

# Group Exercise Schedule

## Monday, January 7 – Sunday, March 3

### OLEAN YMCA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING / EARLY AFTERNOON GROUP EXERCISE CLASSES					
5:15 – 6:00 <b>Strength Train Together</b> Chris SPIRIT STUDIO	6:15 – 6:45 <b>Cycle 30 Together</b> Mark B.	5:15 – 6:00 <b>Strength Train Together</b> Chris SPIRIT STUDIO	6:15 – 6:45 <b>Cycle 30 Together</b> Mark B.	"Wake up and workout."	9:00 – 9:45 <b>Fitness Mix</b> Rachel SPIRIT STUDIO
6:15 – 6:45 <b>Total Training</b> Amy SPIRIT STUDIO	6:15 – 7:00 <b>Barre</b> Tammy KEYBANK STUDIO	6:15 – 6:45 <b>Total Training</b> Amy SPIRIT STUDIO	6:15 – 7:00 <b>Barre</b> Tammy KEYBANK STUDIO	6:15 – 6:45 <b>Total Training</b> Amy SPIRIT STUDIO	10:00 – 10:45 <b>Zumba®</b> Instructors Vary SPIRIT STUDIO
8:15 – 9:15 <b>Tai Chi</b> Betsy SPIRIT STUDIO	<i>For Barre &amp; Strength Train Together Classes; Please pick up a class card at the Front Desk.</i>	8:15 – 9:15 <b>Tai Chi</b> Betsy SPIRIT STUDIO	"Today is a new beginning."	8:15 – 9:15 <b>Tai Chi</b> Betsy SPIRIT STUDIO	"Excuses don't burn calories."
8:30 – 9:30 <b>Cycle Together</b> Dianne	8:30 – 9:15 <b>Zumba®</b> Mark J. SPIRIT STUDIO	8:30 – 9:30 <b>Cycle Together</b> Dianne	8:30 – 9:15 <b>Zumba®</b> Mark J. SPIRIT STUDIO	8:30 – 9:30 <b>Cycle Together</b> Nicole	"When you feel like quitting think about why you started."
9:30 – 10:15 <b>Motion Plus</b> Debbie SPIRIT STUDIO	9:15 – 10:15 <b>Yoga</b> Karen SPIRIT STUDIO	9:30 – 10:15 <b>Motion Plus</b> Debbie SPIRIT STUDIO	9:15 – 10:15 <b>Yoga</b> Karen SPIRIT STUDIO	9:30 – 10:15 <b>Motion Plus</b> Dianne SPIRIT STUDIO	<b>SUNDAY</b> 10:00 – 10:30 <b>Cycle 30 Together</b> Debbie
10:00 – 11:00 <b>Strength &amp; Core</b> Jane KEYBANK STUDIO	9:15 – 10:00 <b>Barre</b> Michelle KEYBANK STUDIO	10:00 – 11:00 <b>Strength &amp; Core</b> Jane KEYBANK STUDIO	9:15 – 10:00 <b>Barre</b> Michelle KEYBANK STUDIO	9:30 – 10:15 <b>Strength &amp; Core</b> Jane KEYBANK STUDIO	<b>NOTE:</b> Class schedules may change during holiday weeks. Please check with your instructor or special schedule for updates.
10:30 – 11:30 <b>Enhance®Fitness</b> Jason SPIRIT STUDIO	10:15 – 10:45 <b>Cycle 30 Together</b> Debbie	10:30 – 11:30 <b>Enhance®Fitness</b> Jason SPIRIT STUDIO	10:15 – 10:45 <b>Cycle 30 Together</b> Debbie	10:30 – 11:30 <b>Enhance®Fitness</b> Dianne SPIRIT STUDIO	
"Wake up with determination. Go to bed with satisfaction."	11:30 – 12:30 <b>Chair Yoga/Tai Chi</b> Betsy SPIRIT STUDIO	"A 12 minute mile is just as far as a 6 minute mile."	11:30 – 12:15 <b>Gentle Shape Up</b> Betsy SPIRIT STUDIO	"If it doesn't challenge you, it doesn't change you."	
4:30 – 5:15 <b>Zumba®</b> Mary SPIRIT STUDIO	4:30 – 5:15 <b>Fitness Mix</b> Rachel SPIRIT STUDIO	4:30 – 5:15 <b>Zumba®</b> Mary SPIRIT STUDIO	4:30 – 5:15 <b>Fitness Mix</b> Rachel SPIRIT STUDIO	4:30 – 5:15 <b>Step Aerobics</b> Rachel SPIRIT STUDIO	"It is not easy, but it is worth it."
4:30 – 5:30 <b>Cycle Together</b> Nicole	4:30 – 5:00 <b>Cycle 30 Together</b> Debbie	4:30 – 5:30 <b>Cycle Together</b> Nicole	4:30 – 5:00 <b>Cycle 30 Together</b> Debbie	<b>FACILITY HOURS</b>  <b>Monday – Friday</b> 5:00 AM – 9:00 PM  <b>Saturday</b> 7:00 AM – 5:00 PM  <b>Sunday</b> 9:00 AM – 2:00 PM	
"You never regret a good workout"	4:30 – 5:15 <b>Barre</b> Tammy KEYBANK STUDIO	"The only bad workout is the one that didn't happen."	4:30 – 5:15 <b>Barre</b> Molly KEYBANK STUDIO		
5:30 – 6:30 <b>Strength Train Together</b> Jenny SPIRIT STUDIO	5:30 – 6:15 <b>Strong by Zumba®</b> Michelle SPIRIT STUDIO	5:30 – 6:30 <b>Strength Train Together</b> Jenny SPIRIT STUDIO	5:30 – 6:15 <b>Strong by Zumba®</b> Michelle SPIRIT STUDIO		
"It is not easy, but it is worth it."	5:30 – 6:30 <b>Sculpt</b> Joe KEYBANK STUDIO	"Excuses don't burn calories."	5:30 – 6:30 <b>Sculpt</b> Joe KEYBANK STUDIO		
6:45 – 7:45 <b>Yoga for Strength</b> Fifi KEYBANK STUDIO	6:30 – 7:30 <b>Outdoor Cyclist Ride</b> Heath	6:45 – 7:45 <b>Yoga for Strength</b> Fifi KEYBANK STUDIO	6:30 – 7:30 <b>Outdoor Cyclist</b> Heath	<b>Stay in the loop!</b> "Like" and "Follow" us on <b>Facebook: Olean Family YMCA</b> Join our <b>Facebook group:</b> Olean Family Y Group Exercise <b>Instagram:</b> YMCAoftheTwinTiers <b>Pinterest:</b> Olean Family YMCA	

# Group Exercise Class Descriptions

**BARRE:** An amazing workout combining the best elements of ballet **barre** with Pilates, sports conditioning and flexibility training. This class is meant to be a physical, mental, and emotional release. *\*Due to limited spacing, we require all Barre participants to have a Barre class card to enter the class. Please pick up a Barre class card at the front desk (up to 90 minutes prior to start of class) to ensure your spot.*

**CHAIR YOGA / TAI CHI:** This class follows the same format as our Yoga and Tai Chi classes while offering a seated option.

**CYCLE TOGETHER:** is a thrilling cardio workout inspired by outdoor cycling. Sweat, burn calories, sweat more! Cycle Together is a fantastic way to improve your cardio fitness, burn calories, shape and strengthen your lower body, and have fun while doing it! Since you control the intensity of the workout by adjusting your own bike, it's a great workout for all ages whether you are just starting out or are an avid cyclist looking to train indoors. It's also a great option to add to your other workouts. Please register for class at the front desk.

**CYCLE 30 TOGETHER:** is a 30-minute inspiring cardio cycling workout. Cycle 30 Together is your 30-minute cardio workout. Music will make the time fly, and you will feel great working up a sweat! You can make the most out of Cycle 30 Together, no matter if you are just starting an exercise program or have been racing bikes for years. It's only 30 minutes and the format is easy to follow. Since the bike is completely adjustable, you are in control. It's also perfect for those that are short on time and men and women of all ages. Please register for class at the front desk.

**ENHANCE®FITNESS:** A community-based senior fitness and arthritis management program that consists of a full hour of fun. It focuses on dynamic cardiovascular exercise, strength training, balance and flexibility as well as lots of opportunities to make new friends.

**FITNESS MIX:** Instructor alternates workout formats to lead this "wild card class" that will always provide a great workout!

**GENTLE SHAPE-UP:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. 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.

**MOTION PLUS:** This traditionally active older adult class consists of aerobic, strength, flexibility and balance exercises. Participants gather for coffee after class. It's a terrific way to meet new people and feel great!

**OUTDOOR CYCLIST RIDE:** This is a recreational biker time with a mission is to have fun, meet other cyclists, and get exercise at the same time!

**SCULPT:** Sculpt is a total body workout designed to exercise every major muscle group fusing yoga, weight training, cardio, and plyometric-style movements to focus the mind and body. It is the yoga that sets this class apart from other workout classes. Sculpt helps strengthen the muscles surrounding and supporting the joints. These classes are an ideal way to cross-train for all sports.

**STEP AEROBICS:** This class uses a step to create moderate impact. Class offers various levels allowing all to participate.

**STRENGTH & CORE:** This circuit-based class will have your heart pumping and muscles working in no time. A variety of exercises are introduced as participants strengthen their muscles, work on abs and enjoy a relaxing stretch at the end of class.

**STRENGTH TRAIN TOGETHER:** STRENGTH TRAIN TOGETHER will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

**STRONG BY ZUMBA®:** Combines high intensity interval training with sync music motivation to provide you with the ultimate workout. This class utilizes your own body weight combined with cardio and plyometric exercises to improve endurance, muscle tone, and strength, it makes you work harder and burn more calories.

**TAI CHI:** This ancient Chinese tradition is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

**TOTAL TRAINING:** This class will challenge you and offer a high intensity total body workout that uses a variety of strength training styles with cardio mixed in.

**YOGA:** This class creates balance in the body through developing both strength and flexibility. It is designed to relieve stress and bring peace of mind, body and spirit to you by focusing on breathing techniques, stretching, toning and relaxation. This class will teach you fundamental poses with an emphasis on proper alignment.

**YOGA FOR STRENGTH:** Complete your day with an energizing yoga practice! A blend of classic yoga postures with strength and flexibility training will add the perfect balance to your fitness routine.

**ZUMBA®:** The perfect workout for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are called exercise in disguise.

## Olean YMCA Extended Hours

Monday—Friday 4:00am-5:00am/9:00pm-12:00am

Sunday— 7:00am—9:00am/2:00pm—5:00pm

To sign up or for more information please see someone at the front desk.