



# YMCA of Steuben County

## Group Fitness Classes

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	Pilates (10)		Pilates (10)		Pilates (10)	
5:15am		Cycle (11)		Cycle (11)		
5:30am						
5:45am	Cycle (1)	Core Conditioning (9)	Cycle (1)	Core Conditioning (9)	Cycle(1)	
7:30am						
8:15am	Pilates Plus(3)		Pilates (3)		Pilates Plus(3)	
8:15am	Step it up (8)		Step it up (8)		Step it up (8)	
9:00am	Tone (8)	Zumba (14)	Tone (8)	Zumba (14)	Tone (8)	Zumba (14)
10:00am	SilverSneakers 1 (4)	SilverSneakers 2 (12)	SilverSneakers 1 (4)	SilverSneakers 2 (4)	SilverSneakers 1 (4)	Yoga (7)
11:00am		SS Yoga Stretch (4)		SS Yoga Stretch (4)		
11:15am	SilverSneakers 1 (12)		SilverSneakers 1 (12)		SilverSneakers 1 (12)	
2:00pm		Achieve Wellness (3)		Achieve Wellness (3)		
5:00pm						
5:15pm	Zumba (14)	WOW (5)	Zumba (14)	WOW (5)		
5:30pm		Kick N Fit (13)	Plyo Fit 5:15 (15)	Kick N Fit (13)		
6:00pm		Cycle (6)		Cycle (6)		
6:10pm		Yoga (7)		Yoga (7)		

Kathy V (1) Anne S(3) Cathy H (4) Shawn S (5) Martha C (6) Jessica C (7) Cindy K (8)

Leah L (9) Amy H (10) Ted B (11) Kelly K (12) Lisa L (13) Kelli K (14) Christina K (15)

Updated 05/16/12

This schedule is subject to change without notice.  
 Highlighted classes are held downstairs in the fitness room  
 Non-Highlighted classes are held in the gym  
 All Cycle classes held in the Cycle room

**Core Conditioning-** Intense cardio workout using large and small muscle groups. Grounded workout includes light weights, bands and the fitness ball.

**Cycle-** This Cycle class incorporates the non-impact, high-calorie-burning benefits of cycling along with proper biomechanics and motivational techniques. What to wear: low-cut, stiff-bottomed shoes like cross trainers. Bring a water bottle for proper hydration and a towel (you will sweat). Wear a close fitting short (bicycle shorts are recommended) and avoid wearing double layers or loose baggy attire. For the first time riders, please arrive 15 minutes prior to the class for proper bike setup. In a typical class, a person will burn 450 calories in only 45 minutes. The program is designed to improve your cardiovascular fitness while strengthening your legs, abdominal, and back.

**Pilates-** Pilates helps to create and increase a balance between strength and flexibility within a relaxed atmosphere.

Pilates develops an awareness of and strengthens dynamic stability, improves coordination, releases stress and helps improve posture. This class is great for injury prevention!

**Pilates Plus-** This new challenging class will take you to the next level. This class will use such things as bands and Pilates rings to help you develop core strength.

**Step It Up-** Boost your workout by joining this fun, upbeat fitness class combining aerobic technique and toning in order to achieve great personal results. Come sweat away the pounds!

**Tone-** This "Feel The Burn" Class is excellent for those who want to tone and tighten all of those pesky problem areas. This sculpting class focuses on tightening your lower body, abdominals and arms. This is a great add on to your morning cardio!

**W.O.W (Women on Weights)-** If you're looking for something to spice up your workouts, have you thought about circuit training? This type of training can be versatile and it moves quickly because you're going from one exercise to another instead of doing continuous cardio or straight set training with weights. You can do all strength circuits, all cardio circuits or a mixture of the two for a challenging, calorie-burning workout.

**Yoga-** This uplifting class fuses meditation, breath, and posture to release tensions and to enliven the body. This class is gentle yet focused, allowing students to work therapeutically with yoga poses and breathing.

**Zumba®-** Zumba is a Latin-inspired dance-fitness program that features rhythmic dance moves set to high energy Latin and international beats for a fun and great workout.

**Kick N' Fit-** A fast moving 45 minute combination class that begins with cardio kickboxing to warm up. The second portion of the class uses weights and balance moves to engage all major muscle groups and strengthen the core. The class cools down with abdominal and more core practice with time for stretch at the end.

**Achieve Wellness-** This class is a movement class designed for people with Fibromyalgia, Multiple Sclerosis, and other Neurological disorders. It is designed by a fitness instructor and a license physical therapist.