



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLOVER GROUP EXERCISE SCHEDULE JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				New Class Boot Camp w/ Kerrie 7:15-8:00 am		
	Tabatha Strength w/ Haley 8:00-8:55 am	Yoga w/ Andrea G. 8:00-8:55 am	Athletic Conditioning w/ Laura 8:00-8:55 am	HIIT w/ Kerrie 8:00-8:55am	Athletic Conditioning w/ Laura 8:00-8:55 am	
	Custom Cuts w/ Haley 9:00 -9:30 am	Athletic Barre w/ Andrea G. 9:00-10:00 am	Custom Cuts w/ Laura 9:00 -9:30 am	Boot Camp w/ Kerrie 9:00-9:30 am	Boot Camp w/ Laura 9:00 -9:30 am	
	Wee Fit / Kid Fit w/ Laura 9:30-10:00 am		Wee Fit / Kid Fit w/ Laura 9:30-10:00 am	Custom Cuts w/ Haley 9:30-10:30 am	Wee Fit / Kid Fit w/ Laura 9:30-10:00 am	
	SilverSneakers Classic® w/ Kathy 10:05 -10:50 am	Health Fitness for Seniors w/ Andrea G. 10:05-10:50 am	Yoga w/ Lindsay 10:15-11:00 am			
			Health Fitness for Seniors w/ Lindsay 11:00-11:45 am	Health Fitness for Seniors w/ Carmen 11:00-11:45 am	*New Instructors* Health Fitness for Seniors w/ Haley & Kerrie 11:00-11:45 am	
	Athletic Conditioning w/ Kerrie 12:15-1:00pm	Athletic Conditioning w/ Kerrie 12:15-1:00pm	Athletic Conditioning w/ Kerrie 12:15-1:00pm	Athletic Conditioning w/ Carmen 12:15-1:00pm	*New Instructors* Restorative Stretch w/ Haley & Kerrie 12:15-1:00pm	
		Tabatha Strength w/ Haley 4:30-5:30pm	*New Instructor* Athletic Conditioning w/ Megan 4:30-5:15pm	Tabatha Strength w/ Haley 4:30-5:30pm		
		New Class Restorative Stretch w/ Haley 5:30-6:00pm		*New Class* Restorative Stretch w/ Haley 5:30-6:00pm		
	Danve2Fit w/ Marcy 6:30-7:30pm	ZUMBA w/ Deborah 6:00-7:00pm				

YMCA Hours of Operation:

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

YMCA Child Watch Hours:

Monday through Friday: 8:00 am - 12 noon
Monday through Thursday: 4:00 pm - 8:00 pm
Friday: 4:00 pm - 7:00 pm
Saturday: 8:00 am - 12 noon

Class Descriptions

Athletic Barre: This is a fun, challenging strength workout that fuses techniques from ballet, Pilates, and yoga with intervals of power movement to sculpt a lean, strong, dancer-like physique. Level 2-3

Athletic Conditioning: Be prepared for anything! This action packed class offers it all. It will combine skills and drills with alternating strength training and cardio circuits. Class may also include weight training, bosu, plyometrics, sprints, TRX, and calisthenics. **Levels 1-3**

Boot Camp: A high intensity strength, endurance and fitness training through a variety of intervals/drills. Level 1-3

Custom Cuts: Designed not only to boost your caloric expenditure but to redefine, reshape and strengthen your body using weights and body weight exercises. May include short cardio “sprints” to increase overall endurance. **Level 1-3**

Dance2Fit®: This dance-based cardio class is designed to get you moving to today’s music. In this class you will sweat out your stress with fun, easy hip hop moves and use core fitness moves to strengthen, tone and sculpt your body- all while having lots of fun! No dance experience necessary! **Levels 1-3**

Health Fitness for Seniors: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Handheld weights are used for resistance. A chair is available if needed for seated or standing support. Level 1-3

HIIT: High Intensity Interval Training is an exciting workout that offers aerobic, anaerobic, muscular endurance, and fat burning exercises that will push you to your limits. The HIIT routine alternates between intense bursts of activity and periods of low to moderate exercise. Level 2-3

Kid Fit (6-10): This program is designed to keep kids ages 6-10 moving with calisthenics, fitness games and body weight exercises for a fun, yet challenging class.

Restorative Stretch: Helps provide that physical and mental balance to prevent stress and anxiety, through the use of props that allow you to hold poses longer, giving you all the benefits of deep, passive stretching. Level 1-3

SilverSneakers Classic®: Have fun and move to the music through a variety of exercises designed to increase your muscular strength, balance, range of motion, and improve your daily activity. Hand weights, bands, balls, and a chair are used for seated and standing support choreography. A chair is offered for support, stretching and relaxation exercises. **Level 1-3**

Tabata Strength: This workout is a form of high intensity interval training (HIIT) designed to get your heart rate up into the anaerobic zone for short periods of time. Each Tabata set includes 20 seconds of strength training followed by 10 seconds of rest, repeated for a total of 4 minutes. Weights may also be used. **Level 1-3**

Wee Fit (3-5): A fitness class for children ages 3-5 years old. This class utilizes their gross motor skills and burns off some energy!

Yoga: This class is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. As a participant you will gain strength, flexibility, balance, and toning by using yoga poses to target all muscle groups and joints. Levels 1-3

Zumba®: Is a fusion of Latin, international and popular music/dance themes creating a dynamic, exciting and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. Level 1-3