



# 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: DECEMBER 7, 2017

### STAFF CONTACTS

- ACY – Amanda Vander Logt Fitness Coordinator P 702.2316 E [avanderlogt@ymcafoxcities.org](mailto:avanderlogt@ymcafoxcities.org)
- ACY – Nick Krause Wellness Coordinator P 702.2317 E [nkrause@ymcafoxcities.org](mailto:nkrause@ymcafoxcities.org)
- APY – Kari Arkens Health & Fitness Director P 954.7621 E [karkens@ymcafoxcities.org](mailto:karkens@ymcafoxcities.org)
- APY – Kristina Schultz Fitness Coordinator P 954.7616 E [kschultz@ymcafoxcities.org](mailto:kschultz@ymcafoxcities.org)
- APY – Jan Heifner Fitness Coordinator P 954.7616 E [jheifner@ymcafoxcities.org](mailto:jheifner@ymcafoxcities.org)
- APY – Loel Kreger Wellness Director P 954.7658 E [lkreger@ymcafoxcities.org](mailto:lkreger@ymcafoxcities.org)
- APY – Linda VanEgeren Wellness Coordinator P 954.7629 E [lvanegeren@ymcafoxcities.org](mailto:lvanegeren@ymcafoxcities.org)
- APY – Heidi Bohl Wellness Coordinator P 954.7651 E [hbohl@ymcafoxcities.org](mailto:hbohl@ymcafoxcities.org)
- FWY – Kirsten Rice Health & Fitness Director P 560.3413 E [krice@ymcafoxcities.org](mailto:krice@ymcafoxcities.org)
- FWY – Maggie Pawlowski Wellness Coordinator P 560.0424 E [mpawlowski@ymcafoxcities.org](mailto:mpawlowski@ymcafoxcities.org)
- HVY – Paula Beyer Health & Fitness Director P 830.5708 E [pbeyer@ymcafoxcities.org](mailto:pbeyer@ymcafoxcities.org)
- HVY – Colleen Eichsteadt Wellness Coordinator P 830.5725 E [ceichsteadt@ymcafoxcities.org](mailto:ceichsteadt@ymcafoxcities.org)
- NMY – Susan Hildebrandt Health & Fitness Director P 886.2127 E [shildebrandt@ymcafoxcities.org](mailto:shildebrandt@ymcafoxcities.org)
- NMY – Katie Schalk Wellness Coordinator P 886.2122 E [kschalk@ymcafoxcities.org](mailto:kschalk@ymcafoxcities.org)

### 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.

<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 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, and 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.

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

This is a working document and is subject to change.

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).

### **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"

## **GROUP CYCLING**

### **BIKE + BARRE (HVY)**

A cardio and Barre inspired strength combo class like none other! First, you'll experience 30 minutes of a challenging sweat inducing and heart pumping cycle class. Then, we'll hop off the bike and move in to a leg sculpting and muscle lengthening barre workout that will work your upper and lower body and core using your bike as the Barre (and other equipment). The entire class is set to rockin' music and all levels of fitness welcome.

### **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 (APY)**

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, FWY) - AOA FRIENDLY**

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

### **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 RIDES (APY)** Beginning Saturday, December 2, 2017. Take your indoor cycling to then next level! Cycle for up to 2 hours accompanied by a virtual media experience of limitless possibilities.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Bike + Barre	HVY	14 years and older	TH	5:30 PM	6:30 PM	FREE	Day Pass
Cycling 101 –January 2 AOA Friendly	APY	14 years and older	T	6:30 PM	7:45 PM	FREE	Day Pass
Cycling 101- February 26	APY	14 years and older	M	6:45 PM	8:00 PM	FREE	Day Pass

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

This is a working document and is subject to change.

AOA Friendly							
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	5:30 PM	6:30 PM	FREE	Day Pass
Cycling Boot Camp	APY	14 years and older	SAT	9:15 AM	10:15 AM	FREE	Day Pass
Cycle Lite – AOA Friendly	FWY	14 years and older	M/F	9:30 AM	10:15 AM	FREE	Day Pass
Cycle Lite Express - AOA Friendly	HVY	14 years and older	M	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
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	M/T/W/F	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	M/W/F	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/F	5:30 AM	6:15 AM	FREE	Day Pass
Group Cycling	APY	14 years and older	T	6:15 AM	7:00 AM	FREE	Day Pass
Group Cycling	APY	14 years and older	SUN	7:45 AM	8:30 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	W/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	SAT	7:30 AM	8:15 AM	FREE	Day Pass
Group Cycling	FWY	14 years and older	M/T/W/TH/ F	8:15 AM	9:15 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	4:00 PM	4:45 PM	FREE	Day Pass
Group Cycling	FWY	14 years and older	T	4:45 PM	5:30 PM	FREE	Day Pass
Group Cycling	FWY	14 years and older	W/TH	6:00 PM	6:45 PM	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	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/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	T	12:10 PM	12:50 PM	FREE	Day Pass
Group Cycling	NMY	14 years and older	TH	12:10 PM	12:50 PM	FREE	Day Pass
Group Cycling	NMY	14 years and older	T	5:00 PM	5:45 PM	FREE	Day Pass
Group Cycling	NMY	14 years and older	M/W	5:15 PM	6:00 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
Revolutionary Rides	APY	14 years and older	SAT	7:00 AM	9:00 AM	FREE	Day Pass

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

This is a working document and is subject to change.

## **LAND FITNESS**

### **AMPD POWER FLOW EXPRESS (NMY)**

Fuses together kettlebells, resistance bands and yoga-inspired movements to give you a low impact workout that will help you gain strength, balance and flexibility...all the while moving to fun music. All fitness levels welcome.

### **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.

### **BARRE ABOVE™ (HVY)**

Barre Above incorporates ballet, Pilates, yoga and strength training to help develop and strengthen the core, help the body have better posture and move in a more efficient way. Utilizing a ballet barre, this class flows through a series of dynamic and isometric movements that will increase flexibility, strength, and body tone.

### **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 (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. Weather-contingent...class may be outside!

### **BOSU CARDIO & CONDITIONING (HVY)**

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)**

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 DANCE GOLD (FWY) – AOA FRIENDLY**

Get your heart rate up while dancing to the beat.

### **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.

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

*This is a working document and is subject to change.*

### **CARDIO - STRENGTH FUSION (ACY, APY, FWY, NMY)**

Workout may include hi/lo aerobics, STEP or interval training. 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.

**CROSS-TRAINING CIRCUIT (HVY)** This is a self-paced class with a mixture of strength and cardio designed to accommodate all fitness levels. Participants can choose their own intensity by how quickly they go through the moves. The length of the class is also tailored to meet the participant's availability. You will get a great workout whether you stay for 20 minutes or 60 minutes!

### **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.

### **HOOP FITNESS (HVY)**

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

### **KETTLEBELL (ACY, FWY, HVY)**

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.

**NO EQUIPMENT ENDURANCE (HVY)** Ever wondered what kind of workout you can get using little to no equipment? Come join us for an interval based, high intensity class that will utilize body weight exercises to help increase your strength and cardiovascular endurance.

**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 (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.

### **POWER HOUR (ACY)**

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

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

*This is a working document and is subject to change.*

### **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 (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.

### **SCULPT YOGA (HVY)**

Sculpt yoga blends power flow yoga with resistance and cardio training. It offers the discipline of a yoga practice and intensity options similar to a challenging fitness class. The class will boost your metabolism as you tone and sculpt every major muscle group while improving endurance and flexibility. Classes are taught with intensity variations, focus on the breath, traditional asana and stretching sequences and encouragement of mental focus to help maintain yogic integrity.

### **SILVERSNEAKERS® – 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.

### **SIMPLY STRETCH (ACY, APY, HVY) – 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.

### **STEP (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!

### **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.)*

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

*This is a working document and is subject to change.*

**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 & RESISTANCE EXPRESS (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 30 minutes, utilizing a combination of free-weight equipment and functional exercises.

**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.

**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.

**TREADMILL STRENGTH (ACY) – NEW!!**

Get a great cardio workout in the treadmill and a variety of strength training exercises for a total body workout.

**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
AMPD Power Flow Express	NMY	14 years and older	T	6:10 PM	6:40 PM	FREE	Day Pass

Winter Session 1: January 2-February 25, 2018

Winter Session 2: February 26-April 15, 2018

This is a working document and is subject to change.

Axis™	HVY	14 years and older	T	5:10 AM	5:55 AM	FREE	Day Pass
Barre Above™	HVY	14 years and older	T	9:00 AM	10:00 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
BollyX®	HVY	14 years and older	F	12:05 PM	12:55 PM	FREE	Day Pass
Boot Camp – outside	ACY	14 years and older	T/TH	9:30 AM	10:30 AM	FREE	Day Pass
Boot Camp	APY	14 years and older	M/W/F	5:45 AM	6:30 AM	FREE	Day Pass
Boot Camp	FWY	14 years and older	T/TH	5:00 AM	6:00 AM	FREE	Day Pass
Boot Camp	FWY	14 years and older	M	8:15 AM	9:15 AM	FREE	Day Pass
Boot Camp	HVY	14 years and older	M/F	5:15 AM	6:15 AM	FREE	Day Pass
Boot Camp	HVY	14 years and older	SAT	6:30 AM	7:30 AM	FREE	Day Pass
Boot Camp	HVY	14 years and older	M	9:00 AM	10:00 AM	FREE	Day Pass
Boot Camp	NMY	14 years and older	M/W/F	9:00 AM	10:00 AM	FREE	Day Pass
Boot Camp	NMY	14 years and older	M/W/F	12:10 PM	12:55 PM	FREE	Day Pass
BOSU Cardio & Conditioning	HVY	14 years and older	TH	5:15 AM	6:15 AM	FREE	Day Pass
BOSU Cardio & Conditioning	NMY	14 years and older	T	5:15 PM	6:00 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 - Family	HVY	5 years and older with parent	TH	6:30 PM	7:00 PM	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	FWY	14 years and older	W	9:00 AM	9:45 AM	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	W	5:15 AM	6:00 AM	FREE	Day Pass
Cardio - Strength Fusion	ACY	14 years and older	M/F	5:30 AM	6:15 AM	FREE	Day Pass
Cardio – Strength Fusion	ACY	14 years and older	M	8:30 AM	9:30 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/TH	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	T/TH	8:30 AM	9:30 AM	FREE	Day Pass
Circuit Training	NMY	14 years and older	SAT	8:00 AM	8:45 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	T/TH	8:30 AM	9:00 AM	FREE	Day Pass
Core	FWY	14 years and older	T	4:00 PM	4:30 PM	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–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
Cross-Training Circuit	HVY	14 years and older	T	9:00 AM	10:00 AM	FREE	Day Pass
Enhance Fitness	APY	55 years and older	M/W/F	12:45 PM	1:45 PM	FREE	\$63.00
Foam Roller	HVY	14 years and older	T	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	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	HVY	14 years and older	M	4:30 PM	5:15 PM	FREE	Day Pass
Kettlebell Boot Camp	FWY	14 years and older	W	8:15 AM	9:00 AM	FREE	Day Pass
Kettlebell Boot Camp	FWY	14 years and older	M/W	NOON	12:45 PM	FREE	Day Pass
Max Intervals	HVY	14 years and older	M	5:30 PM	6:15 PM	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	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
No Equipment Endurance	HVY	14 years and older	W	10:20 AM	11:00 AM	FREE	Day Pass
Nordic Walking	APY	14 years and older	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	8:15 AM	9:15 AM	FREE	Day Pass
PiYo™ Live	FWY	14 years and older	W	4:00 PM	5:00 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	W	7:00 AM	7:45 AM	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	HVY	14 years and older	SAT	8:00 AM	8:45 AM	FREE	Day Pass
Sculpt Yoga	HVY	14 years and older	TH	10:15 AM	11:00 AM	FREE	Day Pass
SilverSneakers® Classic - AOA Friendly	ACY	55 years and older	M/W	7:45 AM	8:30 AM	FREE	Day Pass
SilverSneakers® Classic - AOA Friendly	ACY	55 years and older	M/W	8:40 AM	9:25 AM	FREE	Day Pass
SilverSneakers® Classic - AOA Friendly	APY	55 years and older	T/TH	8:00 AM	8:45 AM	FREE	Day Pass
SilverSneakers® Classic - AOA Friendly	FWY	55 years and older	M/F	10:45 AM	11:30 AM	FREE	Day Pass
SilverSneakers® Classic - AOA Friendly	HVY	55 years and older	T/TH	8:00 AM	8:45 AM	FREE	Day Pass
SilverSneakers® Classic - AOA Friendly	HVY	55 years and older	T/TH	9:00 AM	9:45 AM	FREE	Day Pass
SilverSneakers® 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	7:45 AM	8:30 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	10:55 AM	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

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

This is a working document and is subject to change.

Simply Stretch - AOA Friendly	ACY	14 years and older	F	8:15 AM	9:00 AM	FREE	Day Pass
Simply Stretch - AOA Friendly	APY	14 years and older	T/TH	10:30 AM	11:30 AM	FREE	Day Pass
Simply Stretch - AOA Friendly	APY	14 years and older	W/F	11:00 AM	11:45 AM	FREE	Day Pass
Simply Stretch - AOA Friendly	HVY	55 years and older	W	8:00 AM	8:45 AM	FREE	Day Pass
Simply Stretch - AOA Friendly	HVY	55 years and older	F	9:00 AM	9:45 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 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	8:35 AM	9:15 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/TH	5:30 PM	6:15 PM	FREE	Members Only
Strength & Resistance	FWY	14 years and older	SAT	7:30 AM	8:00 AM	FREE	Day Pass
Strength & Resistance	FWY	14 years and older	T/TH	8:00 AM	8:30 AM	FREE	Day Pass
Strength & Resistance	FWY	14 years and older	TH	5:30 PM	6:15 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	10:15 AM	11:00 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 & Resistance Express	APY	14 years and older	T/TH	11:30 AM	NOON	FREE	Day Pass
Strength & Resistance Express	ACY	14 years and older	M/W	6:15 AM	6:45 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	NMY	16 years and older	T/TH	9:30 AM	10:30 AM	FREE	Day Pass
TABATA Cardio	HVY	14 years and older	W	9:00 AM	9:45 AM	FREE	Day Pass
TABATA Cardio	HVY	14 years and older	W	5:15 PM	6:15 PM	FREE	Day Pass
TABATA Cardio - Core	HVY	14 years and older	SAT	6:15 AM	7:30 AM	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
Transform™	HVY	14 years and older	M	5:10 AM	5:55 AM	FREE	Day Pass
Transform™	HVY	14 years and older	TH	4:15 PM	5:05 PM	FREE	Day Pass
Treadmill Strength	ACY	14 years and older	M	9:45 AM	10:30 AM	FREE	Day Pass

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

This is a working document and is subject to change.

Treadmill Strength	ACY	14 years and older	T	NOON	12:45 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	W	NOON	1:00 PM	FREE	Day Pass
Zumba®	ACY	14 years and older	M/W/F	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	6:00 PM	7:00 PM	FREE	Day Pass
Zumba®	APY	14 years and older	W	5:30 PM	6:30 PM	FREE	Day Pass
Zumba®	APY	14 years and older	TH	7:00 PM	8:00 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
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	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	8:30 AM	9:30 AM	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/SUN	8:45 AM	9:45 AM	FREE	Day Pass
Zumba Gold® - AOA Friendly	ACY	14 years and older	T/F	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	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® Toning	HVY	14 years and older	TH	9:00 AM	10:00 AM	FREE	Day Pass

## **MIND & BODY**

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

### **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.

### **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

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

This is a working document and is subject to change.

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, NMY) – 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.

### **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).

### **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, FWY, 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

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

*This is a working document and is subject to change.*

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.

**SLOW FLOW YOGA (ACY, APY, FWY, HVY) – 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. 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, HVY)**

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.

**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)**

Winter Book Study—8 weeks  
January 15-March 5 (Mondays)  
7:30-8:30 PM

You Can Heal Your Life by Louise Hay

ISBN: 978-1-56170-628-0

Please read Part I: The Introduction through the end of Chapter 1 for our first class.

**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	\$35	\$70

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

This is a working document and is subject to change.

Aerial Yoga	APY	14 years and older	T	4:20 PM	5:15 PM	\$35	\$70
Aerial Yoga	APY	14 years and older	T	5:20 PM	6:15 PM	\$35	\$70
Aerial Yoga	APY	14 years and older	F	5:30 PM	6:30 PM	\$35	\$70
Aerial Yoga	APY	14 years and older	W	1:00 PM	2:00 PM	\$35	\$70
Aerial Yoga	APY	14 years and older	W	4:00 PM	5:00 PM	\$35	\$70
Aerial Yoga	APY	14 years and older	TH	11:45 AM	12:45 PM	\$35	\$70
Aerial Yoga	APY	14 years and older	SAT	8:00 AM	8:45 AM	\$27	\$52
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	M/T/W/TH	8:30 AM	9:15 AM	FREE	Day Pass
Chair Yoga	FWY	14 years and older	T/TH	11:05 AM	NOON	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	M/W	11:15 AM	12:15 PM	FREE	Day Pass
Chair Yoga	NMY	14 years and older	W/F	10:00 AM	10:45 AM	FREE	Day Pass
Guided Meditation	APY	14 years and older	W/F	8:15 AM	9:00 AM	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	SAT	10:15 AM	11:15 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	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	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	6:45 PM	7:45 PM	FREE	Day Pass
Pilates	NMY	14 years and older	W	6:45 PM	7:30 PM	FREE	Day Pass
Pilates	NMY	14 years and older	M/W/F	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	F	6:15 AM	7:15 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	5:25 PM	6:25 PM	FREE	Day Pass

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

This is a working document and is subject to change.

Power Vinyasa Yoga	APY	14 years and older	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	9:15 AM	10:45 AM	FREE	Day Pass
Power Vinyasa Yoga	FWY	14 years and older	M/W/TH	5:30 PM	6:30 PM	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	6:45 PM	7:45 PM	FREE	Day Pass
Restorative/Yin Yoga	FWY	14 years and older	M/W	11:30 AM	NOON	FREE	Day Pass
Restorative Yoga	NMY	14 years and older	T/TH	10:00 AM	11:00 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	10:00 AM	11:00 AM	FREE	Day Pass
Slow Flow Yoga - AOA Friendly	FWY	14 years and older	M/W/F	9:00 AM	10:00 AM	FREE	Day Pass
Slow Flow Yoga - AOA Friendly	FWY	14 years and older	M/W	10:15 AM	11:15 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 Beginners AOA Friendly	HVY	14 years and older	T/F	12:15 PM	1:00 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	FWY	14 years and older	T	11:30 AM	12:15 PM	FREE	Day Pass
Tai Chi Easy-Qigong Method AOA Friendly	NMY	14 years and older	T/TH	9:45 AM	10:45 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	HVY	14 years and older	M	7:30 PM	8:30 PM	\$29	\$29
Yoga For Men	ACY	14 years and older	W	6:45 PM	7:45 PM	FREE	Day Pass
Yoga For Men	ACY	14 years and older	M	7:15 PM	8:15 PM	FREE	Day Pass

## WATER FITNESS

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

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

This is a working document and is subject to change.

### **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 (APY, FWY, NMY) – AOA FRIENDLY**

The Arthritis Foundation recommends water fitness classes that allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in water, with guidance from an instructor, will help you improve flexibility, strength and range of motion and help you decrease 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 BARRE (HVY) – AOA FRIENDLY**

A great combination of traditional barre movements mixed with aerobic exercise. May include intervals, strength, and balance work. Classes are held in shallow water.

### **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) - 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)**

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.

### **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. Shallow water exercises improve agility, flexibility and cardiovascular endurance. Class is designed for ages 55 years and older and no swimming ability is required. A variety of equipment will be used in class.



## 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/W/F	NOON	12:45 PM	FREE	Day Pass
Aqua Zumba® AOA Friendly	FWY	14 years and older	W	10:15 AM	11:00 AM	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	\$52
Arthritis Aquatic Class AOA Friendly	APY	14 years and older	T/TH	8:45 AM	9:30 AM	FREE	\$52
Arthritis Aquatic Class AOA Friendly	NMY	14 years and older	T/TH/F	10:00 AM	11:00 AM	FREE	\$70
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	9:45 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 AOA Friendly	HVY	14 years and older	M/W/F	9:00 AM	9:45 AM	FREE	Day Pass
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 Barre - AOA Friendly	HVY	14 years and older	W	5:45 AM	6:15 AM	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	M/T/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	T/TH	6:15 PM	7:15 PM	FREE	Day Pass
H2O Fusion - AOA Friendly	HVY	14 years and older	M/F	5:45 AM	6:30 AM	FREE	Day Pass

Winter Session 1: January 2-February 25, 2018

Winter Session 2: February 26-April 15, 2018

This is a working document and is subject to change.

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	5:45 AM	6:15 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/ SAT	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
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	FWY	14 years and older	T/TH	10:15 AM	11:00 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.

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
- SYNRGY 360 & CONNEXUS TRAINING
- TRX® Training
- Functional Training
- Strength and Cardio

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

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

## FITRANX™ TRAINING

<http://www.ymcafoxcities.org/ymca/PTraining/FitRanX.asp>

### Contact:

APY – Loel Kreger Wellness Director P 954.7658 E [lkreger@ymcafoxcities.org](mailto:lkreger@ymcafoxcities.org)

### What is FitRanX™?

FitRanX™ Training is a revolutionary new way to accomplish your fitness goals and keep you motivated. The FitRanX™ 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. FitRanX is offered as a

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

This is a working document and is subject to change.

complimentary component with all of our Personal Training options including our EXPRESS SGT Sessions, or as a large group class option.

**How does FitRanX™ Work?**

FitRanX™ works through standardized fitness testing. There are 8 levels with corresponding colors that represent each level (similar to a 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 are 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!**

For more information on how FitRanX can be combined with Personal Training to give you the ultimate Personal Training experience, please see the Wellness Center staff at your local YMCA.

**ONE-ON-ONE YOGA AND REFORMER (APY, HVY, FWY)**

For students who want a focused practice. A private or semi-private lesson can help you deepen your practice by exploring the fundamentals of yoga or reformer, specific breathing techniques, alignment adjustments and modifications.

**Contact:**

APY – Kristina Schultz Fitness Coordinator P 954.7616 E [kschultz@ymcafoxcities.org](mailto:kschultz@ymcafoxcities.org)

FWY – Kirsten Rice Health & Fitness Director P 560.3413 E [krice@ymcafoxcities.org](mailto:krice@ymcafoxcities.org)

HVY – Paula Beyer Health & Fitness Director P 830.5708 E [pbeyer@ymcafoxcities.org](mailto:pbeyer@ymcafoxcities.org)

<b>INDIVIDUAL (1:1)</b>	<b>Y MEMBER</b>	<b>GENERAL PUBLIC</b>
1 (60-minute session)	\$30	\$45
5 (60-minute sessions)	\$145	\$260
10 (60-minute sessions)	\$265	\$390

**PARTNER REFORMER TRAINING (APY)**

<b>PARTNER TRAINING (2 people)</b>	<b>Y Member (price per person)</b>	<b>General Public (price per person)</b>
5 (60-minute sessions)	\$100	\$195
10 (60-minute sessions)	\$185	\$290

**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.

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

*This is a working document and is subject to change.*

### **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 (APY)**

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

## **EXPRESS SMALL GROUP TRAINING**

Are you ready for something different? Stay motivated with these **High Intensity Interval Training (H.I.I.T)** sessions. These 30 minute Strength & Cardio-based training sessions utilize the SYNRGY 360 (APY, NMY) & Matrix CONNEXUS (HVV) functional training system and provide you with the ultimate calorie and fat loss workout. The small group environment provides support, camaraderie and challenge for exercise enthusiasts of all ability levels.

### **SYNRGY 360 (APY, NMY) & CONNEXUS TRAINING (HVV)**

Training sessions are designed to burn up to 1,000 calories an hour, but you will continue to burn fat and calories up to 48 hours after this workout! Workouts will include body weight exercise, TRX suspension training, kettlebells, battle ropes, sand bags, slam balls and a variety of training tools. Choose from scheduled group sessions or private group sessions. Must be 14 years or older.

### **AFTERBURN (APY)**

Looking for the highest level of SGT? Want to get stronger, slimmer and more athletic than ever before? AFTERBURN is the solution. This program combines old school tools with modern science to provide you with the fastest path to better strength and conditioning. Workouts take place in the Free-Weight room and will incorporate more power lifting movements and utilize equipment such as kettlebells, barbells, medicine balls and of course body weight exercises. Must be 14 years or older

**SYNRGY 360 and AFTERBURN Small Group Training sessions can be used to attend any of the times listed below at the Appleton YMCA. Sessions are only deducted from your card for the sessions you attend. Allowing you more flexible training options.**

<b>Class Name</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Pricing</b>
AFTERBURN	APY	14 years and older	M	5:30 PM	6:00 PM	Pricing Below
AFTERBURN	APY	14 years and older	T/TH	NOON	12:30 PM	Pricing Below
AFTERBURN	APY	14 years and older	F	7:00 AM	7:30 AM	Pricing Below
SYNRGY 360	APY	14 years and older	M/W/F	6:30 AM	7:00 AM	Pricing Below
SYNRGY 360	APY	14 years and older	M/W/F	NOON	12:30 PM	Pricing Below
SYNRGY 360	APY	14 years and older	W	5:30 PM	6:00 PM	Pricing Below
SYNRGY 360	APY	14 years and older	T/TH	9:00 AM	9:30 AM	Pricing Below
SYNRGY 360	APY	14 years and older	T	5:30 PM	6:00 PM	Pricing Below

**\*\* Don't forget to combine your SYNRGY 360 and AFTERBURN training sessions with the FitRanX Training Program for the Ultimate training experience! Ask a Personal Trainer for details!!**

<b>SYNRGY 360/AFTERBURN</b>	<b>Y Member</b> (price per person)	<b>General Public</b> (price per person)
-----------------------------	------------------------------------	--

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

This is a working document and is subject to change.

3 sessions	\$36	\$60
6 sessions	\$60	\$108
9 sessions	\$72	\$144
12 sessions	\$84	\$174

**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!

**NOTE: WINTER 1 IS AN 8-WEEK SESSION**

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

**30-Minute Classes:**

- 1x/Week: YMCA Member - \$18 General Public - \$35
- 2x/Week: YMCA Member - \$26 General Public - \$53
- 3x/Week: YMCA Member - \$37 General Public - \$74
- 4x/Week: YMCA Member - \$46 General Public - \$91

**45-Minute Classes:**

- 1x/Week: YMCA Member - \$27 General Public - \$52
- 2x/Week: YMCA Member - \$39 General Public - \$79
- 3x/Week: YMCA Member - \$55 General Public - \$111
- 4x/Week: YMCA Member - \$69 General Public - \$137

**60-Minute Classes:**

- 1x/Week: YMCA Member - \$35 General Public - \$70
- 2x/Week: YMCA Member - \$52 General Public - \$105
- 3x/Week: YMCA Member - \$73 General Public - \$147
- 4x/Week: YMCA Member - \$91 General Public - \$182

Class Name	YMCA	Age	Day	Start	End	Y Member	General Public
Pilates Reformer 1	APY	14 years and older	T	8:55 AM	9:55 AM	\$35	\$70
Pilates Reformer 1	APY	14 Years and older	M/T/F	11:00 AM	NOON	\$35	\$70
Pilates Reformer 1	APY	14 years and older	M	5:10 PM	6:10 PM	\$35	\$70
Pilates Reformer 1	APY	14 years and older	TH	5:15 PM	6:15 PM	\$35	\$70
Pilates Reformer 2	APY	14 years and older	W	7:50 AM	8:50 AM	\$35	\$70
Pilates Reformer 2	APY	14 years and older	W	8:55 AM	9:55 AM	\$35	\$70
Pilates Reformer 2	APY	14 years and older	M/F	10:00 AM	11:00 AM	\$35	\$70
Pilates Reformer 2	APY	14 years and older	W/TH	11:00 AM	NOON	\$35	\$70
Pilates Reformer 2	APY	14 years and older	T	NOON	1:00 PM	\$35	\$70
Pilates Reformer 3	APY	14 years and older	W	6:45 AM	7:45 AM	\$35	\$70
Pilates Reformer 3	APY	14 years and older	M/T/TH	7:50 AM	8:50 AM	\$35	\$70
Pilates Reformer 3	APY	14 years and older	TH	8:55 AM	9:55 AM	\$35	\$70
Pilates Reformer 3	APY	14 years and older	M/W	4:00 PM	5:00 PM	\$35	\$70
Pilates Reformer Mat Flow	APY	14 years and older	T	10:00 AM	11:00 AM	\$35	\$70

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

This is a working document and is subject to change.

TRX® Training	ACY	14 years and older	T/TH	5:05 AM	5:35 AM	\$18	\$35
TRX® Training	APY	14 years and older	T/TH/F	6:30 AM	7:00 AM	\$18	\$35
TRX® Training	APY	14 years and older	T/TH	11:30 AM	NOON	\$18	\$35
TRX® Training	FWY	14 years and older	T/TH	6:30 AM	7:00 AM	\$18	\$35
TRX® Training	NMY	14 years and older	M/W	6:05 PM	6:50 PM	\$18	\$35
TRX® Kettlebell Combo	FWY	14 years and older	F	NOON	12:30 PM	\$18	\$35
TRX® Kettlebell Combo	FWY	14 years and older	TH	4:45 PM	5:15 PM	\$18	\$35
TRX® Kettlebell Combo	FWY	14 years and older	T	5:30 PM	6:00 PM	\$18	\$35
Y Fit	ACY	14 years and older	W	9:45 AM	10:45 AM	\$35	\$70

## TEEN & YOUTH CLASSES

**REGISTRATION REQUIRED FOR ALL TEEN AND YOUTH CLASSES.**

### FAMILY CARDIO FUNK (HVY) (AGES 5 YEARS AND OLDER WITH PARENT)

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

### 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.

### KIDZ ON THE MOVE (APY)

This class is specially designed to allow your child to channel their high level of energy into fun fitness activities. During this 30-minute class, expect lots of dancing, jumping, running, moving and laughing! Ages 4-10.

### 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.

### 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.

### SATURDAY FUN CLUB – SPECIAL RECREATION FITNESS (AGES 7-13 YEARS) (NMY)

An acceptance for all wellness class for ages 7-13 offering opportunity for fitness training and social learning. Class will be staffed with a 1:4 ratio to accommodate individual special needs. Caregivers and/or family are welcome to attend with the child/children, especially if your child requires 1:1 assistance. Benefits include: motor skill development, increase confidence, improve social skills, improve self-awareness, and brain/body connection. Registration is limited to 10, but members on the waiting list will be called when we are notified of weekly absences.

#### Contact:

Paula Gozner P 886.2101 E [pgozner@ymcafoxcities.org](mailto:pgozner@ymcafoxcities.org)

### 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

**Winter Session 1: January 2-February 25, 2018**

**Winter Session 2: February 26-April 15, 2018**

This is a working document and is subject to change.

- 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.**

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:**

APY – Linda VanEgeren Wellness Coordinator P 954.7629 E [lvanegeren@ymcafoxcities.org](mailto:lvanegeren@ymcafoxcities.org)

**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.

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

An acceptance for all Yoga and Contemplative Arts Class for youth with special needs ages 7-13. Class features breathing, movement, awareness development, and will be staffed with a 1:4 ratio to accommodate individual special needs. Caregivers and/or family are welcome to attend with the child/children, especially if your child requires 1:1 assistance. The many benefits of yoga include motor skills development, sensory integration, brain/body connection, and encourages calmness and concentration. Registration is limited to 8, but members on the waiting list will be called when we are notified of weekly absences.

**Contact:**

Paula Gozner P 886.2101 E [pgozner@ymcafoxcities.org](mailto:pgozner@ymcafoxcities.org)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Family Cardio Funk	HVY	5 years and older with parent	TH	6:30 PM	7:00 PM	FREE	Day Pass
Kidz on the Move	APY	4-10 years	W	4:45 PM	5:15 PM	FREE	Day Pass
Saturday Fun Club	NMY	7-13 years	SAT	9:00 AM	10:15 AM	FREE	FREE
Yoga – Youth Special Recreation	NMY	7-13 years	SAT	10:30 AM	11:15 AM	FREE	\$56
Youth Free Weight Class	ACY	11-16 years		FLEXIBLE		\$25	\$38
Youth Free Weight Class	APY	11-16 years		FLEXIBLE		\$25	\$38