



# Geauga Family YMCA October 2024 Fitness Schedule

## Land & Water Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am	<b>Back-to-Back Cycle-</b> 8:00am 9:00am Jay - Studio		<b>\$ TRX Circuit Small Group Training</b> Lana-Wellness Center			<b>Cycle</b> Jay - Studio	
9:00 am	<b>Strength &amp; Core (Stability)</b> Lana - Gym  <b>Aquacise</b> Dee - Pool	<b>Cardio/Strength</b> Melanie - Gym	<b>Cardio &amp; Strength Blast</b> Jay -Gym  <b>Water Wild Card</b> Melanie/Dee Pool	<b>Aquacise</b> Dee - Pool  <b>Hi/Lo Cardio</b> Cassie-Studio	<b>Mindfulness Meditation-</b> Melanie Ianni MPR  <b>Core Fusion</b> (30minute) Melanie - Gym 9:30am	<b>Pop-Up Class in September!</b> <b>Cassie &amp; Jay</b> Studio  10/5 PureStrength 10/12 BODYPUMP 10/19PureStrength 10/26 BODYPUMP	<b>Pop-Up Classes Studio</b>  10/6 TRX-Zach 10/13 Partner Workout-Cassie
10:00 am	<b>Silver Sneakers Yoga ®</b> Sue - Gym  <b>Yoga Flow-</b> MaryAnn Studio  <b>Aqua Jog</b> Dee - Pool	<b>New Pilates/Barre</b> <b>Kathy-MPR</b>  <b>Aqua Fit</b> Melanie - Pool  <b>Les Mills BODYPUMP</b> Cassie - Studio	<b>Cycle &amp; Core</b> Melanie - Studio  <b>Boom Muscle</b> Jay - Gym	<b>Silver Sneakers Yoga®</b> Sue - Gym Sue  <b>Les Mills BODYPUMP</b> Jay - Studio  <b>Aqua Jog</b> Dee - Pool	<b>Cardio/Strength Blast</b> Melanie - Gym  <b>Hatha Yoga</b> Suzanne - Studio <b>(10:15am)</b>	<b>\$ TRX-Tracey-Wellness Center (9:30am)</b>  <b>New Pilates Plus</b> Kathy -MPR	
11:00 am	<b>Senior Strength &amp; Balance</b> Sue - Gym	<b>Silver Sneakers Classic ®</b> Melanie - Gym	<b>Silver Sneakers Circuit ®</b> Melanie - Gym  <b>Taijiifit</b> Tim-MPR Starts up 10/16	<b>Silver Sneakers Classic ®</b>  <b>Zumba Gold</b> Lana-Studio (11:15am)	<b>New Yoga Basics 101</b> Suzanne-Studio  <b>AOA Fitness &amp; Strength</b> Melanie-Gym		
6:00 pm	<b>Pilates</b> Kathy - MPR  <b>Cardio &amp; Strength Blast</b> Jay - Studio	<b>\$ TRX-Small Group Training</b> Tracey-Wellness Center  <b>Yoga Vinyasa Flow-MPR</b> JoAnn (6:15pm)	<b>Barre</b> Kathy-MPR  <b>Les Mills BODYPUMP</b> Cassie - Studio	<b>\$ TRX-Small Group Training</b> Tracey-Wellness Center  <b>Sunset Cycle</b> Jay - Patio/Studio			
6:30 pm		<b>Zumba®</b> Bridgit - Studio  <b>Aqua Fit</b> Jan - Pool (6:45pm)		<b>Zumba®</b> Bridgit-MPR <b>No class on 10/17 &amp; 10/31</b>  <b>Aqua Fit</b> Jan - Pool (6:45pm)			

**New Classes in Red\*** Class Schedule is subject to change. Classes are 50 minutes unless stated otherwise. Classes w/\$ have a small cost. For questions feel free to contact Lana Niebuhr at lniebuhr@clevelandymca.org

**Child Watch Hours**  
M - Sa: 8:30 am - 12:30 pm  
M - Th: 4:00 pm - 8:00 pm



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### Land & Water Classes

**AOA Fitness**- This exercise class encompasses all the major fitness components- cardiovascular endurance, muscle strength, flexibility, and balance. You choose whether to sit or stand during the class.

**Aquacise**- A low/moderate intensity water workout, focusing on cardiovascular health, muscular endurance, strength, and flexibility. This workout is a blend of cardio and resistance training. Knowing how to swim is NOT required.

**Aqua Fit**-Combo Use both shallow and deep ends of the pool in this class that focusses on cardiovascular fitness, muscular strength, core, and balance. Floatation equipment is available.

**Barre**-This unique class combines Ballet, Yoga, and Pilates into a low impact workout that increases flexibility and balance. This class incorporates light weights for an upper body workout.

**Small Group/Boot Camp**-Training is designed to maximize your Workout, and build your endurance through a combination of strength, conditioning, and high energy drills. Includes 2 assessments for a small fee.(Optional)Plus Members/Free Members \$10 Participants \$15 Month.

**Aqua Jog**- A cardiovascular workout that uses the same muscles as running, but with the resistance of the water.

**BOOM MUSCLE**: A moderate vigorous muscular and aerobic endurance workout. MUSCLE incorporates mostly strength exercises that boost overall fitness. Move through muscle conditioning blocks and activity-specific drills to improve strength and functional training.

**Cardio Strength Blast**- This whole-body workout is a mix of easy-to-follow cardio movements and basic weight training exercises.

**Cycle & Core**-You get the best of both worlds in this combo class that is half group cycling and half targeted core exercises performed on the floor.

**New\*Hi/Lo Cardio**: An energizing cardiovascular workout that uses high and low movements.

**Les Mills: BODYPUMP**- A total body strength workout that will shape & tone all the major muscle groups, increase core strength, improve bone health & leave you feeling strong and fit!

**Mindfulness Meditation**-Led by a licensed MH therapist, this class is designed to practice mindful meditation to calm the mind and the body. Chairs and mats are available. All are welcome!

**Pilates**- A strength and mobility class that focuses heavily on stabilizing the spine, improving posture, and strengthening major core muscles.

**New/Pilates Plus**- An intermediate level class that uses props to simulate a Pilates workout that would be done on a reformer.

**Pure Strength**-A workout for all who want to learn the basic strength training techniques along with functional movements for a fun but challenging workout.

**New/Pilates Barre**-This hybrid class combines Pilates with ballet and barre work.

**Rhythm Cycle**- An indoor cycling class where you ride to the rhythm of the beat. This class is set to fun and uplifting music to help increase your cardio and muscular endurance.

**Senior Strength & Balance**- This class always keeps one foot on the ground- reduce joint impact. A fun and upbeat class that focuses on easy-to-follow strength and balance movements. A chair may be used for support and balance stability.

**Silver Sneakers Circuit**- we combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work, using hand weights, elastic tubing with handles and a ball is alternated with non-impact aerobics choreography. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position. This class is open to ALL YMCA members and suitable for intermediate level exercisers.

**Silver Sneakers @ Classic**- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Chairs are used for support and balance.

**Silver Sneakers @ Yoga**- A workout that will move your whole body through a sequence of standing and seated yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion. Restorative breathing and guided relaxation help to reduce stress.

**Strength & Core**- Strength/toning class that focuses on the major muscle groups including core muscles for a balanced workout.

**Taijifit**- A martial art practice that involves a series of slow movements and physical postures to improve mental and physical health.

**\$ TRX- Small Group Training Class**- Suspension training is a tool that uses gravity for resistance. TRX class simultaneously develops your strength, balance, flexibility, and core stability. Members of all ability levels can participate, since adjusting the difficulty of the exercise is as easy as moving your feet. **(Cost: Plus, Members: free, Members \$5 per class, or \$20 for 8 classes, Participants \$15 per class or \$40 month)** Includes a BF scan. **TRX Circuit**-challenges you with stations devoted to TRX, kettlebells, and different types of strength/cardio equipment.

**Water Wildcard**- A strength/cardio conditioning class that utilizes a variety of equipment in the water. Anything goes!

**Yoga Flow**- Hatha A practice where yoga postures are connected through breath. This class builds endurance, flexibility, and strength with easy-to-follow sequencing. **New: Yoga Basics**- Learn breakdown of different poses along with breathing techniques.

**Yoga Flow-Vinyasa**-Yoga style that links poses with breath to create continuous flow of movement from one pose to the next. The instructor safely guides you in and out of poses to allow the benefit of deep stretching, strength building and proper alignment and attention to breath. This class runs at a moderate to advanced pace; however, provides a safe space for beginners as well as advanced.

**Zumba®**- Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Add some Latin flavor and international spice into the mix. **Zumba Gold**- Low impact, slower version of Zumba.