE | Day Pass |
| Strength & Resistance - Women Only | APY | 18 years and older | M/W/F | 8:00 AM | 9:00 AM | FREE | Members Only |
| Strength & Resistance - Women Only | APY | 18 years and older | SAT | 8:00 AM | 8:45 AM | FREE | Members Only |
| Strength & Resistance - Women Only | APY | 18 years and older | M/W/F | 9:00 AM | 10:00 AM | FREE | Members Only |
| Strength & Resistance - Women Only | APY | 18 years and older | T/TH | 10:15 AM | 11:15 AM | FREE | Members Only |
| Strength & Resistance - Women Only | APY | 18 years and older | T | 5:30 PM | 6:15 PM | FREE | Members Only |
| Strength & Resistance | FWY | 14 years and older | T | 8:00 AM | 8:30 AM | FREE | Day Pass |
| Strength & Resistance | FWY | 14 years and older | F | 7:30 AM | 8:00 AM | FREE | Day Pass |
| Strength & Resistance | FWY | 14 years and older | TH | 5:00 PM | 5:30 PM | FREE | Day Pass |
| Strength & Resistance | HVY | 14 years and older | M/W/F | 8:00 AM | 8:45 AM | FREE | Day Pass |
| Strength & Resistance | HVY | 14 years and older | M/W | 6:30 PM | 7:30 PM | FREE | Day Pass |
| Strength & Resistance | HVY | 14 years and older | SAT | 9:00 AM | 9:45 AM | FREE | Day Pass |
| Strength & Resistance | HVY | 14 years and older | T/TH | 10:15 AM | 11:15 AM | FREE | Day Pass |
| Strength & Resistance | NMY | 14 years and older | M/W/F | 5:15 AM | 6:15 AM | FREE | Day Pass |
| Strength & Resistance | NMY | 14 years and older | M/W/F | 8:30 AM | 9:30 AM | FREE | Day Pass |
| Strength for Life - AOA Friendly - Appleton Evangelical Free Church | APY | 55 years and older | T/TH | 9:30 AM | 10:15 AM | FREE | \$29 |
| Strollerobics - 2 Day Class | NMY | 16 years and older | T/TH | 9:30 AM | 10:30 AM | FREE | \$29 |
| TABATA Cardio | HVY | 14 years and older | W | 8:45 AM | 9:30 AM | FREE | Day Pass |
| TABATA Cardio | HVY | 14 years and older | SAT | 7:00 AM | 7:45 AM | FREE | Day Pass |
| TABATA Cardio | HVY | 14 years and older | W | 5:15 PM | 6:15 PM | FREE | Day Pass |
| TABATA Cardio - Core | APY | 14 years and older | W | 9:00 AM | 10:00 AM | FREE | Day Pass |
| Tai Chi for Better Balance - AOA Friendly | ACY | 14 years and older | F | 10:00 AM | 11:00 AM | FREE | Day Pass |
| Total Body Boot Camp | ACY | 14 years and older | T/TH | 9:30 AM | 10:30 AM | FREE | Day Pass |
| Total Body Boot Camp - outside | ACY | 14 years and older | M/F | 5:30 PM | 6:30 PM | FREE | Day Pass |
| Total Body Boot Camp | APY | 14 years and older | M/T/W/TH//F | 5:45 AM | 6:30 AM | FREE | Day Pass |
| Total Body Boot Camp | FWY | 14 years and older | T/TH | 5:00 AM | 6:00 AM | FREE | Day Pass |
| Total Body Boot Camp | HVY | 14 years and older | M/F | 5:15 AM | 6:15 AM | FREE | Day Pass |
| Total Body Boot Camp | HVY | 14 years and older | SAT | 6:30 AM | 7:30 AM | FREE | Day Pass |
| Total Body Boot Camp | HVY | 14 years and older | M | 9:00 AM | 10:00 AM | FREE | Day Pass |
| Total Body Boot Camp | NMY | 14 years and older | M/W | 9:00 AM | 10:00 AM | FREE | Day Pass |

| | | | | | | | |
|-------------------------------|-----|--------------------|---------------|----------|----------|------|----------|
| Total Body Boot Camp | NMY | 14 years and older | M/W/F | 12:10 PM | 12:55 PM | FREE | Day Pass |
| Total Body Conditioning | ACY | 14 years and older | M | 5:30 AM | 6:15 AM | FREE | Day Pass |
| Total Body Conditioning | ACY | 14 years and older | M | 8:30 AM | 9:30 AM | FREE | Day Pass |
| Total Body Conditioning | APY | 14 years and older | TH | 8:00 AM | 9:00 AM | FREE | Day Pass |
| Total Body Conditioning | NMY | 14 years and older | T/TH | 8:30 AM | 9:30 AM | FREE | Day Pass |
| Transform™ | HVY | 14 years and older | M | 5:10 AM | 5:55 AM | FREE | Day Pass |
| Transform™ | HVY | 14 years and older | T | 4:15 PM | 5:05 PM | FREE | Day Pass |
| Turbo Kick® | FWY | 14 years and older | T | 6:15 PM | 7:15 PM | FREE | Day Pass |
| Turbo Kick® | FWY | 14 years and older | F | 5:15 AM | 6:15 AM | FREE | Day Pass |
| Zumba® | ACY | 14 years and older | F | 8:30 AM | 9:30 AM | FREE | Day Pass |
| Zumba® | ACY | 14 years and older | F | 5:15 PM | 6:15 PM | FREE | Day Pass |
| Zumba® | ACY | 14 years and older | M/W | 5:30 PM | 6:30 PM | FREE | Day Pass |
| Zumba® | APY | 14 years and older | M/W/F /SAT | 8:00 AM | 9:00 AM | FREE | Day Pass |
| Zumba® | APY | 14 years and older | M/W | 6:15 PM | 7:15 PM | FREE | Day Pass |
| Zumba® | FWY | 14 years and older | F | 8:10 AM | 8:55 AM | FREE | Day Pass |
| Zumba® | FWY | 14 years and older | T/TH/S AT | 9:15 AM | 10:00 AM | FREE | Day Pass |
| Zumba® | FWY | 14 years and older | M/W | 6:15 PM | 7:00 PM | FREE | Day Pass |
| Zumba® | HVY | 14 years and older | T | 9:00 AM | 10:00 AM | FREE | Day Pass |
| Zumba® | HVY | 14 years and older | SUN | 9:30 AM | 10:30 AM | FREE | Day Pass |
| Zumba® | HVY | 14 years and older | M/F | 10:00 AM | 11:00 AM | FREE | Day Pass |
| Zumba® | HVY | 14 years and older | W | 10:00 AM | 10:45 AM | FREE | Day Pass |
| Zumba® | HVY | 14 years and older | F | 12:05 PM | 1:05 PM | FREE | Day Pass |
| Zumba® | HVY | 14 years and older | M | 4:15 PM | 5:15 PM | FREE | Day Pass |
| Zumba® | HVY | 14 years and older | T/TH | 5:20 PM | 6:20 PM | FREE | Day Pass |
| Zumba® | NMY | 14 years and older | T/TH/S UN | 8:30 AM | 9:30 AM | FREE | Day Pass |
| Zumba® | NMY | 14 years and older | T | 5:05 PM | 6:00 PM | FREE | Day Pass |
| Zumba® | NMY | 14 years and older | TH | 5:00 PM | 6:00 PM | FREE | Day Pass |
| Zumba® | NMY | 14 years and older | SAT | 8:45 AM | 9:45 AM | FREE | Day Pass |
| Zumba Gold® - AOA Friendly | ACY | 14 years and older | TH | 7:00 AM | 7:45 AM | FREE | Day Pass |
| Zumba Gold® - AOA Friendly | ACY | 14 years and older | T | 7:00 AM | 7:45 AM | FREE | Day Pass |
| Zumba Gold® - AOA Friendly | APY | 14 years and older | TH | 9:30 AM | 10:15 AM | FREE | Day Pass |
| Zumba Gold® - AOA Friendly | APY | 14 years and older | F | 10:00 AM | 10:45 AM | FREE | Day Pass |
| Zumba Gold® - AOA Friendly | APY | 14 years and older | M/W | 11:00 AM | 11:45 AM | FREE | Day Pass |
| Zumba Gold® - AOA Friendly | FWY | 55 years and older | TH | 10:15 AM | 11:00 AM | FREE | Day Pass |
| Zumba Gold® - AOA Friendly | HVY | 14 years and older | TH | 6:30 PM | 7:30 PM | FREE | Day Pass |
| Zumba® Toning | APY | 14 years and older | T | 9:45 AM | 10:30 AM | FREE | Day Pass |
| Zumba® Toning | HVY | 14 years and older | TH | 9:00 AM | 10:00 AM | FREE | Day Pass |

YOU SPOKE, WE LISTENED.

YMCA Members: Registration will no longer be required for all FREE/Value-Added land, cycling,

Spring Session: April 10-May 28, 2017

This is a working document and is subject to change.

water and mind/body fitness classes. Members are now able to drop-in and attend these classes, as part of our **"Flexible Fitness Scheduling."**

General Public may purchase a **Day Pass** at the Member Service Desk and enjoy the use of our facilities and FREE/Value-added land, cycling and mind/body fitness classes for the entire day pending schedules, equipment and space availability.

| | |
|--|-------------|
| Youth Day Pass (ages 6-17) | \$8 |
| Young Adult Day Pass (ages 18-25) | \$10 |
| Adult Day Pass | \$14 |
| Family Day Pass | \$16 |

HIGH CAPACITY CLASSES

A very small selection of classes might exceed the room capacity for a class, therefore a ticket will be required for members and the general public to attend. These High Capacity Classes are labeled with a # sign after their class name in the Program Guide. These classes will also be marked with a # sign on our fitness class grid. Stop by the Member Service desk at your Y up to 30-minutes prior to that class to obtain your ticket.

PLEASE NOTE: Y Members and General Public will still need to register during session registration weeks for **ALL** Small Group Personal Training Classes.

CONVENIENT. FLEXIBLE. EXPANDED OPTIONS.

You will find the most current display of class availability on our YMCA of the Fox Cities APP. The app is available for the iPhone and Android and can be downloaded at the Google PlayStore or iTunes Store.

We will continue to provide a printed form of the traditional Fitness Class Grid at all five YMCA of the Fox Cities locations. For those who want to review or print the entire fitness schedule, or selected pages of our program guide, please visit our website www.ymcafoxcities.org.

MIND & BODY

**** For all yoga and Pilates® classes, please bring a sticky mat and water bottle.**

ACTIVE OLDER ADULTS - LAND AND WATER FITNESS CLASSES

Please look in the Health and Fitness section of the program guide for land and water fitness appropriate for active older adults. They will be labeled "AOA Friendly"

AERIAL YOGA (APY)

Let your yoga practice take flight. Aerial Yoga is everything you love about yoga with a twist of play, flight, meditation and core stabilization. Our colorful aerial silks will be used in many exciting ways to support and enhance yoga poses that will leave you floating out of class and coming back for more. Classes are strengthening and fun while allowing one to find balance, restoration and increased proprioception. Our Aerial Yoga classes are an exhilarating and accessible experience. Class size is limited to 8 participants.

AERIAL YOGA TRY-ITS (APY) – NEW!!! Interested in trying but not quite sure what to expect? Come and experience a FREE, one-time 30-minute aerial yoga class to learn what it's all about - for first-timers only. Class size is limited to 8 people. Please register at any branch or on-line for Aerial Yoga Try-Its.

AWAKENING YOGA (APY, HVY)

Start your day off right with a healthy dose of awareness. Increase strength, flexibility and clarity. For all levels. **

BARRE PILATES (NMY)

Barre Pilates incorporates ballet, Pilates and yoga aspects to help develop and strengthen the core, and helps the body to have better posture and move in a more efficient way. Utilizing a ballet barre, this flows through a series of dynamic and isometric movements that concentrate not only on strength but also flexibility and coordination to create a stronger, leaner you.

CHAIR YOGA (FWY, HVY) – AOA FRIENDLY

This class is designed specifically with seniors and those who need a little extra support in mind. Participants will move, breathe, and laugh thru basic yoga postures using our chairs for assistance.

FAMILY POWER YOGA (FWY) - AGES 7-13 YEARS WITH PARENT

Mom and me...dad and me...or both! Based off a normal Power Yoga Class with modifications for smaller body types. This class also teaches the importance of breathing and relaxation exercises.

GUIDED MEDITATION (APY)

Regular meditation reduces anxiety, increases focus, and balances emotions. It's valuable to have a teacher guide the meditation process. This class requires no previous experience, no special equipment, and no particular dress. Come as you are. Class will be held Jan 2- March 25.

HATHA YOGA (ACY, APY, FWY, HVY, NMY)

Students will learn basic yoga poses while connecting with the breath to increase strength, range of motion and body awareness. Come to this class to relax, have fun, breathe deeply, move mindfully, and leave with a happy heart! For all levels.

MEDITATIVE YOGA (APY, HVY)

Excellent for those who have taken Yoga and would like to deepen their practice. The focus will be on more stretching and meditation within a select set of poses to enhance the natural range of motion in the joints. This practice will condition the tissues to become more elastic, and allow for more complete relaxation throughout the entire body. It is recommended to bring to class either a bath towel, stiff blanket or bolster pillow. **

MINDFUL MOVEMENT YOGA LEVEL 1 (APY)

In this Vinyasa flow class we remove the momentum from the transitions and focus on more breath. Then, the large muscle groups no longer can support the pose by themselves and the supportive muscle groups must pitch in to support the body. The results are more core activation, stronger connection to the body and the ability to engage in much deeper, smoother, longer breath. This process creates a complete change in how we carry ourselves and translates into all our activities outside the Yoga room.

MINDFUL MOVEMENT YOGA LEVEL 2 (APY)

In this Vinyasa flow class, we use the same process as Level I, but we take the poses to a different level and challenge those students who are ready. This may include more difficult poses such as headstands, arm balances and other more challenging poses (all poses are optional as we learn to listen to our bodies).

PIYO™ LIVE (APY, ACY, FWY, HVY, NMY)

PiYo™ is a strength workout using a unique combination of strength conditioning, flexibility and dynamic balance with hints of Yoga and Pilates. Fun music and rhythmic choreography will make you sweat.

PILATES (APY, HVY, NMY)

Pilates workouts focus first on developing strength through the core including the back, abdomen and hips. Flow through a series of dynamic movements that concentrate not only on strength but also flexibility and coordination to create a stronger, leaner you. Pilates is a tool to educate the body to have better posture and move in a more efficient way.

PILATES YOGA FUSION (ACY, APY, HVY)

Get the core strengthening of Pilates combined with the flexibility and stability gained through yoga. The beginner level will introduce the basic principles of yoga and the Pilates method. The intermediate level will be a continuation of those skills learned in the beginner level.

POWER VINYASA YOGA (ACY, APY, FWY, HVY, NMY)

Experience shifts energetically, muscularly, mentally and emotionally. A vigorous series of poses which flow from one pose to the next incorporating breath, gaze and abdominal control. Increase your strength, flexibility, stamina and cardiovascular endurance. This type of yoga is suitable for all - from beginner to advanced levels.

RESTORATIVE/YIN YOGA (APY, NMY)

Relax and renew with a meditative series of restorative postures. This is a gentle, calming style of yoga that uses props to support the body to deepen the benefits of poses. It is a soothing, nurturing practice that promotes a healthier and happier you. Encourages students to explore range of movement and increase body awareness using breathing techniques and meditation for students of all levels.

SIMPLY YOGA (FWY) – AOA FRIENDLY

This class is formatted for students who like to practice vinyasa (flow) yoga but are not able to transition from standing to floor postures repetitively. Floor work is required. Walls and chairs can be used to assist in standing balancing postures. If you have never practiced yoga before this will offer you the opportunity to learn the postures from an upright standing position.

SLOW FLOW YOGA (ACY, APY, FWY, HVY) – AOA FRIENDLY

Enjoy a gently-paced flow of yoga poses – pausing to focus on breath and body-mind control. Increase your strength, flexibility and balance. Excellent yoga choice for beginners and seniors!

TAI CHI FOR BEGINNERS (APY)

Tai chi, pronounced "tie chee", is a mind-body practice wherein a person moves his body slowly and gently, while breathing deeply and meditating (tai chi is sometimes called "moving meditation"). Tai chi is a physical approach to health, longevity and optimum

TAI CHI FOR BETTER BALANCE (ACY) – AOA FRIENDLY

A falls prevention program...improve your balance, strength, mobility and confidence by participating in exercises and activities that improve your stability. Tai Chi movements are also practiced to help improve balance and increase confidence in doing everyday activities.

TAI CHI EASY - QIGONG METHODS (ACY, APY, NMY) – AOA FRIENDLY

Cultivate healthy longevity and inner tranquility through four essential Qi methods: postural alignment and gentle movement, breath practice, self-applied massage, and relaxation and meditation practices.

TAI JI QUAN/MOVING FOR BETTER BALANCE (NMY)

VINYASA FLOW YOGA (NMY)

Similar to Power Vinyasa as it is a flow of poses that incorporates breath, gaze and abdominal control. Yet more of a moderate level, suitable for all levels of yoga participants.

YOGA BASICS (ACY)

Yoga Basics is a beginner class that provides a slower paced program with more description and commentary accompanying each asana or posture. Breath awareness is also introduced as well as relaxation at the end of class.

YOGA BOOK STUDY (HVY)

Participants will learn about yoga practices beyond that of practicing postures. Explore yoga's ethical guidelines such as nonviolence, truthfulness, contentment, self-discipline, and self-study. Please read the first two chapters before the first week's study. Bring a notebook/journal and writing utensil to class for journaling. Limited space – registration is required.

Winter Session 2 Book (March 29-May 10)

Your Body Speaks Your Mind: Decoding the Emotional, Psychological, and Spiritual Messages That Underlie Illness by Deb Shapiro ISBN: 978-1591794189

Please read the Introduction and Chapter 1 before the first week's study.

YOGA CORE (FWY)

This is a fusion class of Core and Power Yoga. Class opens with basic yoga sequencing that will put your body in motion to warm and stretch out your muscles before transitioning into a powerful 30 minute core segment. We finish class with basic yoga postures to work on legs, butt and hips.

YOGA FOR MEN (ACY) - New! This is a men's only yoga class. This class will teach you yoga to make you stronger, more flexible and lose that belly! This class will focus on longer pose holds using props to increase flexibility as well as the sweaty activity of boot camp. Great supplement to enhance all your other workouts!

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--------------------------------|------|------------------------|------|----------|----------|----------|----------------|
| Aerial Yoga | APY | 14 years and older | M | 4:15 PM | 5:15 PM | \$23 | \$39 |
| Aerial Yoga | APY | 14 years and older | T | 4:20 PM | 5:15 PM | \$23 | \$39 |
| Aerial Yoga | APY | 14 years and older | T | 5:20 PM | 6:15 PM | \$23 | \$39 |
| Aerial Yoga | APY | 14 years and older | W | 1:00 PM | 2:00 PM | \$23 | \$39 |
| Aerial Yoga | APY | 14 years and older | W | 4:00 PM | 5:00 PM | \$23 | \$39 |
| Aerial Yoga | APY | 14 years and older | TH | 11:45 AM | 12:45 PM | \$23 | \$39 |
| Aerial Yoga | APY | 14 years and older | M | 3:00 PM | 4:00 PM | \$23 | \$39 |
| Aerial Yoga - Try-It | APY | 14 years and older | M | 2:15 PM | 2:45 PM | 1 x FREE | 1 x FREE |
| Aerial Yoga - Try-It | APY | 14 years and older | W | 2:00 PM | 2:30 PM | 1 x FREE | 1 x FREE |
| Aerial Yoga - Try-It | APY | 14 years and older | W | 5:00 PM | 5:30 PM | 1 x FREE | 1 x FREE |
| Awakening Yoga | APY | 14 years and older | T/TH | 5:30 AM | 6:15 AM | FREE | Day Pass |
| Awakening Yoga | HVY | 14 years and older | T/TH | 7:00 AM | 7:45 AM | FREE | Day Pass |
| Barre Pilates | NMY | 14 years and older | T/TH | 8:30 AM | 9:15 AM | FREE | Day Pass |
| Chair Yoga | FWY | 14 years and older | T/TH | 11:05 AM | 11:50 AM | FREE | Day Pass |
| Chair Yoga | HVY | 14 years and older | M/F | 10:30 AM | 11:30 AM | FREE | Day Pass |
| Chair Yoga | HVY | 14 years and older | W | 11:15 AM | 12:15 PM | FREE | Day Pass |
| Family Yoga | FWY | 7-13 years with parent | T/TH | 4:30 PM | 5:15 PM | FREE | Day Pass |
| Hatha Yoga | ACY | 14 years and older | T/TH | 8:00 AM | 8:45 AM | FREE | Day Pass |
| Hatha Yoga | APY | 14 years and older | M/W | NOON | 12:45 PM | FREE | Day Pass |
| Hatha Yoga | APY | 14 years and older | TH | 4:20 PM | 5:20 PM | FREE | Day Pass |
| Hatha Yoga | APY | 14 years and older | M/TH | 6:30 PM | 7:30 PM | FREE | Day Pass |
| Hatha Yoga | FWY | 14 years and older | T/TH | 5:30 AM | 6:30 AM | FREE | Day Pass |
| Hatha Yoga | HVY | 14 years and older | SAT | 9:00 AM | 10:00 AM | FREE | Day Pass |
| Hatha Yoga | HVY | 14 years and older | T/TH | 6:30 PM | 7:30 PM | FREE | Day Pass |
| Hatha Yoga | NMY | 14 years and older | W | 5:00 PM | 6:00 PM | FREE | Day Pass |
| Hatha Yoga | NMY | 14 years and older | SAT | 9:00 AM | 10:00 AM | FREE | Day Pass |
| Meditative Yoga | APY | 14 years and older | W | 8:15 AM | 9:00 AM | FREE | Day Pass |
| Meditative Yoga | APY | 14 years and older | M | 11:00 AM | 11:45 AM | FREE | Day Pass |
| Meditative Yoga | HVY | 14 years and older | T/TH | 7:45 PM | 8:45 PM | FREE | Day Pass |
| Mindful Movement Yoga 1 | APY | 14 years and older | SUN | 10:15 AM | 11:30 AM | FREE | Day Pass |
| Mindful Movement Yoga 2 | APY | 14 years and older | W | 5:30 PM | 6:30 PM | FREE | Day Pass |
| Mindful Movement Yoga 1 | APY | 14 years and older | W | 6:30 PM | 7:30 PM | FREE | Day Pass |
| Pilates | HVY | 14 years and older | T/TH | 5:30 PM | 6:15 PM | FREE | Day Pass |
| Pilates | NMY | 14 years and older | M/W | 10:00 AM | 10:45 AM | FREE | Day Pass |
| Pilates Yoga Fusion | ACY | 14 years and older | SAT | 8:15 AM | 9:15 AM | FREE | Day Pass |
| Pilates Yoga Fusion | ACY | 14 years and older | T/TH | 6:15 PM | 7:15 PM | FREE | Day Pass |
| Pilates Yoga Fusion | APY | 14 years and older | T/TH | 9:00 AM | 10:00 AM | FREE | Day Pass |
| Pilates Yoga Fusion | APY | 14 years and older | M/W | 10:00 AM | 11:00 AM | FREE | Day Pass |
| Pilates Yoga Fusion - Beginner | HVY | 14 years and older | T/TH | 9:00 AM | 9:45 AM | FREE | Day Pass |
| Power Vinyasa Yoga | ACY | 14 years and older | T/TH | 9:00 AM | 10:00 AM | FREE | Day Pass |

| | | | | | | | |
|--|-----|--------------------|--------------------|----------|----------|------|----------|
| Power Vinyasa Yoga | ACY | 14 years and older | F | 5:50 AM | 6:30 AM | FREE | Day Pass |
| Power Vinyasa Yoga | APY | 14 years and older | M/W | 6:00 AM | 7:00 AM | FREE | Day Pass |
| Power Vinyasa Yoga | APY | 14 years and older | M/W/ F/SAT | 9:00 AM | 10:00 AM | FREE | Day Pass |
| Power Vinyasa Yoga | APY | 14 years and older | F | NOON | 12:45 PM | FREE | Day Pass |
| Power Vinyasa Yoga | APY | 14 years and older | M/TH | 5:30 PM | 6:30 PM | FREE | Day Pass |
| Power Vinyasa Yoga | APY | 14 years and older | T | 6:30 PM | 7:30 PM | FREE | Day Pass |
| Power Vinyasa Yoga | FWY | 14 years and older | T/TH | 9:30 AM | 10:30 AM | FREE | Day Pass |
| Power Vinyasa Yoga | FWY | 14 years and older | M/T/ W/TH | 5:30 PM | 6:30 PM | FREE | Day Pass |
| Power Vinyasa Yoga | HVY | 14 years and older | TH | 5:10 AM | 6:00 AM | FREE | Day Pass |
| Power Vinyasa Yoga | HVY | 14 years and older | F | 9:00 AM | 10:00 AM | FREE | Day Pass |
| Power Vinyasa Yoga | HVY | 14 years and older | W | 10:00 AM | 11:00 AM | FREE | Day Pass |
| Power Vinyasa Yoga | NMY | 14 years and older | M/T/ W/TH/ F | 8:30 AM | 9:45 AM | FREE | Day Pass |
| Power Vinyasa Yoga | NMY | 14 years and older | T/TH/ F | NOON | 1:00 PM | FREE | Day Pass |
| Power Vinyasa Yoga | NMY | 14 years and older | M/T | 5:30 PM | 6:30 PM | FREE | Day Pass |
| Restorative/Yin Yoga | APY | 14 years and older | T/TH | 8:00 PM | 9:00 PM | FREE | Day Pass |
| Restorative/Yin Yoga | NMY | 14 years and older | T/TH | 10:00 AM | 11:00 AM | FREE | Day Pass |
| Restorative/Yin Yoga | NMY | 14 years and older | T/TH | 6:45 PM | 7:45 PM | FREE | Day Pass |
| Simply Yoga - AOA Friendly | FWY | 14 years and older | M/W | 10:45 AM | 11:45 AM | FREE | Day Pass |
| Slow Flow Yoga - AOA Friendly | ACY | 14 years and older | M/W | 7:00 AM | 7:45 AM | FREE | Day Pass |
| Slow Flow Yoga - AOA Friendly | APY | 14 years and older | T/TH | 7:30 AM | 8:30 AM | FREE | Day Pass |
| Slow Flow Yoga - AOA Friendly | APY | 14 years and older | M | 8:00 AM | 9:00 AM | FREE | Day Pass |
| Slow Flow Yoga - AOA Friendly | APY | 14 years and older | F | 8:15 AM | 9:00 AM | FREE | Day Pass |
| Slow Flow Yoga - AOA Friendly | APY | 14 years and older | F | 10:00 AM | 11:00 AM | FREE | Day Pass |
| Slow Flow Yoga - AOA Friendly | FWY | 14 years and older | W/F | 9:00 AM | 10:00 AM | FREE | Day Pass |
| Slow Flow Yoga - AOA Friendly | FWY | 14 years and older | M | 9:30 AM | 10:30 AM | FREE | Day Pass |
| Slow Flow Yoga - AOA Friendly | HVY | 14 years and older | M/W | 9:00 AM | 9:50 AM | FREE | Day Pass |
| Tai Chi For Beginners AOA Friendly | APY | 14 years and older | T/TH | 3:15 PM | 4:15 PM | FREE | Day Pass |
| Tai Chi for Better Balance - AOA Friendly | ACY | 14 years and older | F | 10:00 AM | 11:00 AM | FREE | Day Pass |
| Tai Chi Easy-Qigong Method AOA Friendly | ACY | 14 years and older | M | 12:05 PM | 12:50 PM | FREE | Day Pass |
| Tai Chi Easy-Qigong Method AOA Friendly | APY | 14 years and older | T/TH | 1:45 PM | 3:15 PM | FREE | Day Pass |
| Tai Chi Easy-Qigong Method AOA Friendly | NMY | 14 years and older | W | NOON | 1:00 PM | FREE | Day Pass |
| Tai Chi Easy-Qigong Method AOA Friendly | NMY | 14 years and older | F | 11:00 AM | NOON | FREE | Day Pass |
| Vinyasa Flow Yoga | NMY | 14 years and older | TH | 5:30 PM | 6:30 PM | FREE | Day Pass |
| Yoga Basics | ACY | 14 years and older | M/W | 6:00 PM | 7:00 PM | FREE | Day Pass |
| Yoga Book Study (Winter 2: March 29-May 10) | HVY | 14 years and older | W | 7:00 PM | 8:00 PM | \$25 | \$25 |
| Yoga For Men | ACY | 14 years and older | W | 6:45 PM | 7:30 PM | FREE | Day Pass |

WATER FITNESS

YOU SPOKE, WE LISTENED.

YMCA Members: Registration will no longer be required for all FREE/Value-Added land, cycling, water and mind/body fitness classes. Members are now able to drop-in and attend these classes, as part of our "Flexible Fitness Scheduling." * **EXCEPTION – REGISTRATION IS REQUIRED FOR ARTHRITIS AQUATIC CLASSES FOR MEMBERS AND NON-MEMBERS.**

General Public may purchase a **Day Pass** at the Member Service Desk and enjoy the use of our facilities and land, cycling and mind/body fitness classes for the entire day pending schedules, equipment and space availability.

| | |
|--|-------------|
| Youth Day Pass (ages 6-17) | \$8 |
| Young Adult Day Pass (ages 18-25) | \$10 |
| Adult Day Pass | \$14 |
| Family Day Pass | \$16 |

ACTIVE OLDER ADULTS - LAND AND WATER FITNESS CLASSES

Please look in the Health and Fitness section of the program guide for land and water fitness appropriate for active older adults. They will be labeled "AOA Friendly"

** Some swimming skills required. Modifications can be made for the non-swimmer.

AQUA YOGA (FWY) - AOA FRIENDLY

Yoga based concepts to strengthen and lengthen the entire body. This whole-body approach emphasizes core conditioning, breathing, strength and flexibility.

AQUA ZUMBA® (APY, NMY) - AOA FRIENDLY

ZUMBA in the pool! Shallow water class.

ARTHRITIS AQUA (FWY) – AOA FRIENDLY

A water fitness class that is geared toward improving flexibility, strength and range of motion without putting extra stress on the joints.

ARTHRITIS AQUATIC CLASS (APY, NMY) - AOA FRIENDLY

An Arthritis Foundation recommended Aquatic Program that allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in water, with guidance from the instructor, will help you gain strength and flexibility. Participants enjoy a decrease in pain and stiffness.

* **REGISTRATION IS REQUIRED FOR MEMBERS AND NON-MEMBERS**

CARDIAC H2O ** (APY) - AOA FRIENDLY

Shallow and deep water program designed to fit the needs of individuals who have been diagnosed with cardiac risks factors, are cardiac patients or any adult wanting to improve or maintain fitness.

DEEP DEVOTION ** (APY) - AOA FRIENDLY

Deep water exercise using aquabelts. Challenging workout for the whole body featuring variety music from oldies to inspirational.

DEEP WATER EXERCISE ** (FWY, HVY, NMY) - AOA FRIENDLY

Provides a great workout with no bone or joint impact. Swim ability is required. Floatation devices, hand buoys, and hand paddles are used.

H2O EXERCISE (APY, FWY, HVY, NMY) - AOA FRIENDLY

Aerobic workout is low intensity, providing less stress on joints and bones. The buoyancy and resistance of the water will help you get the workout you want. Classes are held in shallow water.

Spring Session: April 10-May 28, 2017

This is a working document and is subject to change.

H2O FUSION ** (APY, FWY, HVY, NMY) - AOA FRIENDLY

Deep and shallow water fitness all in one class! Anything goes from circuit training, water walking, dance based choreography, plyometrics, strength, intervals, balance and flexibility. (Fox West Y is shallow water only.) Slightly higher intensity than "H2O Exercise".

H2O INTERVALS ** (APY, FWY, NMY)

Alternating aerobic & strength intervals in the water using a variety of equipment. (Diving well only at NMY.) Higher intensity class for those who want more challenge.

H2O STRENGTH & STRETCH (APY, HVY, NMY) - AOA FRIENDLY

Experience the unique properties of shallow and deep water to improve flexibility and strength through a variety of mind body and traditional training forms. Suitable for all fitness levels.

PRENATAL/POSTPARTUM AQUA (NMY)

Low-impact water exercise class includes walking, strengthening, stretching, progressive relaxation with deep breathing. Specific exercises to engage muscles for postural alignment. *Written approval from your health care provider is required. Bring a water bottle to class.

SENIOR SPLASH (FWY) - AOA FRIENDLY

Senior Splash provides shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A variety of equipment will be used in class.

SIMPLY FIT H2O – (FWY, HVY) – AOA FRIENDLY

The water is a wonderful medium in which to exercise! It takes stress off the joints while providing natural resistance to help you tone and trim your body. Class is designed for ages 55 years and older and no swimming ability is required.

WATER RUNNING ** (APY, NMY)

Great cardio intervals in the deep water using an aqua belt and tubing. Provides opportunity to work individually, in teams and as a group. NMY class held in the diving well. A great class for all levels!

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|---|------|--------------------|--------|----------|----------|----------|----------------|
| Aqua Yoga | FWY | 14 years and older | W | 8:15 AM | 9:15 AM | FREE | Day Pass |
| Aqua Zumba® AOA Friendly | APY | 14 years and older | SUN | 8:45 AM | 9:30 AM | FREE | Day Pass |
| Aqua Zumba® AOA Friendly | APY | 14 years and older | M/F | NOON | 12:45 PM | FREE | Day Pass |
| Aqua Zumba® AOA Friendly | NMY | 14 years and older | M/W | 2:30 PM | 3:15 PM | FREE | Day Pass |
| Aqua Zumba® AOA Friendly | NMY | 14 years and older | TH | 9:00 AM | 9:45 AM | FREE | Day Pass |
| Arthritis Aqua | FWY | 14 years and older | F | 8:15 AM | 9:15 AM | FREE | Day Pass |
| Arthritis Aquatic Class AOA Friendly | APY | 14 years and older | T/TH | 8:00 AM | 8:45 AM | FREE | \$29 |
| Arthritis Aquatic Class AOA Friendly | APY | 14 years and older | T/TH | 8:45 AM | 9:30 AM | FREE | \$29 |
| Arthritis Aquatic Class AOA Friendly | APY | 14 years and older | W | 1:30 PM | 2:15 PM | FREE | \$29 |
| Arthritis Aquatic Class AOA Friendly | NMY | 14 years and older | T/TH/F | 10:00 AM | 11:00 AM | FREE | \$39 |
| Cardiac H2O - AOA Friendly | APY | 14 years and older | M/W/F | 8:00 AM | 8:45 AM | FREE | Day Pass |
| Deep Devotion AOA Friendly | APY | 14 years and older | M/W/F | 9:00 AM | 10:00 AM | FREE | Day Pass |
| Deep Water Exercise AOA Friendly | FWY | 14 years and older | M | 7:15 PM | 8:00 PM | FREE | Day Pass |
| Deep Water Exercise – AOA Friendly | FWY | 14 years and older | W/F | 9:15 AM | 10:00 AM | FREE | Day Pass |
| Deep Water Exercise | HVY | 14 years and older | M/W/F | 9:00 AM | 9:45 AM | FREE | Day Pass |

Spring Session: April 10-May 28, 2017

This is a working document and is subject to change.

| | | | | | | | |
|--|-----|--------------------|--------------|----------|----------|------|----------|
| AOA Friendly | | | | | | | |
| Deep Water Exercise AOA Friendly | NMY | 14 years and older | M/W/F | 5:00 AM | 5:45 AM | FREE | Day Pass |
| Deep Water Exercise AOA Friendly | NMY | 14 years and older | M/W/F | 6:00 AM | 6:45 AM | FREE | Day Pass |
| Deep Water Exercise AOA Friendly | NMY | 14 years and older | T/TH | 9:00 AM | 9:45 AM | FREE | Day Pass |
| Deep Water Exercise AOA Friendly | NMY | 14 years and older | M/W | 10:00 AM | 10:45 AM | FREE | Day Pass |
| Deep Water Exercise AOA Friendly | NMY | 14 years and older | M/TH | 6:15 PM | 7:00 PM | FREE | Day Pass |
| H2O Exercise – AOA Friendly | APY | 14 years and older | M/W/F | 7:00 AM | 7:45 AM | FREE | Day Pass |
| H2O Exercise – AOA Friendly | HVY | 14 years and older | SAT | 6:45 AM | 7:30 AM | FREE | Day Pass |
| H2O Exercise – AOA Friendly | NMY | 14 years and older | M/T/W /F | 9:00 AM | 9:45 AM | FREE | Day Pass |
| H2O Fusion – AOA Friendly | FWY | 14 years and older | MT/TH | 8:15 AM | 9:00 AM | FREE | Day Pass |
| H2O Fusion – AOA Friendly | FWY | 14 years and older | W | 7:15 PM | 8:00 PM | FREE | Day Pass |
| H2O Fusion - AOA Friendly | HVY | 14 years and older | M/W | 8:05 AM | 8:45 AM | FREE | Day Pass |
| H2O Fusion - AOA Friendly | APY | 14 years and older | M/F | 5:30 AM | 6:15 AM | FREE | Day Pass |
| H2O Fusion - AOA Friendly | APY | 14 years and older | SAT | 7:00 AM | 8:00 AM | FREE | Day Pass |
| H2O Fusion- AOA Friendly | APY | 14 years and older | T/TH | 9:00 AM | 9:45 AM | FREE | Day Pass |
| H2O Fusion- AOA Friendly | APY | 14 years and older | W | NOON | 12:45 PM | FREE | Day Pass |
| H2O Fusion - AOA Friendly | APY | 14 years and older | T/TH | 6:15 PM | 7:15 PM | FREE | Day Pass |
| H2O Fusion - AOA Friendly | HVY | 14 years and older | M/W/F | 5:45 AM | 6:30 AM | FREE | Day Pass |
| H2O Fusion - AOA Friendly | HVY | 14 years and older | T/TH | 8:35 PM | 9:25 PM | FREE | Day Pass |
| H2O Intervals | APY | 14 years and older | W | 5:30 AM | 6:15 AM | FREE | Day Pass |
| H2O Intervals | NMY | 14 years and older | F | 8:00 AM | 8:45 AM | FREE | Day Pass |
| H2O Strength & Stretch AOA Friendly | APY | 14 years and older | T/TH | 5:30 AM | 6:15 AM | FREE | Day Pass |
| H2O Strength & Stretch AOA Friendly | APY | 14 years and older | T/TH | NOON | 12:45 PM | FREE | Day Pass |
| H2O Strength & Stretch AOA Friendly | HVY | 14 years and older | TH | 6:30 AM | 7:15 AM | FREE | Day Pass |
| H2O Strength & Stretch AOA Friendly | HVY | 14 years and older | T/TH | 9:00 AM | 9:45 AM | FREE | Day Pass |
| H2O Strength & Stretch AOA Friendly | NMY | 14 years and older | T/TH/S AT | 8:00 AM | 8:45 AM | FREE | Day Pass |
| Prenatal/Postpartum Aqua | NMY | 14 years and older | T/TH | NOON | 1:00 PM | FREE | Day Pass |
| Senior Splash - AOA Friendly | FWY | 55 years and older | T/TH | 10:15 AM | 11:00 AM | FREE | Day Pass |
| Simply Fit H2O – AOA Friendly | FWY | 14 years and older | M/T/TH | 9:15 AM | 10:00 AM | FREE | Day Pass |
| Simply Fit H2O – AOA Friendly | HVY | 55 years and older | T/TH | 8:05 AM | 8:45 AM | FREE | Day Pass |
| Water Running | APY | 14 years and older | SAT | 6:00 AM | 6:45 AM | FREE | Day Pass |
| Water Running | APY | 14 years and older | T/TH | 6:15 AM | 7:00 AM | FREE | Day Pass |
| Water Running | NMY | 14 years and older | F | 4:30 PM | 5:30 PM | FREE | Day Pass |

SMALL GROUP TRAINING CLASSES

Do you want more individual attention without sacrificing the camaraderie you find in a group fitness class? Consider enrolling in one of our Small Group Training classes for a more progressive and individualized approach. Small group, high energy classes led by nationally certified Trainer or Instructor.

**REGISTRATION REQUIRED FOR ALL SMALL GROUP TRAINING CLASSES.
PLEASE SEE PRICING GRID BELOW. UNLESS OTHERWISE NOTED IN CLASS GRID.**

30-Minute Classes:

1x/Week: YMCA Member - \$12 General Public - \$20

2x/Week: YMCA Member - \$20 General Public - \$30

3x/Week: YMCA Member - \$28 General Public - \$39

45-Minute Classes:

1x/Week: YMCA Member - \$18 General Public - \$29

2x/Week: YMCA Member - \$32 General Public - \$49

3x/Week: YMCA Member - \$45 General Public - \$68

4x/Week: YMCA Member - \$58 General Public - \$81

60-Minute Classes:

1x/Week: YMCA Member - \$23 General Public - \$39

2x/Week: YMCA Member - \$39 General Public - \$60

3x/Week: YMCA Member - \$55 General Public - \$78

4x/Week: YMCA Member - \$71 General Public - \$93

75-Minute Classes:

1x/Week: YMCA Member - \$29 General Public - \$43

2x/Week: YMCA Member - \$51 General Public - \$76

3x/Week: YMCA Member - \$72 General Public - \$108

4x/Week: YMCA Member - \$91 General Public - \$136

NOTE: Prices indicated in the grid are for one day a week only. Unless otherwise noted. Please see price schedule above for multiple day pricing. To receive multiple day discount you must register, in person, at your local Y branch.

FITRANX™ TRAINING

What is FitRanX™?

FitRanX™ Training is a revolutionary new way to accomplish your fitness goals and keep you motivated. The FitRanX™ team approach offers an abundance of short term fitness goals, challenging workouts and a systematic program to keep you progressing through the ranks and towards your ultimate goal.

How does FitRanX™ Work?

FitRanX™ works through standardized fitness testing. There are 8 levels with corresponding colors that represent each level (similar to the Martial Arts Belt system). To progress from one level to the next you need to participate in a fitness testing session comprised of both strength and conditioning exercises. This testing system means that a Level 5 in Appleton, WI has to accomplish the same criteria as a Level 5 in Los Angeles, CA. Not only are you competing against yourself, but you also see how you compare to others across the country and throughout the world!

Why is FitRanX a good fit for you?

The FitRanX™ Ranking System keeps you motivated and gives you clear and specific goals to strive for while ensuring that you achieve a balanced, full-body fitness, all under the supervision and guidance of nationally certified Personal Trainers.

The FitRanX Promise:

- It keeps you **MOTIVATED!**
- It gives you an abundance of **SHORT TERM GOALS** to reach
- Testing days develop so much **POSITIVE ENERGY**, everyone wants to be a part of them.
- With our ever changing workouts, you will **NEVER BE BORED** again.
- You become **PART OF THE TEAM**. Everyone helps each other reach their true potential.
- FitRanX gets you **RESULTS!**

Contact your YMCA for additional information:

ACY - nkrause@ymcafoxcities.org or 920.702.2317
APY - lkreger@ymcafoxcities.org or 920.954.7658
FWY- mpawlowski@ymcafoxcities.org or 920.560.0424
NMY- kschalk@ymcafoxcities.org or 920.886.2122

PILATES REFORMER TRAINING (APY)

The unique spring resistance of this machine helps generate smooth muscular contractions that develop strength without bulk. Improve your body awareness and posture while correcting muscle imbalances and increasing flexibility. The pace is moderate, yet challenging and will tone muscles, strengthen the core and provide an invigorating workout. Pilates can be practiced one time per week or up to seven times per week, whatever fits your schedule. **Capacity is eight.**

PILATES REFORMER 1 (APY)

Beginner level, learn the fundamentals of the Pilates Reformer Workout including breath, core engagement and fluid movement.

PILATES REFORMER 2 (APY)

Intermediate level of Reformer Exercises utilizing foundational moves that have been mastered in level 1.

PILATES REFORMER 3 (APY)

After completing the basic level, you are now ready for more intense work, including double and single leg exercises, core abdominal work, upper body strengthening, and more challenging stretches to tone and lengthen your muscles. Each class will improve flexibility and strength.

PILATES REFORMER FOR FLEXIBILITY (APY)

This class is designed to enhance your strength and range of motion while learning to stabilize your core. Working on stretching tight muscles to improve mobility in daily life. We take this one slowly, allowing more time for warm up and understanding of foundational movements.

PILATES REFORMER/MAT FLOW

This reformer class incorporates the pilates reformer, mat pilates and functional yoga poses. Reformer experience helpful.

SMALL GROUP PERSONAL TRAINING

Not seeing a class that meets your needs? Contact your local Y branch with a group of 3-8 individuals and we will work with you to schedule a time that meets the needs of your group. Possibilities include:

- Pilates® Reformer
- TRX® Training
- Functional Training
- Strength and Cardio

TRX® ADVANCED TRAINING (APY)

Take your TRX Training to the next level! This highly intensive conditioning class uses TRX Suspension Training along with other methods to increase your strength, speed, agility, flexibility, and coordination. Train your body to get ready for a race, game, or other event with drills that work your body as a whole, making you efficient, strong, and balanced. This class requires previous TRX experience.

TRX® BOOT CAMP (ACY)

Check "lazy" at the door when you step into this workout. This class incorporates suspension training, various other pieces of training equipment and unconventional "Boot Camp" style drills.

TRX® PLUS (APY)

Formerly TRX Boot Camp. Check "lazy" at the door when you step into this workout. This class incorporates suspension training and unconventional "Boot Camp" style drills.

TRX® FLOW (APY) - NEW

This mobility and core-focused workout combines yoga & pilates-inspired movements on the TRX Suspension Trainer with more traditional strength, stability and flexibility exercises. The Suspension Trainer provides added leverage for more advanced participants to push deeper while also providing greater stability for less mobile or strong participants. A joint-by-joint approach seamlessly blends these approaches into flowing postures designed to increase mobility, improve performance and accelerate recovery.

TRX® TRAINING (ACY, APY, FWY, NMY)

TRX® Suspension Training will build strength, balance, flexibility and core stability through unique and challenging exercises. These dynamic total body exercises utilize the TRX® Suspension trainer, stability balls and your own body weight for maximum results in a minimum amount of time. Appropriate for all fitness levels.

Y FIT (ACY)

Y Fit is a progressive class that includes rounds of core, strength and cardio blasts. This training will get you results by giving you workouts to do on your own as well!

| Class Name | YMCA | Age | Day | Start | End | Y Member | General Public |
|----------------------------------|------|--------------------|--------|----------|----------|----------|----------------|
| FitRanX™ Group Training | ACY | 14 years and older | M/W | 6:30 AM | 7:00 AM | \$40 | \$60 |
| FitRanX™ Group Training | APY | 14 years and older | M/W | 6:35 AM | 7:05 AM | \$40 | \$60 |
| FitRanX™ Group Training | APY | 14 years and older | M/W | NOON | 12:30 PM | \$40 | \$60 |
| FitRanX™ Group Training | APY | 14 years and older | T/TH | 9:00 AM | 9:30 AM | \$40 | \$60 |
| FitRanX™ Group Training | APY | 14 years and older | T/TH | 5:30 PM | 6:00 PM | \$40 | \$60 |
| FitRanX™ Group Training | FWY | 14 years and older | M/W | 6:30 AM | 7:00 AM | \$40 | \$60 |
| FitRanX™ Group Training | FWY | 14 years and older | T/TH | 12:15 PM | 12:45 PM | \$40 | \$60 |
| FitRanX™ Group Training | NMY | 18 years and older | T/TH | 11:30 AM | NOON | \$40 | \$60 |
| Pilates Reformer 1 | APY | 14 years and older | W | 5:45 AM | 6:45 AM | \$23 | \$39 |
| Pilates Reformer 1 | APY | 14 years and older | T/W | 8:55 AM | 9:55 AM | \$23 | \$39 |
| Pilates Reformer 1 | APY | 14 Years and older | M/W | 11:00 AM | NOON | \$23 | \$39 |
| Pilates Reformer 1 | APY | 14 years and older | M | 5:10 PM | 6:00 PM | \$23 | \$39 |
| Pilates Reformer 1 | APY | 14 years and older | TH | 6:15 PM | 7:15 PM | \$23 | \$39 |
| Pilates Reformer 1 | APY | 14 years and older | TH | 10:00 AM | 11:00 AM | \$23 | \$39 |
| Pilates Reformer 1 | APY | 14 years and older | F | 11:00 AM | NOON | \$23 | \$39 |
| Pilates Reformer 2 | APY | 14 years and older | TH | 11:00 AM | NOON | \$23 | \$39 |
| Pilates Reformer 2 | APY | 14 years and older | M/T/W | 10:00 AM | 11:00 AM | \$23 | \$39 |
| Pilates Reformer 2 | APY | 14 Years and older | W | 7:50 AM | 8:50 AM | \$23 | \$39 |
| Pilates Reformer 2 | APY | 14 years and older | F | 10:00 AM | 11:00 AM | \$23 | \$39 |
| Pilates Reformer 3 | APY | 14 years and older | W | 6:45 AM | 7:45 AM | \$23 | \$39 |
| Pilates Reformer 3 | APY | 14 years and older | M/T/TH | 7:50 AM | 8:50 AM | \$23 | \$39 |
| Pilates Reformer 3 | APY | 14 years and older | TH | 8:55 AM | 9:55 AM | \$23 | \$39 |
| Pilates Reformer 3 | APY | 14 years and older | TH | NOON | 1:00 PM | \$23 | \$39 |
| Pilates Reformer 3 | APY | 14 years and older | M | 4:10 PM | 5:30 PM | \$23 | \$39 |
| Pilates Reformer 3 | APY | 14 years and older | W | 4:30 PM | 5:30 PM | \$23 | \$39 |
| Pilates Reformer/Mat Flow | APY | 14 years and older | T | 11:00 AM | NOON | \$23 | \$39 |
| Pilates Reformer for Flexibility | APY | 14 years and older | T | 12:15 PM | 1:15 PM | \$23 | \$39 |
| TRX® Boot Camp | ACY | 14 years and older | W | 5:15 AM | 6:15 AM | \$23 | \$39 |
| TRX® Plus | APY | 14 years and older | M | 5:15 PM | 6:00 PM | \$18 | \$29 |
| TRX® Plus | APY | 14 years and older | SAT | 7:00 AM | 7:45 AM | \$18 | \$29 |
| TRX® Training | ACY | 14 years and older | T | NOON | 12:45 PM | \$18 | \$29 |

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|-----------------------|-----|--------------------|--------|----------|----------|------|------|
| TRX® Training | ACY | 14 years and older | T/TH | 5:05 AM | 5:35 AM | \$12 | \$20 |
| TRX® Training | APY | 14 years and older | T/TH/F | 6:30 AM | 7:00 AM | \$12 | \$20 |
| TRX® Training | APY | 14 years and older | T/TH | 11:30 AM | NOON | \$12 | \$20 |
| TRX® Training | APY | 14 years and older | TH | 5:00 PM | 5:30 PM | \$12 | \$20 |
| TRX® Training | FWY | 14 years and older | T/TH | 6:30 AM | 7:00 AM | \$12 | \$20 |
| TRX® Training | NMY | 14 years and older | M | 6:05 PM | 6:50 PM | \$12 | \$20 |
| TRX® Kettlebell Combo | FWY | 14 years and older | T | 5:30 PM | 6:00 PM | \$12 | \$20 |
| TRX® Kettlebell Combo | FWY | 14 years and older | SAT | 7:30 AM | 8:00 AM | \$12 | \$20 |
| Y Fit | ACY | 14 years and older | W | 9:45 AM | 10:45 AM | \$23 | \$39 |

TEEN & YOUTH CLASSES

REGISTRATION REQUIRED FOR ALL TEEN AND YOUTH CLASSES.

FITZONE (AGES 7-13 YEARS) (Youth Inclusion Program) (NMY)

Program area at the Neenah-Menasha YMCA which features a line of strength training equipment designed for simplicity, low profile access, small increments of resistance and no set-up adjustments. A variety of cardiovascular equipment will improve the health of your heart and lungs, and entertain you with television, interactive video games and contests! All kids must have an equipment orientation prior to participating in the FitZone area. Please sign up at the Wellness Department desk.

SATURDAY FUN CLUB – YOUTH INCLUSION FITNESS (AGES 7-13 YEARS) (NMY)

An acceptance for all wellness class for ages 7-13 (drop off or with a caregiver) that offers opportunities for wellness training and social learning. Class will be staffed with a 1:4 ratio to accommodate individuals with special needs. Registration is limited to 8 participants. For more information contact Paula Gozner at 886-2101 or pgozner@ymcafoxcities.org.

PRESCHOOL YOGA (AGES 3-5 YEARS) (HVY)

Introduces breathing techniques, names, and basic forms of yoga poses to small children through guided play, games, and activities that emphasize mindful movement. This is not a parent-child class.

YOUTH YOGA – YOUTH SPECIAL RECREATION FITNESS (AGES 7-13 YEARS) (NMY)

A Yoga (breathing, movement, awareness development) and Contemplative Arts class for ages 7-13 (drop off or with a caregiver). Class will be staffed with a 1:4 ratio to accommodate individuals with special needs. Registration is limited to 8 participants. For more information contact Paula Gozner at 886.2101 or pgozner@ymcafoxcities.org.

PUMP IT UP – YOUTH INCLUSION FITNESS (AGES 7-13 YEARS) (NMY)

This program is for non-special needs and special needs children with cognitive delays or physical challenges. Learn to use FitZone machines, increase strength and core muscles.

YOUTH CANCER SURVIVOR PROGRAM (AGES 5-16 YEARS) (APY)

A class focusing on low impact exercises, developing coordination, and decreasing deconditioning that is a result of treatment. There are weekly instructional and supervised sessions to help those whose lives have been affected by cancer to renew or establish their fitness goals. A fun and dynamic physical fitness program focused on improving strength, endurance, coordination, mobility and balance through a variety of exercise such as:

- Age appropriate Strength Training exercises through game play or equipment
- Cardiovascular Conditioning
- Balance and Mobility
- Swimming

The 7-week program meets once a week and is tailored to improve the individuals current fitness level.

Fee: Y Member and General Public: FREE as long as participant is actively attending the Physical Activity Program. Space is limited.

Spring Session: April 10-May 28, 2017

This is a working document and is subject to change.

Includes:

- 2 month free Y membership for cancer survivors and a support person.
 - The participant has the option to also participate in one of our program offerings during that same session. (i.e. youth sports, swim lesson, arts/humanities, etc.)
- Contact Linda VanEgeren for information or registration: 920.954.7629

YOUTH FREE WEIGHT CLASS (AGES 11-16 YEARS) (ACY, APY)

THIS 7 APPOINTMENT CLASS IS REQUIRED FOR YOUTH AGE 11-13 TO USE THE FREE WEIGHT ROOM EQUIPMENT. Class times can be scheduled around your schedule, but all 7 classes must be completed to pass. Class will cover basic exercise terminology and human anatomy, various hot topics in nutrition, program design, and exercises such as free weights, cable machines, and other functional equipment. Proper form and technique will be emphasized. A must for any youth interested in maximizing their overall wellness or athletic ability. Upon completion, class participants will be able to use Free Weight Room.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--------------------------------------|-------------|-------------|------------|--------------|------------|-----------------|-----------------------|
| Preschool Yoga | HVY | 3-5 years | W | 1:00 PM | 1:30 PM | FREE | Day Pass |
| Saturday Fun Club – NEW | NMY | 7-13 years | SAT | 9:00 AM | 10:15 AM | FREE | Day Pass |
| Youth Yoga – NEW | NMY | 7-13 years | SAT | 10:30 AM | 11:15 AM | FREE | \$56 |
| Pump It Up – Youth Inclusion Fitness | NMY | 7-13 years | TH | 3:45 PM | 4:45 PM | FREE | Day Pass |
| Youth Free Weight Class | ACY | 11-16 years | | FLEXIBLE | | \$25 | \$38 |
| Youth Free Weight Class | APY | 11-16 years | | FLEXIBLE | | \$25 | \$38 |