



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LAKE WYLIE GROUP FITNESS SCHEDULE JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Total Fitness 8:30-9:25 Slade S.</p>	<p>Pilates 9:00-9:55 Lea B.</p>	<p>Total Fitness 8:30-9:25 Slade S.</p>	<p>Pilates 9:00-9:55 Lea B.</p>	<p>Total Fitness 8:30-9:30 Slade S.</p>		
	<p>Stretch & Strengthen 9:30-10:25 Pat C.</p>	<p>***new class*** Dance Fitness 9:30-10:25 JoBeth H.</p>	<p>Stretch & Strengthen 9:30-10:25 Pat C.</p>		<p>***PLEASE NOTE*** We are thrilled to welcome JoBeth H. to our group of instructors! Be sure to check out her Dance Fitness class and Express HIIT class on Wednesdays!</p>	
<p>Senior Fit 11:00-11:45 Slade S.</p>		<p>***new class*** Express HIIT 10:30-10:55 JoBeth H.</p>				
	<p>Power Yoga 6:15-7:30 Jane J.</p>	<p>Senior Fit 11:00-11:45 Slade S.</p>	<p>Power Yoga 6:15-7:30 Jane J.</p>	<p>Senior Fit 11:00-11:45 Slade S.</p>		
<p>Power Yoga 7:15-8:30 Carolyn N.</p>		<p>Power Yoga 7:15-8:30 Carolyn N.</p>				

Hours of Operation:

Monday - Friday - 5:00am - 9:30pm
 Saturday - 8:00am - 6:00pm
 Sunday - 1:00pm - 6:00pm



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Lake Wylie YMCA Group Fitness Class Descriptions

Dance Fitness: This cardio class will tone your body while allowing you to sweat away your stresses to music from all genres. Dance Fitness will ensure calories burned and joy while doing so! **Levels 1-3**

Express HIIT: This 25 minute high intensity interval training class will build strength and agility. Body weight exercises, weights, resistance bands, and more!. **Levels 1-3**

Pilates: This is a multi-level core centered workout. It is perfect for beginners but will also challenge those who are more intense with their fitness goals. Learn skills to achieve balance and flexibility while lengthening and strengthening muscles through mat work developed by Joseph Pilates. **Levels 1-3**

Power Yoga: This yoga class is a system of practice used to create balance on all layers of self (physical, energetic, emotional and mental) using the three main threads of yoga practice: body, breath, and mind. The Asanas: (poses), Vinyasas: (flowing movements), Pranavama: (breathing techniques), and turns on the mat, are creatively integrated while using all major ranges of mobility for arms, leg and spine. The primary goal of practice is not to target the body, but to target one's concentration, focus and attention: to turn it all inward, creating a serenely stable inner atmosphere conducive for awareness and personal development. **Levels 1-3**

Stretch & Strengthen: Introduction to weight bearing resistance exercise machines followed by restorative stretching. Receive a personal exercise prescription for tracking. Improve strength, range of motion and circulation. Levels 1-3

Total Fitness: Just what the name implies. Cardio, upper and lower body strength, balance and stretching. It's like having your own personal trainer. **Levels 1-3**

Zumba Gold: An innovative, fun and exciting program. Zumba Gold was designed for the older adult, the true beginner, and/or people who may be limited physical. **Level 1**

Zumba Gold Toning: This class blends the Zumba party you love at a slower pace with redefining total body workout using Zumba Toning Sticks and/or light dumbbells to shake up those muscles! Tailored for active older adults who want to focus on muscle conditioning and light weight activity. **Levels 1-2**

Zumba Toning: This unique class combines targeted body sculpting exercises and high energy cardio work with Latin infused Zumba moves to create a calorie torching, strength training dance fitness party. Light hand weights and/or Zumba toning sticks are used. **Levels 1-3**



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