



# 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: MARCH 27, 2017

### STAFF CONTACTS

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### YOU SPOKE, WE LISTENED.

**Registration will no longer be required for all FREE/Value Added land, cycling 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.

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

### HIGH CAPACITY CLASSES

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

### CONVENIENT. FLEXIBLE. EXPANDED OPTIONS.

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**Winter Session 1: January 2-February 19, 2017**

**Winter Session 2: February 20-April 9, 2017**

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## 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 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.

### EXPRESS CYCLING (APY, FWY)

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

### 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.

### REVOLUTIONARY RIDE (APY)

This 2 hour audio visual virtual ride experience is designed for, but not limited to the rider looking to get a jumpstart on their spring endurance fitness. Heart rate monitors are encouraged, but not required. Intervals will generally be longer and the focus will be on raising the intensity in a gentle, but assertive way. The result will be greater power and stamina in the year ahead. Participants are welcome to join in at 8am as space is available. Special Scheduling- December 3, 2016 ending date TBA.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Cycling 101 –Jan 2 AOA Friendly	APY	14 years and older	M	6:45 PM	8:00 PM	FREE	Day Pass
Cycling 101- Feb 20 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
Cycle 360	HVY	14 years and older	T	6:00 PM	6:45 PM	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	9:15 AM	10:00 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	ACY	14 years and older	T	9:30 AM	10:00 AM	FREE	Day Pass

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Friendly							
Cycle Lite Express - AOA Friendly	HVY	14 years and older	MF	10:00 AM	10:30 AM	FREE	Day Pass
Express Cycling	APY	14 years and older	T	8:15 AM	8:45 AM	FREE	Day Pass
Express Cycling	APY	14 years and older	T	4:45 PM	5:15 PM	FREE	Day Pass
Group Cycling	ACY	14 years and older	M/T/TH/F	5:15 AM	6:00 AM	FREE	Day Pass
Group Cycling	ACY	14 years and older	M/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	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	M/W/F	5:30 AM	6:15 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	SUN	8:00 AM	8:45 AM	FREE	Day Pass
Group Cycling	APY	14 years and older	SUN	9:00 AM	9:45 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/F	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	TH	5:15 PM	6:00 PM	FREE	Day Pass
Group Cycling	APY	14 years and older	T	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	APY	14 years and older	TH	6:00 PM	6:45 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	8:30 AM	9:15 AM	FREE	Day Pass
Group Cycling	FWY	14 years and older	M/W/F	8:15 AM	9:15 AM	FREE	Day Pass
Group Cycling	FWY	14 years and older	M	10:00 AM	10:45 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	TH	5:30 PM	6:15 PM	FREE	Day Pass
Group Cycling	FWY	14 years and older	M/W	6:00 PM	6:45 PM	FREE	Day Pass
Group Cycling	FWY	14 years and older	TH	6:20 PM	7:05 PM	FREE	Day Pass
Group Cycling	FWY	14 years and older	SAT	7:30 AM	8:15 AM	FREE	Day Pass
Group Cycling	HVY	14 years and older	M/W	5:15 AM	6:00 AM	FREE	Day Pass
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/TH	6:00 PM	6:45 PM	FREE	Day Pass
Group Cycling	HVY	14 years and older	SAT	7:00 AM	8:30 AM	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/S	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 – begins Jan 29	NMY	14 years and older	SAT	11:00 AM	12:30 PM	FREE	Day Pass

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Group Cycling	NMY	14 years and older	M/T	12:10 PM	12:50 PM	FREE	Day Pass
Group Cycling	NMY	14 years and older	M/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
Reality Rides	APY	14 years and older	T	5:30 PM	6:15 PM	FREE	Day Pass
Revolutionary Rides- begins December 3	APY	14 years and older	SAT	7:00 AM	9:00 AM	FREE	Day Pass

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- Adult Day Pass** **\$14**
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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.

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**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.

**CARDIO (APY, FWY)**

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, NMY)**

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)**

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.

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### **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.

### **KETTLEBELL/CORE (NMY)**

Improve your cardiovascular and muscular endurance, strength and balance with 30 minutes of kettlebell and finish up with 30 minutes of core exercise.

### **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

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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 FIT (NMY)**

Similar to the AOA Friendly class, but somewhat more advanced for those who would like to step it up a notch!

### **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 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 (ACY, 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

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

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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 STEP® (APY)**

We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor.

**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	NMY	14 years and older	W	9:00 AM	10:00 AM	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	4:30 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	FWY	14 years and older	W	9:00 AM	9:45 AM	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	9:15 AM	9:45 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	ACY	14 years and older	T	6:15 PM	7:00 PM	FREE	Day Pass
Foam Roller - Winter 1 only	HVY	14 years and older	W	9:00 AM	9:45 AM	FREE	Day Pass
Foam Roller - Winter 2 only	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
Gentle Stretch - AOA Friendly	HVY	55 years and older	F	9:00 AM	9:45 AM	FREE	Day Pass
Gentle Stretch - AOA Friendly	NMY	55 years and older	M/W	10:00 AM	10:45 AM	FREE	Day Pass
Hoop Fitness	HVY	14 years and older	W	6:45 AM	7:15 AM	FREE	Day Pass
Kettlebell	ACY	14 years and older	T	5:15 PM	6:00 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	NMY	14 years and older	T/TH	5:30 AM	6:00 AM	FREE	Day Pass
Max Intervals	NMY	14 years and older	T/TH	9:40 AM	10:25 AM	FREE	Day Pass
Nordic Walking -WIN 1 only	APY	14 years and older	M/F	5:30 AM	6:30 AM	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	8:30 AM	9:15 AM	FREE	Day Pass

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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
PiYo™ Live	NMY	14 years and older	TH	5:30 AM	6:15 AM	FREE	Day Pass
PiYo™ Live	NMY	14 years and older	M/F	9:25 AM	10:10 AM	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® Circuit - AOA Friendly	FWY	55 years and older	M	9:50 AM	10:35 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	M/W	8:40 AM	9:20 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	9:00 AM	9:45 AM	FREE	Day Pass
Silver Sneakers® Classic - AOA Friendly	NMY	55 years and older	M/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	FWY	14 years and older	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 - AOA Friendly	NMY	55 years and older	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
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/TH	5:45 AM	6:30 AM	FREE	Day Pass
Strength & Resistance Express	ACY	14 years and older	M/W	6:30 AM	7:00 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

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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	M/T	5:30 PM	6:15 PM	FREE	Members Only
Strength & Resistance	FWY	14 years and older	T/F	7:30 AM	8:00 AM	FREE	Day Pass
Strength & Resistance	FWY	14 years and older	TH	5:15 PM	6:00 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
Total Body Boot Camp	ACY	14 years and older	T/TH	9:30 AM	10:30 AM	FREE	Day Pass
Total Body Boot Camp	APY	14 years and older	M/W/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	HVY	14 years and older	T	5:30 PM	6:15 PM	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	F	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	ACY	14 years and older	F	8:30 AM	9:15 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	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/SAT	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

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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	12:30 PM	1:15 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/SUN	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	T	5:15 PM	6:00 PM	FREE	Day Pass
Zumba Gold® - AOA Friendly	ACY	14 years and older	TH	7:30 AM	8:15 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	APY	14 years and older	T	6:30 PM	7:30 PM	FREE	Day Pass
Zumba® Toning	HVY	14 years and older	TH	9:00 AM	10:00 AM	FREE	Day Pass

**YOU SPOKE, WE LISTENED.**

**Registration will no longer be required for all FREE/Value Added land, cycling 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.

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

**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

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for **ALL** Water Fitness and 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](http://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 - LOW HAMMOCK RESTORATIVE (APY)**

Designed for those new to traditional and aerial yoga. This "calm & Restorative" yoga class allows you to lengthen and stretch your entire body focusing on supported postures to stretch and refresh the body and mind. Aerial silks are hung in a low hammock like form allowing for SAFE, EASY poses. The aerial silks provide a sense of comfort and deep relaxation. Instructor will accommodate workout to class level. 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 YOGA (FWY) - AGES 3-7 YEARS WITH PARENT**

Mommy and me...daddy and me...or both! Family Yoga starts by reading a story and then adding playful Yoga poses to stretch and grow the entire family. This class also teaches the importance of breathing and relaxation exercises.

#### **GUIDED MEDITATION (APY)**

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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).

### **MOVING FOR BETTER BALANCE (ACY) – AOA FRIENDLY**

A falls prevention program that uses the principles and movements of Tai Chi in helping individuals improve their balance and increase their confidence in doing everyday activities. There are 8 single forms in the program, all of which are derived from the traditional, well-known, 24-form Yang Style Tai Chi but tailored to those who wish to improve balance and mobility, and consequently, reduce the risk of falling.

### **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.

### **RAKS YOGA TRY-IT (APY) NEW!!!**

Interested in trying but not quite sure what to expect? Come and experience a FREE, one-time class to

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learn what it's all about. Please register at any branch or on-line for Try-Its. Raks (pronounced like "rocks") means dance in Arabic, and like the class title implies, we will combine vinyasa and middle eastern dance isolations and basic steps for a lively and unique yoga/dance experience.

### **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 performance. Through tai chi, you learn how to exercise the body down to its most subtle aspects.

### **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 1 Book (January 18-March 1)

[The Anatomy of Peace: Resolving the Heart of Conflict](#) by The Arbinger Institute ISBN: 978-1626564312

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

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)**

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This is a working document and is subject to change.

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 Try-It – Feb 20	APY	14 years and older	M	7:30 PM	8:00 PM	1 x FREE	1 x FREE
Aerial Yoga Try-It – Feb 22	APY	14 years and older	W	2:00 PM	2:30 PM	1 x FREE	1 x FREE
Aerial Yoga Try-It – March 1	APY	14 years and older	W	2:00 PM	2:30 PM	1 x FREE	1 x FREE
Aerial Yoga Try-It – March 1	APY	14 years and older	W	5:00 PM	5:30 PM	1 x FREE	1 x FREE
Aerial Yoga Try-It – March 8	APY	14 years and older	W	2:00 PM	2:30 PM	1 x FREE	1 x FREE
Aerial Yoga Try-It – March 13	APY	14 years and older	M	2:15 PM	2:45 PM	1 x FREE	1 x FREE
Aerial Yoga Try-It - March 14	APY	14 years and older	T	NOON	12:30 PM	1 x FREE	1 x FREE
Aerial Yoga Try-It – March 15	APY	14 years and older	W	2:00 PM	2:30 PM	1 x FREE	1 x FREE
Aerial Yoga Try-It – March 15	APY	14 years and older	W	5:00 PM	5:30 PM	1 x FREE	1 x FREE
Aerial Yoga Try-It – March 22	APY	14 years and older	W	2:00 PM	2:30 PM	1 x FREE	1 x FREE
Aerial Yoga Try-It – March 22	APY	14 years and older	W	5:00 PM	5:30 PM	1 x FREE	1 x FREE
Aerial Yoga Try-It – April 5	APY	14 years and older	W	2:00 PM	2:30 PM	1 x FREE	1 x FREE
Aerial Yoga-Low Hammock	APY	14 years and older	M	3:00 PM	4:00 PM	\$23	\$39
Aerial Yoga – Low Hammock Try-It - Feb. 27	APY	14 years and older	M	2:15 PM	2:45 PM	1 x FREE	1 x FREE
Aerial Yoga – Low Hammock Try-It – March 27	APY	14 years and older	M	2:15 PM	2:45 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	\$35
Chair Yoga	HVY	14 years and older	W	11:15 AM	12:15 PM	FREE	\$35
Family Yoga	FWY	3-7 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

**Winter Session 1: January 2-February 19, 2017**

**Winter Session 2: February 20-April 9, 2017**

This is a working document and is subject to change.



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 WIN 1	APY	14 years and older	SUN	10:30 AM	11:30 AM	FREE	Day Pass
Mindful Movement Yoga 1 WIN 2	APY	14 years and older	SUN	10:15 AM	11:15 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
Moving for Better Balance - AOA Friendly	ACY	14 years and older	F	10:00 AM	11:00 AM	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	6:45 PM	7:45 PM	FREE	Day Pass
Pilates	NMY	14 years and older	T/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	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	T/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
Raks Yoga Try-It - March 26	APY	14 years and older	SUN	NOON	1:00 PM	1 x FREE	1 x FREE
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	10:45 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 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
Tai Ji Quan/Moving for Better Balance	NMY	14 years and older	M/F	9:00 AM	10:00 AM	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 1: January 18-March 1) (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

**REGISTRATION REQUIRED FOR ALL WATER FITNESS CLASSES.  
PLEASE SEE PRICING GRID BELOW.  
FEES: FREE FOR MEMBERS UNLESS OTHERWISE NOTED.**

### **30-Minute Classes:**

**1x/Week: Y Member - FREE General Public - \$20**

**2x/Week: Y Member - FREE General Public - \$30**

**3x/Week: Y Member - FREE General Public - \$39**

**4x/Week: Y Member - FREE General Public - \$46**

**5x/Week: Y Member - FREE General Public - \$55**

### **45-Minute Classes:**

**1x/Week: Y Member - FREE General Public - \$29**

**2x/Week: Y Member - FREE General Public - \$49**

**3x/Week: Y Member - FREE General Public - \$68**

**4x/Week: Y Member - FREE General Public - \$81**

**5x/Week: Y Member - FREE General Public - \$94**

### **60-Minute Classes:**

**1x/Week: Y Member - FREE General Public - \$39**

**2x/Week: Y Member - FREE General Public - \$60**

**3x/Week: Y Member - FREE General Public - \$78**

**4x/Week: Y Member - FREE General Public - \$93**

**5x/Week: Y Member - FREE General Public - \$111**

**Winter Session 1: January 2-February 19, 2017**

**Winter Session 2: February 20-April 9, 2017**

This is a working document and is subject to change.

### **75-Minute Classes:**

**1x/Week: Y Member - FREE General Public - \$43**

**2x/Week: Y Member - FREE General Public - \$76**

**3x/Week: Y Member - FREE General Public - \$108**

**4x/Week: Y Member - FREE General Public - \$136**

**5x/Week: Y Member - FREE General Public - \$163**

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

### **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.

### **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.

### **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.

**Winter Session 1: January 2-February 19, 2017**

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## **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!

<b>Class name</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
Aqua Yoga	FWY	14 years and older	W	8:15 AM	9:15 AM	FREE	\$29
Aqua Zumba® AOA Friendly	APY	14 years and older	SUN	8:45 AM	9:30 AM	FREE	\$29
Aqua Zumba® AOA Friendly	APY	14 years and older	M/F	NOON	12:45 PM	FREE	\$29
Aqua Zumba® AOA Friendly	NMY	14 years and older	M/W	2:30 PM	3:15 PM	FREE	\$29
Aqua Zumba® AOA Friendly	NMY	14 years and older	TH	9:00 AM	9:45 AM	FREE	\$29
Arthritis Aqua	FWY	14 years and older	F	8:15 AM	9:15 AM	FREE	\$29
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	\$29
Deep Devotion AOA Friendly	APY	14 years and older	M/W/F	9:00 AM	10:00 AM	FREE	\$39
Deep Water Exercise AOA Friendly	FWY	14 years and older	M	7:15 PM	8:00 PM	FREE	\$29
Deep Water Exercise – AOA Friendly	FWY	14 years and older	W/F	9:15 AM	10:00 AM	FREE	\$29
Deep Water Exercise AOA Friendly	HVY	14 years and older	M/W/F	9:00 AM	9:45 AM	FREE	\$29
Deep Water Exercise AOA Friendly	NMY	14 years and older	M/W/F	5:00 AM	5:45 AM	FREE	\$29
Deep Water Exercise AOA Friendly	NMY	14 years and older	M/W/F	6:00 AM	6:45 AM	FREE	\$29
Deep Water Exercise AOA Friendly	NMY	14 years and older	T/TH	9:00 AM	9:45 AM	FREE	\$29

**Winter Session 1: January 2-February 19, 2017**

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Deep Water Exercise AOA Friendly	NMY	14 years and older	M/W	10:00 AM	10:45 AM	FREE	\$29
Deep Water Exercise AOA Friendly	NMY	14 years and older	M/TH	6:15 PM	7:00 PM	FREE	\$29
H2O Exercise – AOA Friendly	APY	14 years and older	M/W/F	7:00 AM	7:45 AM	FREE	\$29
H2O Exercise – AOA Friendly	HVY	14 years and older	SAT	6:45 AM	7:30 AM	FREE	\$29
H2O Exercise – AOA Friendly	NMY	14 years and older	M/T/W /F	9:00 AM	9:45 AM	FREE	\$29
H2O Fusion – AOA Friendly	FWY	14 years and older	M/T/TH	8:15 AM	9:00 AM	FREE	\$29
H2O Fusion – AOA Friendly	FWY	14 years and older	W	7:15 PM	8:00 PM	FREE	\$29
H2O Fusion - AOA Friendly	HVY	14 years and older	M/W	8:05 AM	8:45 AM	FREE	\$20
H2O Fusion - AOA Friendly	APY	14 years and older	M/F	5:30 AM	6:15 AM	FREE	\$29
H2O Fusion - AOA Friendly	APY	14 years and older	SAT	7:00 AM	8:00 AM	FREE	\$39
H2O Fusion- AOA Friendly	APY	14 years and older	T/TH	9:00 AM	9:45 AM	FREE	\$29
H2O Fusion- AOA Friendly	APY	14 years and older	W	NOON	12:45 PM	FREE	\$29
H2O Fusion - AOA Friendly	APY	14 years and older	T/TH	6:15 PM	7:15 PM	FREE	\$39
H2O Fusion - AOA Friendly	HVY	14 years and older	M/W/F	5:45 AM	6:30 AM	FREE	\$29
H2O Fusion - AOA Friendly	HVY	14 years and older	T/TH	8:35 PM	9:25 PM	FREE	\$29
H2O Fusion – AOA Friendly	NMY	14 years and older	M/W	8:00 AM	8:45 AM	FREE	\$29
H2O Intervals	APY	14 years and older	W	5:30 AM	6:15 AM	FREE	\$29
H2O Intervals	NMY	14 years and older	F	8:00 AM	8:45 AM	FREE	\$29
H2O Strength & Stretch AOA Friendly	APY	14 years and older	T/TH	5:30 AM	6:15 AM	FREE	\$29
H2O Strength & Stretch AOA Friendly	APY	14 years and older	T/TH	NOON	12:45 PM	FREE	\$29
H2O Strength & Stretch AOA Friendly	HVY	14 years and older	TH	6:30 AM	7:15 AM	FREE	\$29
H2O Strength & Stretch AOA Friendly	HVY	14 years and older	T/TH	9:00 AM	9:45 AM	FREE	\$29
H2O Strength & Stretch AOA Friendly	NMY	14 years and older	T/TH/S AT	8:00 AM	8:45 AM	FREE	\$29
Prenatal/Postpartum Aqua	NMY	14 years and older	T/TH	NOON	1:00 PM	FREE	\$29
Senior Splash - AOA Friendly	FWY	55 years and older	T/TH	10:15 AM	11:00 AM	FREE	\$29
Simply Fit H2O – AOA Friendly	FWY	14 years and older	M	9:00 AM	9:45 AM	FREE	\$29
Simply fit H2O – AOA Friendly	FWY	14 years and older	TH	9:15 AM	10:00 AM	FREE	\$29
Simply Fit H2O – AOA Friendly	HVY	55 years and older	T/TH	8:05 AM	8:45 AM	FREE	\$20
Water Running	APY	14 years and older	SAT	6:00 AM	6:45 AM	FREE	\$29
Water Running	APY	14 years and older	T/TH	6:15 AM	7:00 AM	FREE	\$29
Water Running	NMY	14 years and older	F	4:30 PM	5:30 PM	FREE	\$29

## 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.**

**Winter Session 1: January 2-February 19, 2017**

**Winter Session 2: February 20-April 9, 2017**

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### **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 – NEW!**

### **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 - [avanderlogt@ymcafoxcities.org](mailto:avanderlogt@ymcafoxcities.org) or 920.733.9622

APY - [lkreger@ymcafoxcities.org](mailto:lkreger@ymcafoxcities.org) or 920.954.7658

FWY- [mpawlowski@ymcafoxcities.org](mailto:mpawlowski@ymcafoxcities.org) or 920.560.0424

**Winter Session 1: January 2-February 19, 2017**

**Winter Session 2: February 20-April 9, 2017**

This is a working document and is subject to change.

### **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 FOR BEGINNERS (APY)**

This reformer class requires no prior Pilates experience. We take this one slowly, allowing more time for warm up and understanding of foundational movements. A great place to start.

### **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 improves mobility in daily life. We take this one slowly, allowing more time for warm up and understanding foundational movements.

### **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/MAT FLOW**

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

### **PILATES REFORMER PLUS**

For those wanting to take their Pilates Reformer skills to the next level. Toning balls, foam rollers, fitness circles, bosu and mat pilates will add to this challenging and creative class.

### **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)**

**Winter Session 1: January 2-February 19, 2017**

**Winter Session 2: February 20-April 9, 2017**

This is a working document and is subject to change.

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	T/TH	5:30 PM	6:00 PM	\$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	T/TH	12:15 PM	12:45 PM	\$40	\$60
FitRanX™ Group Training	NMY	14 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	W	7:50 AM	8:50 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 – WIN 1	APY	14 years and older	M	5:00 PM	6:00 PM	\$23	\$39
Pilates Reformer 1 – WIN 2	APY	14 years and older	M	5:10 PM	6:00 PM	\$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	T/W	10:00 AM	11:00 AM	\$23	\$39
Pilates Reformer 2	APY	14 years and older	M	10:00 AM	11:00 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 – WIN 2	APY	14 years and older	M	4:10 PM	5:10 PM	\$23	\$39
Pilates Reformer 3	APY	14 years and older	W	4:30 PM	5:30 PM	\$23	\$39
Pilates Reformer for Flexibility WIN 2	APY	14 years and older	T	12:15 PM	1:00 PM	\$18	\$29
Pilates Reformer/Mat Flow	APY	14 years and older	T	11:00 AM	NOON	\$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

**Winter Session 1: January 2-February 19, 2017**

**Winter Session 2: February 20-April 9, 2017**

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TRX® Training	ACY	14 years and older	T	NOON	12:45 PM	\$18	\$29
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.

#### CHILDREN'S YOGA (AGES 6-11 YEARS) (APY)

Introduces breathing techniques, names and basic forms of yoga poses to small children through guided play, games and activities that emphasize mindful movement.

#### 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 SPECIAL RECREATION FITNESS (AGES 7-13 YEARS) (NMY)

A 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](mailto: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](mailto: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. Registration required.

#### 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

Winter Session 1: January 2-February 19, 2017

Winter Session 2: February 20-April 9, 2017

This is a working document and is subject to change.

- 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.**

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.

**ZUMBA KIDS (AGES 7-12 YEARS) (APY, FWY)**

This class is designed for fun. Kids get fit while they dance, shake and wiggle to great Latin music.

**SPECIAL RECREATION CYCLING (AGES 14 AND OLDER) (NMY)**

An acceptance for all special needs cycling class for ages 14-adult. Riders need to be able to fit on the bike; seat to pedal is 31 inches. Caregivers are welcome to attend. Everyone who intends to ride must register, including caregivers. For more information, contact Paula Gozner, pgozner@ymcafoxcities.org or 886.2101.

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
Zumba Kids	APY	7-12 years	W	4:45 PM	5:30 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
Special Recreation Cycling - Feb 26-Mar 26 - NEW	NMY	14 years and older	SAT	4:00 PM	4:45 PM	FREE	\$30