



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**WELLSVILLE YMCA  
GROUP EXERCISE SCHEDULE  
SPRING 2019  
Effective March 4, 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 A.M. to 6:30 A.M. <b>Spin Class</b> Laura <i>Studio 2</i>	5:45 A.M. to 6:30 A.M. <b>Core 45</b> Tim <i>Studio 1</i>	5:45 A.M. to 6:30 A.M. <b>Spin Class</b> Laura <i>Studio 2</i>		5:45 A.M. to 6:30 A.M. <b>Core 45</b> Tim <i>Studio 1</i>	
8:30 A.M. to 9:30 A.M. <b>Stretch &amp; Flex</b> Amanda <i>Studio 1</i>		8:30 A.M. to 9:30 A.M. <b>Stretch &amp; Flex</b> Amanda <i>Studio 1</i>		9:00 A.M. to 9:30 A.M. <b>Silver Circuit</b> Amanda <i>Joyce Studio</i>	8:30 A.M. to 9:30 A.M. <b>Stretch &amp; Flex</b> Amanda <i>Studio 1</i>
9:00 A.M. to 10:00 A.M. <b>Tai Chi</b> Theresa <i>Studio 2</i>	9:30 A.M. to 10:30 A.M. <b>Next Level Fitness</b> Amanda <i>Studio 1</i>	9:00 A.M. to 10:00 A.M. <b>Tai Chi</b> Theresa <i>Studio 2</i>	9:30 A.M. to 10:30 A.M. <b>Next Level Fitness</b> Amanda <i>Studio 1</i>	9:00 A.M. to 10:00 A.M. <b>Tai Chi</b> Theresa <i>Studio 1</i>	
9:30 A.M. to 10:00 A.M. <b>Dance, Dance!</b> Shaye <i>Studio 1</i>		9:30 A.M. to 10:00 A.M. <b>Dance, Dance!</b> Shaye <i>Studio 1</i>		9:30 A.M. to 10:00 A.M. <b>Dance, Dance!</b> Shaye <i>Studio 2</i>	11:00 A.M. – 11:30 A.M. <b>Get Fit with HIIT</b> Amanda <i>Joyce Studio</i>
5:15 P.M. to 6:00 P.M. <b>Total Body Tabata</b> Erica <i>Studio 1</i>	5:00 P.M. to 6:00 P.M. <b>Strength Train Together</b> Natasha <i>Studio 2</i>		5:00 P.M. to 6:00 P.M. <b>Strength Train Together</b> Natasha <i>Studio 2</i>		
6:00 P.M. to 7:00 P.M. <b>Kids Yoga</b> Heather <i>Studio 2</i>	5:15 P.M. to 5:45 P.M. <b>Get Fit with HIIT</b> Amanda <i>Joyce Studio</i>			<p>Find us on the web!</p>  <p>Group Fitness @ the Wellsville YMCA and Wellsville YMCA</p>  <p>@wellsvilleymca</p>	
6:00 P.M. to 7:00 P.M. <b>Zumba</b> Lyndsay <i>Studio 1</i>		6:00 P.M. to 7:00 P.M. <b>Zumba</b> Lyndsay <i>Studio 1</i>			

## ABOUT THE CLASSES

**Spin Bike Class** – Spin 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 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.

**Core 45** – Core 45 is the perfect class to target your midsection and help sculpt and define your abs. Not only will you blast that belly fat you will always get a fat blasting cardio mix into each workout. Come in and start achieving and crushing your fitness goals!

**Stretch & Flex** – Enjoy a low impact strengthening class that focuses on balance, core strength, and muscle stabilization. Come improve your health and have a good time doing it.

**Silver Circuit** – This serves as an introduction class to circuit training. Modifications will be made for those unable to perform the standard workouts. Don't confuse introduction as "easy" this class will still push you to your limits.

**Tai Chi** – This is a gentle and powerful body mind exercise. Learn several tai chi forms. These are all practiced with slow, graceful movements and coordinated breathing. Benefits include: balance, flexibility, muscle strength and cardiovascular fitness.

**Next Level Fitness** – Like Stretch & Flex? Then try the "next level" and intensify your training slightly while still focusing on strength, balance, and toning.

**Dance, Dance!** – This Latin-American Dance inspired class will get the heart rate up, but with less impact than the average dance class!

**Total Body Tabata** – Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes. This high energy class consists of 5 rounds, a combination of cardiovascular endurance, strength training and core exercises. Participants work hard for 20 seconds at a time, with a 10 second rest in between. Every exercise can be modified to accommodate your fitness level!

**Get Fit with HIIT** – This class focuses on using your own bodyweight and functional fitness to build impressive strength, build up a sweat, and improve conditioning.

**Kids Yoga** – Kids Yoga is a class geared towards children, ages 5-12 years, that will engage your child using music, dance, books, activities, and more! We will also practice child-friendly meditation and learn ways to use our breath to calm our bodies and minds

**Strength Train Together** – A results driven strength training workout utilizing an adjustable barbell, weight plates, and body weight. For all levels of strength at weights you choose! If you're looking for a social way to lift come to STRENGTH TRAIN TOGETHER! See you there!

**Zumba** – Let's work out, feel the music and shake off the stress with a cardio dance party featuring Latin, international, and pop songs. Whether you want to go all out, or modify it for a lower impact, Zumba makes fitness fun!

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Wellsville YMCA  
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Wellsville, NY 14895  
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Group Fitness @ the Wellsville YMCA  
Wellsville YMCA

Find us on the web!

