



Geauga Family YMCA November 2024 Fitness Schedule

Land & Water Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am	Back-to-Back Cycle-8:00am 9:00am Jay - Studio		\$ TRX Circuit Small Group Training Lana-Wellness Center			Cycle Jay - Studio	
9:00 am	Strength & Core (Stability) Lana - Gym Aquacise Dee - Pool	Cardio/Strength Melanie - Gym	Cardio & Strength Blast Jay -Gym Water Wild Card Melanie/Dee Pool	Aquacise Dee - Pool Hi/Lo Cardio Cassie-Studio	Mindfulness Meditation- Melanie Ianni MPR Core Fusion (30minute) Melanie - Gym 9:30am	Pop-Up Class in September! Cassie & Jay Studio 11/2 Pure Strength 11/9 BODYPUMP 11/16PureStrength 11/23 BODYPUMP 11/30 Pure Strength	Pop-Up Classes Studio 11/17 Kick &Core 11/24 Hi/LoCardio
10:00am	Silver Sneakers Yoga® Sue - Gym Yoga Flow- MaryAnn Studio Aqua Jog Dee - Pool	New Pilates/Barre Kathy-MPR Aqua Fit Melanie - Pool Les Mills BODYPUMP Cassie - Studio	Cycle & Core Melanie - Studio Boom Muscle Jay - Gym	Silver Sneakers Yoga® Sue - Gym Sue Les Mills BODYPUMP Jay - Studio Aqua Jog Dee - Pool	Cardio/Strength Blast Melanie - Gym Hatha Yoga Suzanne - Studio (10:15am)	\$ TRX-Tracey-Wellness Center (9:30am) Pilates Plus Kathy -MPR	
11:00 am	Senior Strength & Balance Sue - Gym New*Empowerment Flow Melanie-MPR	Silver Sneakers Classic® Melanie - Gym	Silver Sneakers Circuit® Melanie - Gym Taijiifit Tim-MPR	Silver Sneakers Classic® Zumba Gold Lana-Studio (11:15am)	New Yoga Basics 101 Suzanne-Studio AOA Fitness & Strength Melanie-Gym		
6:00 pm	Pilates Kathy - MPR Cardio & Strength Blast Jay - Studio	\$ TRX-Small Group Training Tracey-Wellness Center Yoga Vinyasa Flow-MPR JoAnn (6:15pm)	Barre Kathy-MPR Les Mills BODYPUMP Cassie - Studio	\$ TRX-Small Group Training Tracey-Wellness Center Cycle Jay - Studio			
6:30 pm		Zumba® Bridgit - Studio		Zumba® Bridgit-MPR			
7:00pm		Aqua Fit Jan - Pool (6:45pm)	New Class Empowerment Flow Melanie-MPR (7:00pm)	Aqua Fit 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



Geauga Family YMCA

November 2024 Fitness Schedule

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* Empowerment Flow-Class is designed to uplift and inspire through movement w/live music as well as diverse, streamed music from different cultures. The goal is to connect the mind and body with the music. Class is led by a licensed mental health therapist.

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 Mental Health 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.

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 to 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)**

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.