



REACH BEYOND

Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the Y is so much more than just working out. Beyond fitness facilities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.



HEALTH & FITNESS

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STAFF CONTACTS

- ACY – Amanda Vander Logt Health & Fitness Coordinator P 702.2316 E avanderlogt@ymcafoxcities.org
- ACY – Nick Krause Wellness Coordinator P 702.2317 E nkrause@ymcafoxcities.org
- APY – Kristina Schultz Health & Fitness Director P 954.7616 E kschultz@ymcafoxcities.org
- APY – Brianne Connelly Health & Fitness Coordinator P 954.7618 E bconnelly@ymcafoxcities.org
- APY – Loel Kreger Wellness Director P 954.7658 E lkreger@ymcafoxcities.org
- APY – Linda VanEgeren Wellness Coordinator P 954.7629 E lvanegeren@ymcafoxcities.org
- APY – Heidi Bohl Wellness Coordinator P 954.7651 E hbohl@ymcafoxcities.org
- FWY – Kirsten Rice Health & Fitness Director P 560.3413 E krice@ymcafoxcities.org
- FWY – Maggie Pawlowski Wellness Coordinator P 560.0424 E mpawlowski@ymcafoxcities.org
- HVY – Paula Beyer Health & Fitness Director P 830.5708 E pbeyer@ymcafoxcities.org
- HVY – Colleen Eichsteadt Wellness Coordinator P 830.5725 E ceichsteadt@ymcafoxcities.org
- NMY – Susan Christel Health & Fitness Director P 886.2127 E schristel@ymcafoxcities.org
- NMY – Katie Schalk Wellness Coordinator P 886.2122 E kschalk@ymcafoxcities.org

YOU SPOKE, WE LISTENED.

YMCA Members: Registration will no longer be required for all FREE/Value-Added land, cycling, water and mind/body fitness classes. Members are now able to drop-in and attend these classes, as part of our **“Flexible Fitness Scheduling.”**

GROUP FITNESS SCHEDULE

Value-added Classes:

- Holiday Fitness with a Friend Week – December 31, 2018-January 6, 2019
- Winter Classes** – January 7–April 14 (14 weeks)
- Spring Classes** – April 15-June 9 (8 weeks)
- Summer Classes** – June 10-August 25 (10 weeks)
- Holiday Fitness with a Friend Week – July 1-7
- Holiday Fitness with a Friend Week – August 26-September 1
- Fall Classes** – September 3-December 22 (15 weeks)
- Holiday Fitness with a Friend Week – November 18-24
- Holiday Fitness with a Friend Week – December 23-29
- Winter 1 Classes** – January 7-February 24 (8 weeks)
- Winter 2 Classes** – February 25-April 14 (7 weeks)
- Spring Classes** – April 15-June 9 (8 weeks)
- Summer Classes** – June 10-August 25 (10 weeks)
- Holiday Fitness with a Friend Week – July 1-7
- Holiday Fitness with a Friend Week – August 26-September 1
- Fall 1 Classes** – September 3-October 27 (8 weeks)
- Fall 2 Classes** – October 28-December 22 (7 weeks)
- Holiday Fitness with a Friend Week – November 18-24
- Holiday Fitness with a Friend Week – December 23-29

Paid Classes:

General Public may purchase a **Day Pass** at the Member Service Desk and enjoy the use of our facilities and land, cycling and mind/body fitness classes for the entire day pending schedules, equipment and space availability.

Youth Day Pass (ages 6-17)	\$8
Young Adult Day Pass (ages 18-25)	\$10
Adult Day Pass	\$14
Family Day Pass	\$16

All Summer Session: June 10-August 25, 2019
Summer Session 2: July 22-August 25, 2019

Summer Session 1: June 11-July 21, 2019
This is a working document and is subject to change.

HIGH CAPACITY CLASSES

A very small selection of classes might exceed the room capacity for a class, therefore a ticket will be required for members and the general public to attend. These High Capacity Classes are labeled with a # sign after their class name in the Program Guide. These classes will also be marked with a # sign on our fitness class grid. Stop by the Member Service desk at your Y up to 30-minutes prior to that class to obtain your ticket.

PLEASE NOTE:

- Y Members and General Public must register during session registration weeks for **ALL** Small Group Personal Training Classes.
- Youth (14 years and older) are welcome to participate in Health & Fitness programs without parental supervision. Youth, 8-13 years of age, interested in participating in fitness classes may with a parent, and must seek permission from the Fitness Director/Coordinator before participating in classes.

CONVENIENT. FLEXIBLE. EXPANDED OPTIONS.

You will find the most current display of class availability on our YMCA of the Fox Cities APP. The app is available for the iPhone and Android and can be downloaded at the Google PlayStore or iTunes Store.

We will continue to provide a printed form of the traditional Fitness Class Grid at all five YMCA of the Fox Cities locations. For those who want to review or print the entire fitness schedule, or selected pages of our program guide, please visit our website www.ymcafoxcities.org.

ACTIVE OLDER ADULTS - LAND AND WATER FITNESS CLASSES

Please look in the Health and Fitness section of the program guide for land and water fitness appropriate for active older adults - they will be labeled "AOA Friendly"

GROUP CYCLING

CYCLING 101 (APY) – AOA FRIENDLY

One day class (1 hour and 15 minutes) orientation to Group Cycling. Learn bike fit, how to operate indoor cycle, cycling techniques, modifications, and best practices. Free H2O Bottle sponsored by Chain Reaction Cyclery.

CYCLE 360 (HVY)

Cycle, Strength and Core combines indoor cycling and OFF the bike strength and core training. Participants will experience a total body circuit workout and add variety to their everyday indoor cycling class.

CYCLE EXPRESS (FWY)

All the fun of a 45-minute Group Cycling class in just 30-minutes!

CYCLE LITE EXPRESS (ACY, HVY) – AOA FRIENDLY

Designed to meet the needs of a variety of individuals who wish to have less of an intense cycling experience.

CYCLE LITE (FWY) - AOA FRIENDLY

Class designed for lower intensity indoor cycling workouts with longer warm up, cool down and stretch.

Y GROOVE CYCLING (ACY)

Get your Groove Cycle on! Join in the fun for a non-impact Cardio workout for intermediate levels. It's a Cardio Party with high-energy music!

GROUP CYCLING CLASSES (ACY, APY, FWY, HVY, NMY)

Get fit or stay fit! Join in the fun for a non-impact Cardio workout for all abilities. Bring water bottle to class. If you are a new rider please come to class 10-15 minutes early to be set up on the bike.

REALITY RIDES (APY) – 45-minute virtual multimedia ride.

REVOLUTIONARY RIDES (APY) A not to be missed Saturday morning cycling experience! Maintain or improve your cardio endurance. Up to two hours of cycling fun enhanced with a multimedia experience. Feel free to check anytime between 7 AM and 9 AM for a spot to ride. All abilities welcome. If you are new to indoor cycling, arrive 15 minutes early to ensure proper bike set up.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Cycle 360	HVY	14 years and older	F	5:10 AM	5:55 AM	FREE	Day Pass
Cycle 360	HVY	14 years and older	T	5:30 PM	6:30 PM	FREE	Day Pass
Cycle Express	ACY	14 years and older	M	6:15 AM	6:45 AM	FREE	Day Pass
Cycle Express	ACY	14 years and older	F	5:30 AM	6:00 AM	FREE	Day Pass
Cycle Express	ACY	14 years and older	M	6:10 PM	6:40 PM	FREE	Day Pass
Cycle Lite – AOA Friendly	FWY	14 years and older	M	9:30 AM	10:15 AM	FREE	Day Pass
Cycle Lite Express - AOA Friendly	ACY	14 years and older	W	9:30 AM	10:00 AM	FREE	Day Pass
Cycle Lite Express - AOA Friendly	HVY	14 years and older	M/W	10:00 AM	10:30 AM	FREE	Day Pass
Y Groove Cycle	ACY	14 years and older	T/TH	5:30 PM	6:15 PM	FREE	Day Pass
Group Cycling	ACY	14 years and older	T/TH	5:15 AM	6:00 AM	FREE	Day Pass
Group Cycling	ACY	14 years and older	T/F	8:30 AM	9:15 AM	FREE	Day Pass
Group Cycling	ACY	14 years and older	M	8:45 AM	9:30 AM	FREE	Day Pass
Group Cycling	ACY	14 years and older	W	5:30 PM	6:15 PM	FREE	Day Pass
Group Cycling	ACY	14 years and older	T/TH	NOON	12:45 PM	FREE	Day Pass
Group Cycling	APY	14 years and older	T/TH	5:15 AM	6:00 AM	FREE	Day Pass
Group Cycling	APY	14 years and older	M/W/F	5:30 AM	6:15 AM	FREE	Day Pass
Group Cycling	APY	14 years and older	SAT	7:00 AM	7:45 AM	FREE	Day Pass
Group Cycling	APY	14 years and older	M/TH/F	9:00 AM	9:45 AM	FREE	Day Pass
Group Cycling	APY	14 years and older	M/W/F	NOON	12:45 PM	FREE	Day Pass
Group Cycling	APY	14 years and older	M	5:00 PM	5:45 PM	FREE	Day Pass
Group Cycling	FWY	14 years and older	M/W/F	5:15 AM	6:15 AM	FREE	Day Pass
Group Cycling	FWY	14 years and older	SAT	7:30 AM	8:15 AM	FREE	Day Pass
Group Cycling	FWY	14 years and older	M/T/W/TH/F	8:15 AM	9:15 AM	FREE	Day Pass
Group Cycling	FWY	14 years and older	T/TH	NOON	12:45 PM	FREE	Day Pass
Group Cycling	FWY	14 years and older	T/TH	5:15 AM	6:00 AM	FREE	Day Pass
Group Cycling	FWY	14 years and older	M/W	6:00 PM	6:45 PM	FREE	Day Pass
Group Cycling	HVY	14 years and older	M/W	5:15 AM	6:00 AM	FREE	Day Pass
Group Cycling	HVY	14 years and older	M/T/W/TH/F	9:00 AM	9:45 AM	FREE	Day Pass
Group Cycling	HVY	14 years and older	M/W/F	12:05 PM	12:50 PM	FREE	Day Pass
Group Cycling	HVY	14 years and older	M/W	6:00 PM	6:45 PM	FREE	Day Pass
Group Cycling	NMY	14 years and older	M-F	5:00 AM	5:45 AM	FREE	Day Pass
Group Cycling	NMY	14 years and older	M/W/ F	6:00 AM	6:45 AM	FREE	Day Pass
Group Cycling	NMY	14 years and older	M/W/F	8:30 AM	9:15 AM	FREE	Day Pass
Group Cycling	NMY	14 years and older	M/W	5:00 PM	5:45 PM	FREE	Day Pass
Reality Rides	APY	14 years and older	W	5:15 PM	6:00 PM	FREE	Day Pass

LAND FITNESS

BARRE FUSION (FWY)

Barre Fusion is a challenging combination of body and light weight strength movements focusing on small muscles fusing exercise techniques from the worlds of Pilates, Dance, Cardio-Sculpting and Yoga. Grip socks and yoga mat recommended.

BOLLYX (HVY)

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated all at the same time. At the very core of a BollyX workout is the inspiration it draws from the music and dance of Bollywood, the film industry of India.

BOOT CAMP (ACY, APY, FWY, HVY, NMY)

Incorporates Boot Camp-style cardio - strength drills designed to help you reach your fitness goals. Athletic, strength, power and sports conditioning moves burn the most amount of calories, while sculpting a fit body. Weather-contingent...class may be outside!

BOOT CAMP EXPRESS (ACY)

All the fun of a 1-hour Boot Camp class in just 30-minutes! Athletic, strength, power and sports conditioning moves burn the most amount of calories, while sculpting a fit body.

BOSU CARDIO & CONDITIONING (HVY)

The BOSU Balance Trainer will challenge your body and improve your coordination. Experience a dynamic workout that combines cardiovascular and strength exercises to target your upper and lower body, abs and back.

CARDIO (APY)

Expect the unexpected in this fat blasting, high-energy, action-packed class. This challenging workout is designed to increase your cardiovascular fitness with activities that may include bosu, kickbox, step, agility drills, intervals and circuits. All levels welcome.

CARDIO BARRE BLEND (APY)

A unique cardiovascular fusion of ballet barre technique, yoga sequences, core conditioning, functional movement and dance principles. No prior ballet experience is necessary for this fun, full body workout.

CARDIO DANCE GOLD (FWY) – AOA FRIENDLY

Get your heart rate up while dancing to the beat.

CARDIO FUNK (HVY)

A funky cardio dance workout that promotes calorie burn, toning and core stability. Easy to follow choreography. All fitness levels welcome.

CARDIO GOLD (NMY) – AOA FRIENDLY

A beginner cardio class that will get your heart pumping whether standing or seated.

CARDIO KICKBOX (FWY, NMY)

Punch and kick with a dynamic martial arts-inspired workout for your entire body that also trains your heart.

CARDIO - STRENGTH FUSION (ACY, APY, FWY, HVY)

Workout may include hi/lo aerobics, STEP, jump ropes, BOSU or interval training. Strength training exercises will also be incorporated through the use of weights, body bars, stability and medicine balls and tubing.

CIRCUIT TRAINING (NMY)

A blend of cardio and strength with a mix of intervals and circuits.

CORE (FWY)

Sculpt your entire abdominal area as you improve your body's overall functional strength, balance, and coordination.

CORE – STRENGTH - CORE (HVY, NMY)

A mix of core and strength exercises, using various types of equipment every week. Incorporates stability balls, free weights, exercise bands, and medicine balls.

FOAM ROLLER (HVY)

The most overlooked component of injury prevention and fast progress is soft-tissue quality. Prep your muscles for a workout, treat day-to-day stiffness and loosen things up. Foam roll classes are based on the fact that loosening up the connective tissues increases muscle flexibility, in addition to reducing pain. Foam rolling enables your muscles to stretch more easily.

HIIT (FWY)

High Intensity Interval Training (HIIT) is shown to get the most bang for your time by using interval training, alternating short periods of intense anaerobic exercise with less intense recovery periods

KETTLEBELL (APY, FWY, HVY)

Looking for something new and exciting? This class will increase your cardiovascular and muscular endurance, strength, and balance, while giving you a total body workout. Great for strengthening your posterior chain of muscles. Suitable for the intermediate to advanced exerciser.

KETTLEBELL BOOT CAMP (FWY)

Ramp up your kettlebell workout by incorporating other pieces of equipment in a "Boot Camp" type setting.

MAX INTERVALS (HVY, NMY)

Get maximum results with this high intensity interval based workout. It is a total body workout that will get your heart pumping.

NORDIC WALKING (APY)- Embrace the outdoors with Nordic Walking. Using Nordic Walking Poles while walking will enhance your cardio and strength benefits, while decrease orthopedic stress on muscles and joints. Please come dressed for the weather, traction devices for footwear and head lamps recommended.

PIYO™ LIVE (FWY)

PiYo™ is a strength workout using a unique combination of strength conditioning, flexibility and dynamic balance with hints of Yoga and Pilates. Fun music and rhythmic choreography will make you sweat.

POUND® (HVY)

A great combination of cardio and strength with hints of Yoga and Pilates using Ripstix® (lightly weighted drum sticks). Appropriate for all fitness levels, come join the fun drumming to the beat!

POWER HOUR (ACY)

High intensity cardio strength intervals with an emphasis on body weight, core, and plyometrics. Intermediate level class.

PREGNANT & FIT (HVY)

A medically approved program that includes: low-impact aerobic activities, muscle conditioning and stretching for women in any stage of pregnancy. *Written approval from your health care provider is required. Bring a water bottle to class.

SAMPLER SATURDAY (HVY)

All your favorite classes: Zumba®, Cardio Kickbox, Cardio Funk, TABATA, Step, and more!. Classes will vary each week. Check schedule on-line or at your branch.

SILVERSNEAKERS® – CLASSIC (ACY, APY, FWY, HVY, NMY) – AOA FRIENDLY

Move to the music through a variety of exercises to increase muscular strength, range of movement, and activities for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for

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resistance; and a chair is used for seated and/or standing support.

SIMPLY BALANCE (APY) – AOA FRIENDLY

Balance is the key for activities of daily living and recreational pursuits. Learn and practice stability skills to enhance your enjoyment of life! BOSU may be introduced in this class.

SIMPLY FIT (ACY, APY, FWY, HVY, NMY) – AOA FRIENDLY

Class suited for all levels of fitness. Utilizes simple, low impact aerobic choreography, resistance training, mind/body techniques, and stretching to deliver a total body workout. Class is for anyone new to exercise, returning to exercise, or looking to complement their current workout routine.

SIMPLY FIT EXPRESS (ACY)

All the fun of a 45-minute Simply Fit class in just 30-minutes!

SIMPLY STRENGTH (APY, FWY) – AOA FRIENDLY

Moderately paced class, suited for the novice to intermediate exerciser. Learn the basics of strength training using a variety of techniques and equipment. Women only at Appleton YMCA.

SIMPLY STRETCH (ACY, APY, HVY) – AOA FRIENDLY

This program is designed to increase balance, flexibility and range of movement. Chairs are provided to support participants while performing seated and standing stretching and yoga-type exercises.

SPORT® (HVY)

Drills, functional core movements and basic strength training come together to create a total body workout that fits everybody, from the beginner to the experienced athlete. The moves are basic, yet progressive. The choreography is simple and engaging. Add upbeat and intense music and you've got SPORT!

STEP (APY, FWY, HVY)

Fun and easy to follow moves on the step in this high energy and motivating cardio workout.

STEP COMBO (HVY)

A step workout with a little more! The first half of class is step followed by a strength workout. A great all-in-one class!

STEP INTERVAL (HVY) This class will provide easy step aerobic choreography followed by faster paced interval cardio and strength exercises that will incorporate the step.

STRENGTH FOR LIFE (APY, APY OUTREACH) – AOA FRIENDLY

Class suited for all levels of fitness. Consisting of low impact exercises to improve strength, cardio health, balance, and flexibility. Great for pre and post-surgery participants or recently injured. Designed for men and women 60+.

(Please note: T/Th Classes held at Appleton Evangelical Free Church on the corner of Capitol and Lynndale in the Town of Grand Chute. Free for members. E-passes may not be used for this class for General Public.)

STRENGTH & RESISTANCE (ACY, APY, FWY, HVY)

Learn the basics of weight training, reduce body fat, and improve bone density using hand held weights, body bars, tubing and stability balls. Aerobics not included.

STRENGTH & RESISTANCE EXPRESS (APY)

Explore a variety of exercises and techniques as you strengthen your entire body. Class is designed to give you a total body workout in 30 minutes, utilizing a combination of free-weight equipment and functional exercises.

STRENGTH TRAIN TOGETHER – NEW!! (ACY, APY, FWY, HVY, NMY)

Blast all your muscles in 60 minutes with a high-rep weight training workout. Using as adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best.

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STROLLEROBICS (NMY)

An indoor-outdoor mother and baby exercise program that emphasizes cardiovascular fitness through power walking. Enjoy quality time with your baby while toning and strengthening muscles that may have changed during pregnancy. *Written approval from your health care provider is required if mother starts program prior to 6-weeks postpartum checkup. Bring stroller, baby supplies, and water bottle to class.

STRONG BY ZUMBA® (ACY)

A revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals.

TABATA CARDIO (HVY)

No choreography, please, just give me the drills! 20 seconds of high intensity work followed by a 10 second recovery. Using minimal equipment you get your heart pumping. *Also enjoy one of our TABATA Cardio - Core combo classes

TAI CHI FOR BETTER BALANCE (ACY) – AOA FRIENDLY

A falls prevention program improve your balance, strength, mobility, and confidence by participating in exercises and activities that improve your stability. Tai Chi movements are also practiced to help improve balance and increase confidence in doing everyday activities.

TRANSFORM™ (HVY)

Transform by Group Rx unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses such as warrior, and sport-influenced movement including plyometrics, and strength.

TURBO KICK® (FWY)

The unique Turbo Kick® movement patterns, combinations and techniques work together to give you the ultimate cardiovascular workout that will melt fat and reshape your body! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down designed to maximize weight loss!

Y FIT (ACY)

Y Fit is a progressive class that includes rounds of core, strength and cardio blasts. This training will get you results by giving you workouts to do on your own as well!

ZUMBA® (ACY, APY, FWY, HVY, NMY)

Combines motivating high-energy music with unique moves and combinations. Based on the principle that a workout should be "FUN AND EASY TO DO" allowing participants to stick with it and achieve long-term health benefits.

ZUMBA GOLD® (ACY, APY, FWY) – AOA FRIENDLY

Zumba for the Active Older Adult and the beginner participant.

ZUMBA® TONING (HVY)

Combine weighted, maraca-like toning sticks with specific Zumba moves to get a calorie burning, strength training rhythmic work out.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Barre Fusion	FWY	14 years and older	W	9:00 AM	10:00 AM	FREE	Day Pass
Barre Fusion	FWY	14 years and older	M	7:15 PM	8:00 PM	FREE	Day Pass
BollyX®	HVY	14 years and older	M/F	9:00 AM	9:50 AM	FREE	Day Pass
BollyX® (Summer 1 only)	HVY	14 years and older	W	4:15 PM	5:15 PM	FREE	Day Pass
Boot Camp	ACY	14 years and older	T/TH	9:30 AM	10:30 AM	FREE	Day Pass
Boot Camp	APY	14 years and older	W/F	5:45 AM	6:30 AM	FREE	Day Pass
Boot Camp	FWY	14 years and older	T/TH	5:00 AM	6:00 AM	FREE	Day Pass
Boot Camp	FWY	14 years and older	M	8:15 AM	9:15 AM	FREE	Day Pass

Boot Camp	HVY	14 years and older	M/F	5:15 AM	6:15 AM	FREE	Day Pass
Boot Camp	HVY	14 years and older	SAT	6:30 AM	7:30 AM	FREE	Day Pass
Boot Camp	HVY	14 years and older	M	9:00 AM	10:00 AM	FREE	Day Pass
Boot Camp	NMY	14 years and older	M/W	12:10 PM	12:55 PM	FREE	Day Pass
Boot Camp Express	ACY	14 years and older	M/W	5:30 PM	6:15 PM	FREE	Day Pass
BOSU Cardio & Conditioning	HVY	14 years and older	TH	5:15 AM	6:15 AM	FREE	Day Pass
Cardio	APY	14 years and older	M	9:00 AM	10:00 AM	FREE	Day Pass
Cardio Barre Connect	APY	14 years and older	F	4:45 PM	5:30 PM	FREE	Day Pass
Cardio Dance Gold	FWY	14 years and older	T	10:15 AM	11:00 AM	FREE	Day Pass
Cardio Funk	HVY	14 years and older	SUN	9:30 AM	10:30 AM	FREE	Day Pass
Cardio Gold - AOA Friendly	NMY	55 years and older	T/TH	9:00 AM	9:45 AM	FREE	Day Pass
Cardio Kickbox	HVY	14 years and older	T	5:30 AM	6:15 AM	FREE	Day Pass
Cardio Kickbox	NMY	14 years and older	T	6:05 PM	7:05 PM	FREE	Day Pass
Cardio - Strength Fusion	ACY	14 years and older	W	5:15 AM	6:00 AM	FREE	Day Pass
Cardio - Strength Fusion	ACY	14 years and older	M	9:00 AM	9:45 AM	FREE	Day Pass
Cardio - Strength Fusion	FWY	14 years and older	M/W	5:15 AM	6:00 AM	FREE	Day Pass
Cardio - Strength Fusion	HVY	14 years and older	W	12:05 PM	12:50 PM	FREE	Day Pass
Circuit Training	NMY	14 years and older	SAT	8:00 AM	8:45 AM	FREE	Day Pass
Core	FWY	14 years and older	T/TH	8:30 AM	9:00 AM	FREE	Day Pass
Core-Strength-Core	HVY	14 years and older	TH	5:10 AM	5:55 AM	FREE	Day Pass
Core-Strength-Core	NMY	14 years and older	T/TH	5:00 PM	5:45 PM	FREE	Day Pass
Foam Roller	HVY	14 years and older	T	10:00 AM	10:45 AM	FREE	Day Pass
HIIT	FWY	14 years and older	F	8:15 AM	8:45 AM	FREE	Day Pass
Kettlebell	FWY	14 years and older	T/TH	6:00 AM	6:30 AM	FREE	Day Pass
Kettlebell	HVY	14 years and older	W	5:30 PM	6:15 PM	FREE	Day Pass
Kettlebell Boot Camp	FWY	14 years and older	W	8:05 AM	8:50 AM	FREE	Day Pass
Kettlebell Boot Camp	FWY	14 years and older	M	NOON	12:45 PM	FREE	Day Pass
Max Intervals	HVY	14 years and older	T	5:15 AM	6:15 AM	FREE	Day Pass
Max Intervals	HVY	14 years and older	F	9:00 AM	10:00 AM	FREE	Day Pass
Max Interval Express	NMY	14 years and older	T/TH	5:30 AM	6:30 AM	FREE	Day Pass
Nordic Walking	APY	14 years and older	F	6:30 AM	7:30 AM	FREE	Day Pass
PiYo™ Live	FWY	14 years and older	SAT	8:15 AM	9:10 AM	FREE	Day Pass
PiYo™ Live	FWY	14 years and older	T/TH	8:00 AM	8:55 AM	FREE	Day Pass
Pound®	HVY	14 years and older	M	5:30 PM	6:15 PM	FREE	Day Pass
Pound®	HVY	14 years and older	TH	6:30 PM	7:00 PM	FREE	Day Pass
Power Hour	ACY	14 years and older	M/F	NOON	1:00 PM	FREE	Day Pass
Pregnant & Fit	HVY	14 years and older	M	5:00 PM	6:00 PM	FREE	Day Pass
Sampler Saturday	HVY	14 years and older	SAT	8:00 AM	8:45 AM	FREE	Day Pass
SilverSneakers® Classic - AOA Friendly	ACY	55 years and older	M/W	7:45 AM	8:30 AM	FREE	Day Pass
SilverSneakers® Classic - AOA Friendly	ACY	55 years and older	M/W	8:40 AM	9:25 AM	FREE	Day Pass
SilverSneakers® Classic - AOA Friendly	APY	55 years and older	T/TH	7:55 AM	8:40 AM	FREE	Day Pass
SilverSneakers® Classic - AOA Friendly	FWY	55 years and older	F	10:50 AM	11:35 AM	FREE	Day Pass
SilverSneakers® Classic - AOA Friendly	HVY	55 years and older	T/TH	8:00 AM	8:45 AM	FREE	Day Pass

SilverSneakers® Classic - AOA Friendly	HVY	55 years and older	T/TH	9:00 AM	9:45 AM	FREE	Day Pass
SilverSneakers® Classic - AOA Friendly	NMY	55 years and older	M/W/F	9:00 AM	9:45 AM	FREE	Day Pass
Simply Balance - AOA Friendly	APY	14 years and older	M/W	7:15 AM	8:00 AM	FREE	Day Pass
Simply Fit- AOA Friendly	ACY	14 years and older	T/TH	7:50 AM	8:35 AM	FREE	Day Pass
Simply Fit - AOA Friendly	FWY	14 years and older	M/W/F	10:00 AM	10:45 AM	FREE	Day Pass
Simply Fit – AOA Friendly	HVY	55 years and older	T/TH	8:00 AM	8:45 AM	FREE	Day Pass
Simply Fit – AOA Friendly	HVY	55 years and older	M/W	9:00 AM	9:45 AM	FREE	Day Pass
Simply Fit	NMY	14 years and older	M/W	8:30 AM	9:30 AM	FREE	Day Pass
Simply Fit - AOA Friendly	APY	18 years and older	M/W	10:10 AM	10:55 AM	FREE	Day Pass
Simply Fit Express – AOA Friendly	ACY	14 years and older	F	9:10 AM	9:40 AM	FREE	Day Pass
Simply Strength - AOA Friendly – Women Only	APY	18 years and older	M/W	11:05 AM	11:50 AM	FREE	Members Only
Simply Strength - AOA Friendly	FWY	14 years and older	M/W	10:50 AM	11:35 AM	FREE	Day Pass
Simply Stretch - AOA Friendly	ACY	14 years and older	F	8:15 AM	9:00 AM	FREE	Day Pass
Simply Stretch - AOA Friendly	APY	14 years and older	T/TH	10:30 AM	11:30 AM	FREE	Day Pass
Simply Stretch - AOA Friendly	APY	14 years and older	W/F	11:00 AM	11:45 AM	FREE	Day Pass
Simply Stretch - AOA Friendly	HVY	55 years and older	W	8:00 AM	8:45 AM	FREE	Day Pass
Sport ®	HVY	14 years and older	T	5:10 AM	5:55 AM	FREE	Day Pass
Step	APY	14 years and older	T/TH	8:45 AM	9:30 AM	FREE	Day Pass
Step	HVY	14 years and older	W	9:00 AM	9:45 AM	FREE	Day Pass
Step Combo	HVY	14 years and older	T	6:30 PM	7:30 PM	FREE	Day Pass
Step Intervals	HVY	14 years and older	W	5:10 AM	5:55 AM	FREE	Day Pass
Strength for Life	APY	55 years and older	M/W	12:45 PM	1:45 PM	FREE	Day Pass
Strength for Life	APY	55 years and older	F	10:15 AM	11:15 AM	FREE	Day Pass
Strength for Life - AOA Friendly – Appleton Evangelical Free Church	APY	55 years and older	T/TH	9:30 AM	10:15 AM	FREE	Day Pass
Strength & Resistance	ACY	14 years and older	M/F	5:15 AM	6:00 AM	FREE	Day Pass
Strength & Resistance	ACY	14 years and older	W	6:05 AM	6:45 AM	FREE	Day Pass
Strength & Resistance	ACY	14 years and older	T/TH	8:40 AM	9:20 AM	FREE	Day Pass
Strength & Resistance	APY	14 years and older	T	5:30 AM	6:15 AM	FREE	Day Pass
Strength & Resistance	FWY	14 years and older	T/TH	8:00 AM	8:30 AM	FREE	Day Pass
Strength & Resistance	FWY	14 years and older	TH	5:30 PM	6:15 PM	FREE	Day Pass
Strength & Resistance	HVY	14 years and older	W/F	8:00 AM	8:45 AM	FREE	Day Pass
Strength & Resistance	HVY	14 years and older	T/TH	10:15 AM	11:00 AM	FREE	Day Pass
Strength & Resistance	HVY	14 years and older	SAT	9:00 AM	9:45 AM	FREE	Day Pass
Strength & Resistance Express	APY	14 years and older	T/TH	11:30 AM	NOON	FREE	Day Pass
Strength & Resistance Women Only	APY	18 years and older	W	7:45 AM	8:30 AM	FREE	Members Only
Strength & Resistance – Women Only	APY	18 years and older	M/F/SAT	8:00 AM	8:45 AM	FREE	Members Only
Strength & Resistance – Women Only	APY	18 years and older	M/W	9:00 AM	10:00 AM	FREE	Members Only
Strength & Resistance – Women Only	APY	18 years and older	T/TH	10:15 AM	11:15 AM	FREE	Members Only

Strength & Resistance – Women Only	APY	18 years and older	T	5:30 PM	6:15 PM	FREE	Members Only
Strength Train Together – NEW!	ACY	14 years and older	F	8:00 AM	9:00 AM	FREE	Day Pass
Strength Train Together – NEW!	ACY	14 years and older	W	NOON	1:00 PM	FREE	Day Pass
Strength Train Together – NEW!	APY	14 years and older	M/TH	5:30 AM	6:30 AM	FREE	Day Pass
Strength Train Together – NEW!	APY	14 years and older	W/F	9:00 AM	10:00 AM	FREE	Day Pass
Strength Train Together – NEW!	APY	14 years and older	T/TH	12:10 PM	1:10 PM	FREE	Day Pass
Strength Train Together – NEW!	APY	14 years and older	T/TH	6:20 PM	7:20 PM	FREE	Day Pass
Strength Train Together – NEW!	FWY	14 years and older	M/W/F	8:55 AM	9:55 AM	FREE	Day Pass
Strength Train Together – NEW!	FWY	14 years and older	M	5:10 PM	6:10 PM	FREE	Day Pass
Strength Train Together – NEW!	FWY	14 years and older	W	NOON	1:00 PM	FREE	Day Pass
Strength Train Together – NEW!	FWY	14 years and older	T	4:30 PM	5:30 PM	FREE	Day Pass
Strength Train Together – NEW!	HVY	14 years and older	M	7:55 AM	8:55 AM	FREE	Day Pass
Strength Train Together – NEW!	HVY	14 years and older	M	6:30 PM	7:30 PM	FREE	Day Pass
Strength Train Together – NEW!	NMY	14 years and older	M/W	5:15 AM	6:15 AM	FREE	Day Pass
Strength Train Together – NEW!	NMY	14 years and older	M/W/F	8:30 AM	9:30 AM	FREE	Day Pass
Strollerobics	NMY	16 years and older	T/TH	9:30 AM	10:30 AM	FREE	Day Pass
TABATA Cardio/Core	HVY	14 years and older	M	5:05 AM	6:00 AM	FREE	Day Pass
TABATA Cardio	HVY	14 years and older	W	9:00 AM	9:45 AM	FREE	Day Pass
TABATA Cardio	HVY	14 years and older	W	5:15 PM	6:15 PM	FREE	Day Pass
Transform™	HVY	14 years and older	T	8:30 AM	9:15 AM	FREE	Day Pass
Transform™	HVY	14 years and older	W	5:10 AM	5:55 AM	FREE	Day Pass
Transform™	HVY	14 years and older	TH	4:15 PM	5:05 PM	FREE	Day Pass
Turbo Kick®	FWY	14 years and older	T	6:15 PM	7:15 PM	FREE	Day Pass
Turbo Kick®	FWY	14 years and older	F	5:15 AM	6:15 AM	FREE	Day Pass
Zumba®	ACY	14 years and older	W/F	9:45 AM	10:45 AM	FREE	Day Pass
Zumba®	APY	14 years and older	W/SAT	8:00 AM	9:00 AM	FREE	Day Pass
Zumba®	APY	14 years and older	TH	9:30 AM	10:15 AM	FREE	Day Pass
Zumba®	APY	14 years and older	T	10:00 AM	11:00 AM	FREE	Day Pass
Zumba®	APY	14 years and older	M	6:00 PM	7:00 PM	FREE	Day Pass
Zumba®	APY	14 years and older	TH	5:15 PM	6:00 PM	FREE	Day Pass
Zumba®	APY	14 years and older	W	5:30 PM	6:30 PM	FREE	Day Pass
Zumba®	FWY	14 years and older	F	8:05 AM	8:50 AM	FREE	Day Pass
Zumba®	FWY	14 years and older	T/TH/ SAT	9:15 AM	10:10 AM	FREE	Day Pass
Zumba®	FWY	14 years and older	M/W	6:15 PM	7:10 PM	FREE	Day Pass
Zumba®	HVY	14 years and older	T	9:00 AM	10:00 AM	FREE	Day Pass
Zumba®	HVY	14 years and older	M/W/F	10:00 AM	11:00 AM	FREE	Day Pass
Zumba®	HVY	14 years and older	M	4:15 PM	5:15 PM	FREE	Day Pass
Zumba®	HVY	14 years and older	T/TH	5:30 PM	6:25 PM	FREE	Day Pass
Zumba®	NMY	14 years and older	T/TH	8:30 AM	9:30 AM	FREE	Day Pass

Zumba®	NMY	14 years and older	T/TH	5:00 PM	6:00 PM	FREE	Day Pass
Zumba®	NMY	14 years and older	SAT	8:45 AM	9:45 AM	FREE	Day Pass
Zumba®	NMY	14 years and older	SUN	8:45 AM	9:45 AM	FREE	Day Pass
Zumba Gold® - AOA Friendly	ACY	14 years and older	T/F	6:30 AM	7:15 AM	FREE	Day Pass
Zumba Gold® - AOA Friendly	APY	14 years and older	M/W	11:00 AM	11:45 AM	FREE	Day Pass
Zumba Gold® - AOA Friendly	FWY	55 years and older	TH	10:15 AM	11:00 AM	FREE	Day Pass
Zumba® Toning	HVY	14 years and older	TH	9:00 AM	10:00 AM	FREE	Day Pass

SPIRIT, MIND & BODY

**** For all yoga and Pilates® classes, please bring a sticky mat and water bottle.**

AERIAL YOGA (APY)

Let your yoga practice take flight. Aerial Yoga is everything you love about yoga with a twist of play, flight, meditation, and core stabilization. Our colorful aerial silks will be used in many exciting ways to support and enhance yoga poses that will leave you floating out of class and coming back for more. Classes are strengthening and fun while allowing one to find balance, restoration, and increased proprioception. Our Aerial Yoga classes are an exhilarating and accessible experience. Class size is limited to 8 participants.

BARRE PILATES (NMY)

Barre Pilates incorporates ballet, Pilates, and yoga aspects to help develop and strengthen the core, and helps the body to have better posture and move in a more efficient way. Utilizing a ballet barre, this flows through a series of dynamic and isometric movements that concentrate not only on strength but also flexibility and coordination to create a stronger, leaner you.

CHAIR TAI CHI (HVY) – AOA FRIENDLY

This class is designed specifically with seniors and those who need a little extra support in mind. A mind-body practice wherein a person moves the body slowly and gently, while breathing deeply and meditating (tai chi is sometimes called "moving meditation").

CHAIR YOGA (FWY, HVY, NMY) – AOA FRIENDLY

This class is designed specifically with seniors and those who need a little extra support in mind. Participants will move, breathe, and laugh thru basic yoga postures using our chairs for assistance.

GUIDED MEDITATION (APY)

Regular meditation reduces anxiety, increases focus, and balances emotions. It's valuable to have a teacher guide the meditation process. This class requires no previous experience, no special equipment, and no particular dress. Come as you are.

HATHA YOGA (ACY, APY, FWY, HVY, NMY)

Students will learn basic yoga poses while connecting with the breath to increase strength, range of motion and body awareness. Come to this class to relax, have fun, breathe deeply, move mindfully, and leave with a happy heart! For all levels.

INSTRUCTIONAL MEDITATION SAMPLER (NMY)

Sample the simplicity of Zen Buddhist approach to meditation, and work your way to metaphysical, quantum physic meditation. Systemic, interactive, hands on approach to learning different meditation techniques. Learning material provided for you to keep, review and practice in your own space and time.

MEDITATIVE YOGA (APY)

Excellent for those who have taken Yoga and would like to deepen their practice. The focus will be on more stretching and meditation within a select set of poses to enhance the natural range of motion in the joints. This practice will condition the tissues to become more elastic, and allow for more complete relaxation throughout the entire body. It is recommended to bring to class either a bath towel, stiff blanket, or bolster pillow. **

MINDFUL MOVEMENT YOGA LEVEL 1 (APY)

In this Vinyasa flow class we remove the momentum from the transitions and focus on more breath. Then, the large muscle groups no longer can support the pose by themselves and the supportive muscle groups must pitch in to support the body. The results are more core activation, stronger connection to the body and the ability to engage in much deeper, smoother, longer breath. This process creates a complete change in how we carry ourselves and translates into all our activities outside the Yoga room.

MINDFUL MOVEMENT YOGA LEVEL 2 (APY)

In this Vinyasa flow class, we use the same process as Level I, but we take the poses to a different level and challenge those students who are ready. This may include more difficult poses such as headstands, arm balances and other more challenging poses (all poses are optional as we learn to listen to our bodies).

PILATES (HVY, NMY)

Pilates workouts focus first on developing strength through the core including the back, abdomen and hips. Flow through a series of dynamic movements that concentrate not only on strength but also flexibility and coordination to create a stronger, leaner you. Pilates is a tool to educate the body to have better posture and move in a more efficient way.

PILATES YOGA FUSION (ACY, APY, HVY)

Get the core strengthening of Pilates combined with the flexibility and stability gained through yoga. The beginner level will introduce the basic principles of yoga and the Pilates method. The intermediate level will be a continuation of those skills learned in the beginner level.

POWER VINYASA YOGA (ACY, APY, FWY, HVY, NMY)

Experience shifts energetically, muscularly, mentally, and emotionally. A vigorous series of poses which flow from one pose to the next incorporating breath, gaze, and abdominal control. Increase your strength, flexibility, stamina, and cardiovascular endurance. This type of yoga is suitable for all - from beginner to advanced levels.

PRENATAL YOGA (APY)

Prenatal Yoga classes are uniquely designed for pregnancy and are taught by a certified instructor. All stages of pregnancy are welcome. Prenatal Yoga is a wonderful way to connect with your changing body - and your baby during pregnancy. Through this class, we will utilize various yoga poses to help aid common discomforts of pregnancy. We will find ways to develop flexibility, strength, mindfulness, and awareness while fostering a supportive community to help you feel more prepared for labor.

RESTORATIVE/YIN YOGA (FWY, NMY)

Relax and renew with a meditative series of restorative postures. This is a gentle, calming style of yoga that uses props to support the body to deepen the benefits of poses. It is a soothing, nurturing practice that promotes a healthier and happier you. Encourages students to explore range of movement and increase body awareness using breathing techniques and meditation for students of all levels.

SLOW FLOW YOGA (ACY, APY, FWY, HVY) – AOA FRIENDLY

This class is formatted for students who like to practice vinyasa (flow) yoga but are not able to transition from standing to floor postures repetitively. Floor work is required. Walls and chairs can be used to assist in standing balancing postures. If you have never practiced yoga before this will offer you the opportunity to learn the postures from an upright standing position. Enjoy a gently-paced flow of yoga poses – pausing to focus on breath and body-mind control. Increase your strength, flexibility and balance. Excellent yoga choice for beginners and seniors!

TAI CHI FOR BEGINNERS (APY, HVY) – AOA FRIENDLY

Tai chi, pronounced "tie chee", is a mind-body practice wherein a person moves his body slowly and gently, while breathing deeply and meditating (tai chi is sometimes called "moving meditation"). Tai chi is a physical approach to health, longevity, and optimum.

TAI CHI EASY – QIGONG METHODS (ACY, APY, FWY, NMY) – AOA FRIENDLY

Cultivate healthy longevity and inner tranquility through four essential Qi methods: postural alignment and gentle movement, breath practice, self-applied massage, and relaxation and meditation practices.

All Summer Session: June 10-August 25, 2019

Summer Session 1: June 11-July 21, 2019

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Summer Session 2: July 22-August 25, 2019

This is a working document and is subject to change.

TAI CHI FOR BETTER BALANCE (ACY) – AOA FRIENDLY

A falls prevention program improve your balance, strength, mobility and confidence by participating in exercises and activities that improve your stability. Tai Chi movements are also practiced to help improve balance and increase confidence in doing everyday activities.

VINYASA FLOW YOGA (NMY)

Similar to Power Vinyasa as it is a flow of poses that incorporates breath, gaze, stretching, and abdominal control. Yet more of a moderate level, suitable for all levels of yoga participants.

YOGA BASICS (ACY)

Yoga Basics is a beginner class that provides a slower paced program with more description and commentary accompanying each asana or posture. Breath awareness is also introduced as well as relaxation at the end of class.

YOGA CORE (FWY)

This is a fusion class of Core and Power Yoga. Class opens with basic yoga sequencing that will put your body in motion to warm and stretch out your muscles before transitioning into a powerful 30 minute core segment. We finish class with basic yoga postures to work on legs, butt and hips.

YOGA FOR MEN (ACY)

This is a men’s only yoga class. This class will teach you yoga to make you stronger, more flexible and lose that belly! This class will focus on longer pose holds using props to increase flexibility as well as the sweaty activity of boot camp. Great supplement to enhance all your other workouts!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Aerial Yoga	APY	14 years and older	M	4:15 PM	5:15 PM	\$43	\$86
Aerial Yoga	APY	14 years and older	T	5:20 PM	6:20 PM	\$43	\$86
Aerial Yoga	APY	14 years and older	F	5:30 PM	6:30 PM	\$43	\$86
Barre Pilates	NMY	14 years and older	M/W	8:45 AM	9:45 AM	FREE	Day Pass
Chair Tai Chi – AOA Friendly	HVY	14 years and older	M	12:30 PM	1:15 PM	FREE	Day Pass
Chair Yoga – AOA Friendly	FWY	14 years and older	T/TH	11:05 AM	NOON	FREE	Day Pass
Chair Yoga	HVY	14 years and older	M	10:00 AM	11:00 AM	FREE	Day Pass
Chair Yoga	HVY	14 years and older	F	10:30 AM	11:30 AM	FREE	Day Pass
Chair Yoga	HVY	14 years and older	M/W	11:15 AM	12:15 PM	FREE	Day Pass
Chair Yoga	NMY	14 years and older	M/W/F	10:00 AM	10:45 AM	FREE	Day Pass
Guided Meditation	APY	14 years and older	W/F	8:15 AM	9:00 AM	FREE	Day Pass
Instructional Meditation	NMY	14 years and older	W	5:30 PM	6:30 PM	FREE	Day Pass
Hatha Yoga	ACY	14 years and older	T/TH	8:00 AM	8:45 AM	FREE	Day Pass
Hatha Yoga	APY	14 years and older	T/TH	5:30 AM	6:15 AM	FREE	Day Pass
Hatha Yoga	APY	14 years and older	M/W	NOON	12:45 PM	FREE	Day Pass
Hatha Yoga	APY	14 years and older	M/TH	6:30 PM	7:30 PM	FREE	Day Pass
Hatha Yoga	FWY	14 years and older	T	5:30 AM	6:30 AM	FREE	Day Pass
Hatha Yoga	HVY	14 years and older	SAT	9:00 AM	10:00 AM	FREE	Day Pass
Hatha Yoga	NMY	14 years and older	W	8:30 AM	9:30 AM	FREE	Day Pass
Hatha Yoga	NMY	14 years and older	SAT	8:45 AM	10:00 AM	FREE	Day Pass
Meditative Yoga	APY	14 years and older	M	11:10 AM	11:50 AM	FREE	Day Pass
Mindful Movement Yoga 1	APY	14 years and older	SUN	10:15 AM	11:30 AM	FREE	Day Pass
Mindful Movement Yoga 2	APY	14 years and older	W	5:30 PM	6:30 PM	FREE	Day Pass
Mindful Movement Yoga 1	APY	14 years and older	W	6:30 PM	7:30 PM	FREE	Day Pass
Pilates	HVY	14 years and older	T/TH	5:15 PM	6:00 PM	FREE	Day Pass
Pilates	NMY	14 years and older	M/W/F	10:00 AM	10:45 AM	FREE	Day Pass

Pilates Yoga Fusion	ACY	14 years and older	T/TH	5:15 PM	6:15 PM	FREE	Day Pass
Pilates Yoga Fusion	APY	14 years and older	T/TH	9:00 AM	10:00 AM	FREE	Day Pass
Pilates Yoga Fusion	APY	14 years and older	M/W	10:00 AM	11:00 AM	FREE	Day Pass
Pilates Yoga Fusion – Beginner	HVY	14 years and older	T/TH	9:00 AM	9:45 AM	FREE	Day Pass
Power Vinyasa Yoga	ACY	14 years and older	T/F	6:15 AM	7:15 AM	FREE	Day Pass
Power Vinyasa Yoga	ACY	14 years and older	T/TH	9:00 AM	10:00 AM	FREE	Day Pass
Power Vinyasa Yoga	APY	14 years and older	M/W/F	6:00 AM	7:00 AM	FREE	Day Pass
Power Vinyasa Yoga	APY	14 years and older	M/W/F/SAT	9:00 AM	10:00 AM	FREE	Day Pass
Power Vinyasa Yoga	APY	14 years and older	M/TH	5:25 PM	6:25 PM	FREE	Day Pass
Power Vinyasa Yoga	APY	14 years and older	T	6:30 PM	7:30 PM	FREE	Day Pass
Power Vinyasa Yoga	FWY	14 years and older	T/TH	9:15 AM	10:45 AM	FREE	Day Pass
Power Vinyasa Yoga	FWY	14 years and older	M/T/W/TH	5:30 PM	6:30 PM	FREE	Day Pass
Power Vinyasa Yoga	FWY	14 years and older	SAT	9:00 AM	10:00 AM	FREE	Day Pass
Power Vinyasa Yoga	HVY	14 years and older	F	9:00 AM	10:00 AM	FREE	Day Pass
Power Vinyasa Yoga	NMY	14 years and older	M/F	8:30 AM	9:45 AM	FREE	Day Pass
Prenatal Yoga	APY	18 years and older	M	5:30 PM	6:30 PM	FREE	Day Pass
Restorative/Yin Yoga	NMY	14 years and older	TH	6:45 PM	7:45 PM	FREE	Day Pass
Restorative/Yin Yoga	NMY	14 years and older	T/TH	10:00 AM	11:00 AM	FREE	Day Pass
Restorative/Yin Yoga	FWY	14 years and older	M/W	11:30 AM	NOON	FREE	Day Pass
Restorative/Yin Yoga	FWY	14 years and older	W	6:45 PM	7:45 PM	FREE	Day Pass
Slow Flow Yoga - AOA Friendly	ACY	14 years and older	M/W	6:30 AM	7:15 AM	FREE	Day Pass
Slow Flow Yoga - AOA Friendly	APY	14 years and older	T/TH	7:30 AM	8:30 AM	FREE	Day Pass
Slow Flow Yoga – AOA Friendly	APY	14 years and older	M	8:00 AM	8:45 AM	FREE	Day Pass
Slow Flow Yoga - AOA Friendly	APY	14 years and older	F	10:00 AM	11:00 AM	FREE	Day Pass
Slow Flow Yoga - AOA Friendly	FWY	14 years and older	M/W/F	9:00 AM	10:00 AM	FREE	Day Pass
Slow Flow Yoga – AOA Friendly	FWY	14 years and older	M/W	10:15 AM	11:15 AM	FREE	Day Pass
Slow Flow Yoga - AOA Friendly	HVY	14 years and older	T/TH	7:00 AM	7:45 AM	FREE	Day Pass
Slow Flow Yoga - AOA Friendly	HVY	14 years and older	M/W	9:00 AM	9:50 AM	FREE	Day Pass
Tai Chi For Beginners AOA Friendly	APY	14 years and older	T/TH	3:15 PM	4:15 PM	FREE	Day Pass
Tai Chi for Beginners AOA Friendly	HVY	14 years and older	T/F	12:15 PM	1:00 PM	FREE	Day Pass
Tai Chi for Better Balance – AOA Friendly	ACY	14 years and older	F	10:00 AM	11:00 AM	FREE	Day Pass
Tai Chi Easy-Qigong Method AOA Friendly	ACY	14 years and older	M	12:05 PM	12:50 PM	FREE	Day Pass
Tai Chi Easy-Qigong Method AOA Friendly	APY	14 years and older	T/TH	1:45 PM	3:15 PM	FREE	Day Pass
Tai Chi Easy-Qigong Method AOA Friendly	NMY	14 years and older	T	9:45 AM	10:45 AM	FREE	Day Pass
Vinyasa Flow Yoga	NMY	14 years and older	TH	5:30 PM	6:30 PM	FREE	Day Pass
Vinyasa Flow Yoga	NMY	14 years and older	F	NOON	1:00 PM	FREE	Day Pass
Yin Yoga	NMY	14 years and older	M	5:30 PM	6:30 PM	FREE	Day Pass
Yoga Basics	ACY	14 years and older	M/W	6:00 PM	7:00 PM	FREE	Day Pass

Yoga For Men	ACY	14 years and older	M/W	6:45 PM	7:45 PM	FREE	Day Pass
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WATER FITNESS

** Some swimming skills required. Modifications can be made for the non-swimmer.

AQUA YOGA (FWY) - AOA FRIENDLY

Yoga based concepts to strengthen and lengthen the entire body. This whole-body approach emphasizes core conditioning, breathing, strength and flexibility.

AQUA ZUMBA® (APY, FWY, NMY) - AOA FRIENDLY

ZUMBA in the pool! Shallow water class.

ARTHRITIS AQUA (APY, FWY, NMY) – AOA FRIENDLY

The Arthritis Foundation recommends water fitness classes that allow you to exercise without putting excess strain on your joints and muscles. The gentle activities in water, with guidance from an instructor, will help you improve flexibility, strength and range of motion and help you decrease pain and stiffness.

DEEP DEVOTION ** (APY) - AOA FRIENDLY

Deep water exercise using aquabelts. Challenging workout for the whole body featuring variety music from oldies to inspirational.

DEEP WATER EXERCISE ** (FWY, HVY, NMY) - AOA FRIENDLY

Provides a great workout with no bone or joint impact. Swim ability is required. Floatation devices, hand buoys, and hand paddles are used.

H2O BARRE (HVY) – AOA FRIENDLY

A great combination of traditional barre movements mixed with aerobic exercise. May include intervals, strength, and balance work. Classes are held in shallow water.

H2O EXERCISE (APY, HVY, NMY) - AOA FRIENDLY

Aerobic workout is low intensity, providing less stress on joints and bones. The buoyancy and resistance of the water will help you get the workout you want. Classes are held in shallow water.

H2O FUSION ** (APY, FWY, HVY) - AOA FRIENDLY

Deep and shallow water fitness all in one class! Anything goes from circuit training, water walking, dance based choreography, plyometrics, strength, intervals, balance and flexibility. (Fox West Y is shallow water only.) Slightly higher intensity than "H2O Exercise".

H2O INTERVALS ** (APY)

Alternating aerobic & strength intervals in the water using a variety of equipment. (Diving well only at NMY.) Higher intensity class for those who want more challenge.

H2O STRENGTH & STRETCH (APY, HVY, NMY) - AOA FRIENDLY

Experience the unique properties of shallow and deep water to improve flexibility and strength through a variety of mind body and traditional training forms. Suitable for all fitness levels.

PRENATAL/POSTPARTUM AQUA (NMY)

Low-impact water exercise class includes walking, strengthening, stretching, progressive relaxation with deep breathing. Specific exercises to engage muscles for postural alignment. *Written approval from your health care provider is required. Bring a water bottle to class. REGISTRATION Required.

SIMPLY FIT H2O – (FWY, HVY) – AOA FRIENDLY

The water is a wonderful medium in which to exercise! It takes stress off the joints while providing natural resistance to help you tone and trim your body. Shallow water exercises improve agility, flexibility and cardiovascular endurance. Class is designed for ages 55 years and older and no swimming ability is required. A variety of equipment used in class.

All Summer Session: June 10-August 25, 2019
Summer Session 2: July 22-August 25, 2019

Summer Session 1: June 11-July 21, 2019
 This is a working document and is subject to change.

WATER RUNNING ** (APY)

Great cardio intervals in the deep water using an aqua belt and tubing. Provides opportunity to work individually, in teams and as a group. NMY class held in the diving well. A great class for all levels!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Aqua Yoga – AOA Friendly	FWY	14 years and older	W	8:15 AM	9:15 AM	FREE	Day Pass
Aqua Zumba® AOA Friendly	APY	14 years and older	W	NOON	12:45 PM	FREE	Day Pass
Aqua Zumba® AOA Friendly	FWY	14 years and older	W	NOON	12:45 PM	FREE	Day Pass
Aqua Zumba® AOA Friendly	NMY	14 years and older	M/W	2:30 PM	3:15 PM	FREE	Day Pass
Aqua Zumba® AOA Friendly	NMY	14 years and older	TH	9:00 AM	9:45 AM	FREE	Day Pass
Arthritis Aqua – AOA Friendly	FWY	14 years and older	F	8:15 AM	9:15 AM	FREE	Day Pass
Arthritis Aquatic Class AOA Friendly	APY	14 years and older	T/TH	8:00 AM	8:45 AM	FREE	\$98
Arthritis Aquatic Class AOA Friendly	APY	14 years and older	T/TH	8:45 AM	9:30 AM	FREE	\$98
Arthritis Aquatic Class AOA Friendly	NMY	14 years and older	T/TH/F	10:00 AM	10:45 AM	FREE	Day Pass
Deep Devotion – AOA Friendly	APY	14 years and older	M/W/F	8:15 AM	9:00 AM	FREE	Day Pass
Deep Water Exercise AOA Friendly	FWY	14 years and older	M	7:15 PM	8:00 PM	FREE	Day Pass
Deep Water Exercise – AOA Friendly	FWY	14 years and older	W/F	9:20 AM	10:05 AM	FREE	Day Pass
Deep Water Exercise AOA Friendly	HVY	14 years and older	M/W	9:00 AM	9:40 AM	FREE	Day Pass
Deep Water Exercise AOA Friendly	NMY	14 years and older	M/W/F	5:00 AM	5:45 AM	FREE	Day Pass
Deep Water Exercise AOA Friendly	NMY	14 years and older	M/W/F	6:00 AM	6:45 AM	FREE	Day Pass
Deep Water Exercise AOA Friendly	NMY	14 years and older	T/TH	9:00 AM	9:45 AM	FREE	Day Pass
Deep Water Exercise AOA Friendly	NMY	14 years and older	M/W	10:00 AM	10:45 AM	FREE	Day Pass
Deep Water Exercise AOA Friendly	NMY	14 years and older	M/TH SUM 2 Only	6:15 PM	7:00 PM	FREE	Day Pass
H2O Barre – AOA Friendly	HVY	14 years and older	W	5:45 AM	6:15 AM	FREE	Day Pass
H2O Exercise – AOA Friendly	APY	14 years and older	M/W/F	6:45 AM	7:30 AM	FREE	Day Pass
H2O Exercise – AOA Friendly	APY	14 years and older	M/W/F	7:30 AM	8:15 AM	FREE	Day Pass
H2O Exercise – AOA Friendly	NMY	14 years and older	M/T/W/F	9:00 AM	9:45 AM	FREE	Day Pass
H2O Fusion - AOA Friendly	APY	14 years and older	M/F	5:30 AM	6:15 AM	FREE	Day Pass
H2O Fusion - AOA Friendly	APY	14 years and older	SAT	7:00 AM	8:00 AM	FREE	Day Pass
H2O Fusion- AOA Friendly	APY	14 years and older	T/TH	8:00 AM	8:45 AM	FREE	Day Pass
H2O Fusion- AOA Friendly	APY	14 years and older	T/TH	6:15 PM	7:15 PM	FREE	Day Pass
H2O Fusion – AOA Friendly	FWY	14 years and older	M/T/TH	8:15 AM	9:00 AM	FREE	Day Pass
H2O Fusion – AOA Friendly	FWY	14 years and older	W	7:15 PM	8:00 PM	FREE	Day Pass
H2O Fusion - AOA Friendly	HVY	14 years and older	M/W	8:05 AM	8:45 AM	FREE	Day Pass
H2O Fusion - AOA Friendly	HVY	14 years and older	M/F	5:45 AM	6:30 AM	FREE	Day Pass
H2O Fusion - AOA Friendly	HVY	14 years and older	T/TH	7:30 PM	8:15 PM	FREE	Day Pass

H2O Intervals	APY	14 years and older	W	5:30 AM	6:15 AM	FREE	Day Pass
H2O Strength & Stretch AOA Friendly	APY	14 years and older	T/TH	NOON	12:45 PM	FREE	Day Pass
H2O Strength & Stretch AOA Friendly	HVY	14 years and older	TH	5:45 AM	6:15 AM	FREE	Day Pass
H2O Strength & Stretch AOA Friendly	NMY	14 years and older	T/TH/ SAT	8:00 AM	8:45 AM	FREE	Day Pass
Prenatal/Postpartum Aqua	NMY	14 years and older	T/TH	NOON	1:00 PM	FREE	Day Pass
Simply Fit H2O – AOA Friendly	FWY	14 years and older	M/T/TH	9:15 AM	10:00 AM	FREE	Day Pass
Simply Fit H2O – AOA Friendly	FWY	14 years and older	T/TH	10:15 AM	11:00 AM	FREE	Day Pass
Simply Fit H2O – AOA Friendly	HVY	55 years and older	T/TH	8:05 AM	8:45 AM	FREE	Day Pass
Water Running	APY	14 years and older	SAT	6:00 AM	6:45 AM	FREE	Day Pass
Water Running	APY	14 years and older	T/TH	6:15 AM	7:00 AM	FREE	Day Pass

SMALL GROUP TRAINING CLASSES

Do you want more individual attention without sacrificing the camaraderie you find in a group fitness class? Consider enrolling in one of our Small Group Training classes for a more progressive and individualized approach. Small group, high energy classes led by nationally certified Trainers or Instructors.

Not seeing a class that meets your needs? Contact your local Y branch with a group of 3-8 individuals and we will work with you to schedule a time that meets the needs of your group. Possibilities include:

- Pilates® Reformer
- Synergy
- TRX® Training
- Functional Training
- Strength and Cardio

REGISTRATION REQUIRED FOR ALL SMALL GROUP TRAINING CLASSES. PLEASE SEE PRICING IN CLASS GRID BELOW.

NOTE: Prices indicated in the grid are for one day a week only, unless otherwise noted. To receive multiple day discount you must register, in person, at your local Y branch.

ONE-ON-ONE YOGA AND REFORMER (APY, HVY, FWY)

For students who want a focused practice. A private or semi-private lesson can help you deepen your practice by exploring the fundamentals of yoga or reformer, specific breathing techniques, alignment adjustments and modifications.

Contact:

APY – Kristina Schultz Fitness Director P 954.7616 E kschultz@ymcafoxcities.org

FWY – Kirsten Rice Health & Fitness Director P 560.3413 E krice@ymcafoxcities.org

HVY – Paula Beyer Health & Fitness Director P 830.5708 E pbeyer@ymcafoxcities.org

INDIVIDUAL (1:1)	Y MEMBER	GENERAL PUBLIC
1 (60-minute session)	\$30	\$45
5 (60-minute sessions)	\$145	\$260
10 (60-minute sessions)	\$265	\$390

PARTNER REFORMER TRAINING (APY)

PARTNER TRAINING (2 people)	Y Member (price per person)	General Public (price per person)
5 (60-minute sessions)	\$100	\$195
10 (60-minute sessions)	\$185	\$290

PILATES REFORMER TRAINING (APY)

The unique spring resistance of this machine helps generate smooth muscular contractions that develop strength without bulk. Improve your body awareness and posture while correcting muscle imbalances and increasing flexibility. The pace is moderate, yet challenging and will tone muscles, strengthen the core and provide an invigorating workout. Pilates can be practiced one time per week or up to seven times per week, whatever fits your schedule. **Capacity is eight.**

PILATES REFORMER 1 (APY)

Beginner level, learn the fundamentals of the Pilates Reformer Workout including breath, core engagement and fluid movement.

PILATES REFORMER 2 (APY)

Intermediate level of Reformer Exercises utilizing foundational moves that have been mastered in level 1.

PILATES REFORMER 3 (APY)

After completing the basic level, you are now ready for more intense work, including double and single leg exercises, core abdominal work, upper body strengthening, and more challenging stretches to tone and lengthen your muscles. Each class will improve flexibility and strength.

PILATES REFORMER/MAT FLOW (APY)

This reformer class incorporates the pilates reformer, mat pilates, and functional yoga poses. Reformer experience helpful. This class is designed to enhance your strength and range of motion while learning to stabilize your core. Working on stretching tight muscles to improve mobility in daily life. We take this one slowly, allowing more time for warm up and understanding of foundational movements.

PILATES REFORMER CONDITIONING (APY)

Develop functional strength throughout your body while taking your workout to the next level with the reformer machines. This class focuses on creating optimal and efficient movement in your body while challenging your strength.

TRX® KETTLEBELL COMBO (FWY)

Get the best of both workouts. Each class will combine both kettle bell and TRX exercises for a complete body workout. Class may also include other pieces of equipment such as Stability Balls, BOSU trainer, medicine balls, etc.

TRX® TRAINING (ACY, APY, FWY, NMY)

TRX® Suspension Training will build strength, balance, flexibility and core stability through unique and challenging exercises. These dynamic total body exercises utilize the TRX® Suspension trainer, stability balls and your own body weight for maximum results in a minimum amount of time. Appropriate for all fitness levels.

NOTE: SUMMER SESSION WILL BE A 10-WEEK SESSION

NOTE: Prices indicated in the grid are for one day a week only, unless otherwise noted. To receive multiple day discount you must register, in person, at your local Y branch.

10-WEEK SESSION PRICING

30-Minute Classes:

1x/Week: YMCA Member - \$22 General Public - \$44
 2x/Week: YMCA Member - \$33 General Public - \$66
 3x/Week: YMCA Member - \$45 General Public - \$90
 4x/Week: YMCA Member - \$56 General Public - \$112

45-Minute Classes:

1x/Week: YMCA Member - \$33 General Public - \$66
2x/Week: YMCA Member - \$49 General Public - \$98
3x/Week: YMCA Member - \$68 General Public - \$136
4x/Week: YMCA Member - \$84 General Public - \$168

60-Minute Classes:

1x/Week: YMCA Member - \$43 General Public - \$86
2x/Week: YMCA Member - \$65 General Public - \$130
3x/Week: YMCA Member - \$90 General Public - \$180
4x/Week: YMCA Member - \$112 General Public - \$224

Class Name	YMCA	Age	Day	Start	End	Y Member	General Public
Pilates Reformer 1	APY	14 Years and older	T	5:30 AM	6:30 AM	\$43	\$86
Pilates Reformer 1	APY	14 years and older	T	9:00 AM	10:00 AM	\$43	\$86
Pilates Reformer 1	APY	14 Years and older	TH	11:00 AM	NOON	\$43	\$86
Pilates Reformer 2	APY	14 years and older	W	7:50 AM	8:50 AM	\$43	\$86
Pilates Reformer 2	APY	14 years and older	W	8:55 AM	9:55 AM	\$43	\$86
Pilates Reformer 2	APY	14 years and older	TH	10:00 AM	11:00 AM	\$43	\$86
Pilates Reformer 2	APY	14 years and older	T	11:00 AM	NOON	\$43	\$86
Pilates Reformer 3	APY	14 years and older	W	6:45 AM	7:45 AM	\$43	\$86
Pilates Reformer 3	APY	14 years and older	M/T/TH	7:50 AM	8:50 AM	\$43	\$86
Pilates Reformer 3	APY	14 years and older	M/W	4:00 PM	5:00 PM	\$43	\$86
Pilates Reformer Conditioning	APY	14 years and older	T	10:00 AM	11:00 AM	\$43	\$86
TRX® Training	ACY	14 years and older	T/TH	5:05 AM	5:35 AM	\$22	\$44
TRX® Training	APY	14 years and older	T/TH/F	6:30 AM	7:00 AM	\$22	\$44
TRX® Training	APY	14 years and older	T/TH	11:30 AM	NOON	\$22	\$44
TRX® Training	FWY	14 years and older	T/TH	6:30 AM	7:00 AM	\$22	\$44
TRX® Training – SUM1	NMY	14 years and older	M	6:05 PM	6:50 PM	\$33	\$66
TRX® Kettlebell Combo	FWY	14 years and older	TH	4:45 PM	5:15 PM	\$22	\$44

SYNERGY SMALL GROUP TRAINING

SYNERGY Small Group Training (ACY, APY, FWY, HVY, NMY)

Stay motivated with these **High Intensity Interval Training (H.I.I.T)** sessions. These 30-minute strength & cardio-based training sessions utilize functional training systems and the **Myzone** technology to provide you with the ultimate calorie and fat loss workout. The small group environment provides support, camaraderie and challenge for exercise enthusiasts of all ability levels. Workouts will include body weight exercise, TRX suspension training, kettlebells, battle ropes, sand bags, slam balls, and a variety of training tools. With a maximum of 8 participants per class, our trainers can focus in on an individual's needs to provide proper technique and encouragement. Together we are unstoppable!

MYZONE

Reward your effort and achieve results! Myzone is the most relevant and versatile wearable fitness tracking system on the market! The Myzone system displays heart rate, calories, time and effort to a facility display or to the Myzone App, while simultaneously creating an online logbook of all physical activity. Myzone uses a game-based platform and social experience that rewards EFFORT not fitness, motivating users to reach their personal best...it's the perfect tool for Synergy participants!

Myzone users can:

- Earn MEP's (Myzone Exercise Points) for virtually any activity, regardless of the location.
- Login online anywhere and track their activity and progress.
- Connect with Personal Trainers for feedback and guidance

- Participate in challenges based on EFFORT not necessarily fitness level.
- Achieve goals utilizing a system that is 99.4% accurate.

Combine SYNERGY with the MYZONE system for maximum results and incredible experiences!

SESSION TIMES

Session/class days and times for all YMCA of the Fox Cities branches are located on the YMCA website and mobile app. ymcafoxcities.org

SYNERGY CLASSES

Class Name	YMCA	Age	Day	Start	End	Pricing
SYNERGY	ACY	14 years and older	M/F	9:00 AM	9:30 AM	Pricing Below
SYNERGY	ACY	14 years and older	W	5:00 PM	5:30 PM	Pricing Below
SYNERGY	APY	14 years and older	TBD	TBD	TBD	Pricing Below
SYNERGY	FWY	14 years and older	T/TH	9:00 AM	9:30 AM	Pricing Below
SYNERGY	HVY	14 years and older	F	5:30 AM	6:00 AM	Pricing Below
SYNERGY	HVY	14 years and older	M/W	9:00 AM	9:30 AM	Pricing Below
SYNERGY	HVY	14 years and older	T/TH	6:00 PM	6:30 PM	Pricing Below
SYNERGY	NMY	14 years and older	TBD	TBD	TBD	Pricing Below

SYNERGY	Y Member (price per person)	General Public (price per person)
3 sessions	\$39	\$63
6 sessions	\$66	\$114
9 sessions	\$81	\$153
12 sessions	\$96	\$186
Monthly Unlimited	\$69 (Monthly Bank draft required)	

**** SIGN UP FOR MONTHLY UNLIMITED SYNERGY SESSIONS AND RECEIVE THE MYZONE MZ-3 BELT FOR FREE!**

***** Must be 14 years or older.**

Contact:

ACY – Nick Krause Wellness Coordinator P 702.2317 E nkrause@ymcafoxcities.org

APY – Loel Kreger Wellness Director P 954.7658 E lkreger@ymcafoxcities.org

FWY – Maggie Pawlowski Wellness Coordinator P 560.0424 E mpawlowski@ymcafoxcities.org

HVY – Colleen Eichsteadt Wellness Coordinator P 830.5725 E ceichsteadt@ymcafoxcities.org

NMY – Katie Schalk Wellness Coordinator P 886.2122 E kschalk@ymcafoxcities.org

**** Don't forget to combine SYNERGY and Personal Training sessions for the ultimate training experience! Ask a Personal Trainer for details.**

TEEN & YOUTH CLASSES

REGISTRATION REQUIRED FOR ALL TEEN AND YOUTH CLASSES.

KIDS FITNESS (ACY) – Ages 3-6

An instructor-led fitness class designed for ages 3-6 that will keep your kids active this fall.

FITZONE (AGES 7-13 YEARS) (Youth Inclusion Program) (NMY)

Program area at the Neenah-Menasha YMCA which features a line of strength training equipment designed for simplicity, low profile access, small increments of resistance and no set-up adjustments. A variety of cardiovascular equipment will improve the health of your heart and lungs, and entertain you with television,

interactive video games and contests! All kids must have an equipment orientation prior to participating in the FitZone area. Please sign up at the Wellness Desk.

YOUTH CANCER SURVIVOR PROGRAM (AGES 5-16 YEARS) (APY)

A class focusing on low impact exercises, developing coordination, and decreasing deconditioning that is a result of treatment. There are weekly instructional and supervised sessions to help those whose lives have been affected by cancer to renew or establish their fitness goals. A fun and dynamic physical fitness program focused on improving strength, endurance, coordination, mobility, and balance through a variety of exercise such as:

- Age appropriate Strength Training exercises through game play or equipment
- Cardiovascular Conditioning
- Balance and Mobility
- Swimming

The 7-week program meets once a week and is tailored to improve the individuals current fitness level.

Fee: Y Member and General Public: FREE as long as participant is actively attending the Physical Activity Program. Space is limited.

Includes:

- 2 month free Y membership for cancer survivors and a support person.
- The participant has the option to also participate in one of our program offerings during that same session. (i.e. youth sports, swim lesson, arts/humanities, etc.)

Contact:

APY – Linda VanEgeren Wellness Coordinator P 954.7629 E lvanegeren@ymcafoxcities.org

YOUTH FREE WEIGHT CLASS (AGES 11-16 YEARS) (ACY, APY)

THIS 7 APPOINTMENT CLASS IS REQUIRED FOR YOUTH AGE 11-13 TO USE THE FREE WEIGHT ROOM EQUIPMENT. Class times can be scheduled around your schedule, but all 7 classes must be completed to pass. Class will cover basic exercise terminology and human anatomy, various hot topics in nutrition, program design, and exercises such as free weights, cable machines, and other functional equipment. Proper form and technique will be emphasized. A must for any youth interested in maximizing their overall wellness or athletic ability. Upon completion, class participants will be able to use Free Weight Room.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Kids Fitness	ACY	3-6 years	W	10:00 AM	10:30 AM	FREE	Day Pass
Youth Free Weight Class	ACY	11-16 years		FLEXIBLE		\$25	\$38
Youth Free Weight Class	APY	11-16 years		FLEXIBLE		\$25	\$38