



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH & FITNESS

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NEW HEALTH & SAFETY INFORMATION IN RESPONSE TO COVID-19

- We ask you to wear a mask to Y unless you have a medical exemption.
- Please do not attend if you are not healthy or have been exposed to someone with COVID-19
- Please sanitize your hands as you enter the Y and as you exit.
- We will provide each member with a rag and sanitizer. We expect that you sanitize all equipment you use before and after your workout.
- The group exercise schedule is on the website. Reservations are required for classes to ensure physical distancing and can be made 2 days in advance.
- Small sweat towels will be available for Wellness Center areas and group exercise classes.
- If you need to shower, please bring your own towel.
- Please use closed lockers, leave open when finished indicates staff to sanitize
- Yoga participants should bring their own mat.
- Please bring your own water bottle. Bottle fillers available but drinking fountain spouts are not.
- Physical distancing will be practiced at the Y.

GROUP FITNESS SCHEDULE

Value-added Classes:

Fall Classes – September 8 – December 20, 2020

- Holiday Week – Limited Schedule – November 23-29, 2020
- Holiday Week – Limited Schedule - December 21-January 3, 2021

Paid Classes:

Fall 1 Classes – September 8-October 25, 2020 (7 weeks)

Fall 2 Classes – October 26-December 20, 2020 (7 weeks)

- Holiday Week – Limited Schedule – November 23-29, 2020
- Holiday Week – Limited Schedule - December 21-January 3, 2021

PLEASE NOTE:

- Youth (14 years and older) are welcome to participate in Health & Fitness programs without parental

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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 Fox Cities** APP. The app is available for the iPhone and Android and can be downloaded at the Google PlayStore or iTunes Store.

Please let us know if you need a printed form of the traditional Fitness Class Grid. For those who want to review the entire fitness schedule, or selected pages of our program guide, please visit our website www.ymcafoxcities.org.

GROUP CYCLING

CYCLE GROOVE (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!

CYCLE TABATA (ACY)

This intermediate to high intensity cycle class will focus on interval training to improve your overall fitness. Two on, one off!

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.

Class name	YMCA	Age	Day	Start	End	Y Member
Cycle Express	ACY	14 years and older	T/TH	6:00 AM	6:30 AM	FREE
Cycle Express	ACY	14 years and older	M/W	5:40 PM	6:10 PM	FREE
Cycle Tabata	ACY	14 years and older	F	6:00 AM	6:30 AM	FREE
Cycle Groove	ACY	14 years and older	T/TH	5:30 PM	6:15 PM	FREE
Group Cycling	ACY	14 years and older	M/W	8:45 AM	9:30 AM	FREE
Group Cycling	APY	14 years and older	M/W	5:30 AM	6:15 AM	FREE
Group Cycling	APY	14 years and older	T/TH	5:30 PM	6:15 PM	FREE
Group Cycling	FWY	14 years and older	F	5:15 AM	6:00 AM	FREE
Group Cycling	FWY	14 years and older	T/TH	8:15 AM	9:00 AM	FREE
Group Cycling	FWY	14 years and older	M	6:00 PM	6:45 PM	FREE
Group Cycling	HVY	14 years and older	M/T	9:00 AM	9:45 AM	FREE
Group Cycling	NMY	14 years and older	T	5:15 AM	6:00 AM	FREE
Group Cycling	NMY	14 years and older	T	8:30 AM	9:15 AM	FREE
Group Cycling	NMY	14 years and older	M/W	5:00 PM	5:45 PM	FREE

LAND FITNESS

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 (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

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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.

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 and intervals. All levels welcome.

CARDIO DANCE GOLD (FWY)

Get your heart rate up while dancing to the beat.

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.

DEFEND TOGETHER (APY)

Defend Together is a gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting edge moves with thrilling music.

KETTLEBELL BOOT CAMP (FWY)

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

SILVERSNEAKERS® – CLASSIC (HVY, NMY)

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

SIMPLY FIT (ACY, FWY, HVY, NMY)

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 STRENGTH (FWY)

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 WELL (APY OUTREACH) -

A friendly chair based, go at your own pace, exercise class. Enjoy moving to your favorite tunes. Class includes cardio/strength/range of motion/flexibility and relaxation. Class held at the Appleton Community Evangelical Free Church – corner of Lynndale and Capitol.

Covid Accommodations

Bring following to class:

- Chair with no arms (card table chair works well)
- One of following: white kitchen dish towel/ man's tie/ stretch band/yoga strap
- A set of hand weights (the Y will lend you a pair if you do not have a set)
- Water

Outdoor Class - (friendly reminder to dress for the weather)

Questions? Email Jan Heifner jheifner@new.rr.com

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!

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STRENGTH & RESISTANCE (APY, HVY, NMY)

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 (ACY)

All the fun of a 45 min Strength & Resistance class in just 30-minutes! 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 TRAIN TOGETHER (APY, FWY, HVY, NMY)

Blast all your muscles with a high-rep weight training workout. Using an 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.

TAI CHI FOR BETTER BALANCE (ACY)

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.

ZUMBA® (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® (HVY)

Zumba for the Active Older Adult and the beginner participant.

Class name	YMCA	Age	Day	Start	End	Y Member
BollyX®	HVY	14 years and older	F	9:00 AM	9:50 AM	FREE
BollyX®	HVY	14 years and older	M	9:30 AM	10:20 AM	FREE
Boot Camp	FWY	14 years and older	T	5:15 AM	6:00 AM	FREE
Boot Camp	HVY	14 years and older	M	9:00 AM	10:00 AM	FREE
Boot Camp	HVY	14 years and older	W	5:15 PM	6:15 PM	FREE
Boot Camp	NMY	14 years and older	TH	10:00 AM	10:45 AM	FREE
Boot Camp Express	ACY	14 years and older	M/W	5:00 PM	5:30 PM	FREE
Cardio	APY	14 years and older	T/TH	8:30 AM	9:00 AM	FREE
Cardio Dance Gold	FWY	14 years and older	T	10:15 AM	11:00 AM	FREE
Core–Strength–Core	HVY	14 years and older	TH	5:10 AM	5:55 AM	FREE
Core–Strength–Core	NMY	14 years and older	T/TH	5:00 PM	5:45 PM	FREE
Defend Together	APY	14 years and older	T/Th	5:30 PM	6:30 PM	FREE
Kettlebell Boot Camp	FWY	14 years and older	T/TH	6:00 AM	6:45 AM	FREE
Kettlebell Boot Camp	FWY	14 years and older	W	8:05 AM	8:50 AM	FREE
Kettlebell Boot Camp	FWY	14 years and older	M	NOON	12:45 PM	FREE
SilverSneakers® Classic	HVY	55 years and older	T	8:00 AM	8:45 AM	FREE
SilverSneakers® Classic	HVY	55 years and older	T	9:00 AM	9:45 AM	FREE
SilverSneakers® Classic	NMY	55 years and older	M	11:15 AM	12:00 PM	FREE
Simply Fit	ACY	14 years and older	T/TH	8:15 AM	9:00 AM	FREE
Simply Fit	FWY	14 years and older	M/F	9:00 AM	9:45 AM	FREE
Simply Fit	HVY	14 years and older	T	8:00 AM	8:45 AM	FREE

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Simply Fit	HVY	14 years and older	M/W	9:00 AM	9:45 AM	FREE
Simply Fit	NMY	14 years and older	M/W	10:00 AM	10:45 AM	FREE
Simply Strength	FWY	14 years and older	W	9:00 AM	9:45 AM	FREE
Simply Well - Appleton Evangelical Free Church	APY	55 years and older	T/TH	8:15 AM	9:00 AM	FREE
Sport ®	HVY	14 years and older	T	5:15 AM	5:45 AM	FREE
Strength & Resistance	APY	14 years and older	M/W/F	8:00 AM	8:45 AM	FREE
Strength & Resistance	APY	14 years and older	T/TH	10:45 AM	11:45 AM	FREE
Strength & Resistance	HVY	14 years and older	T	10:15 AM	11:00 AM	FREE
Strength & Resistance	NMY	14 years and older	F	8:30 AM	9:30 AM	FREE
Strength & Resistance Express	ACY	14 years and older	T/TH	5:05 AM	5:35 AM	FREE
Strength Train Together	APY	14 years and older	T/TH	9:15 AM	9:45 AM	FREE
Strength Train Together	APY	14 years and older	W	5:45 PM	6:45 PM	FREE
Strength Train Together	FWY	14 years and older	M/F	8:45 AM	9:45 AM	FREE
Strength Train Together	FWY	14 years and older	W	NOON	1:00 PM	FREE
Strength Train Together	FWY	14 years and older	T	5:00 PM	6:00 PM	FREE
Strength Train Together	HVY	14 years and older	M/W	7:55 AM	8:55 AM	FREE
Strength Train Together	NMY	14 years and older	M/W	8:30 AM	9:30 AM	FREE
Tai Chi for Better Balance	ACY	14 years and older	F	10:00 AM	11:00 AM	FREE
Zumba®	APY	14 years and older	M/F	9:00 AM	9:45 AM	FREE
Zumba®	FWY	14 years and older	T/TH	9:05 AM	10:00 AM	FREE
Zumba®	FWY	14 years and older	W	5:30 PM	6:15 PM	FREE
Zumba®	HVY	14 years and older	T	9:00 AM	10:00 AM	FREE
Zumba®	NMY	14 years and older	T/TH	8:30 AM	9:30 AM	FREE
Zumba®	NMY	14 years and older	SAT	8:45 AM	9:45 AM	FREE
Zumba Gold®	HVY	14 years and older	W	9:20 AM	10:05 AM	FREE

SPIRIT, MIND & BODY

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

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 YOGA (APY OUTREACH, FWY, HVY)

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. *(APY Outreach class is held at Thompson Center on Lourdes. Free for members. E-passes may not be used for this class for General Public.)*

ESSENTRICS (FWY)

A dynamic, full-body workout suitable for all fitness levels. It simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned, and pain-free body.

HATHA YOGA (APY, FWY)

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.

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PILATES (HVY)

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.

POWER VINYASA YOGA (ACY, APY, FWY)

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.

SIMPLY YOGA (APY)

For students who like to practice vinyasa (flow) yoga but are not able to transition from standing to floor postures repetitively. Walls and chairs can be used to assist in standing balancing postures. Great for beginners and seniors!

SLOW FLOW YOGA (ACY, FWY, HVY)

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 EASY – QIGONG METHODS (ACY, NMY)

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.

TAI CHI FOR BETTER BALANCE (ACY)

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 (APY, 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.

YIN YOGA (NMY)

A slow-paced style of yoga with postures, or asanas, that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more. Please bring your own yoga mat.

YOGA PILATES 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.

Class name	YMCA	Age	Day	Start	End	Y Member
Barre Pilates	NMY	14 years and older	T/TH	9:00 AM	9:45 AM	FREE
Chair Yoga APY Outreach	APY	14 years and older	T/TH	11:00 AM	NOON	FREE
Chair Yoga	FWY	14 years and older	TH	10:15 AM	11:15 AM	FREE
Chair Yoga	HVY	14 years and older	M	10:15 AM	11:15 AM	FREE
Chair Yoga	HVY	14 years and older	TH	11:00 AM	NOON	FREE
Essentrics	FWY	14 years and older	T	4:30 PM	5:30 PM	FREE

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Hatha Yoga	APY	14 years and older	T/TH	10:00 AM	10:30 AM	FREE
Pilates	HVY	14 years and older	T	5:15 PM	6:00 PM	FREE
Power Vinyasa Yoga	ACY	14 years and older	M/TH	6:15 PM	7:00 PM	FREE
Power Vinyasa Yoga	APY	14 years and older	T/TH	6:00 AM	7:00 AM	FREE
Power Vinyasa Yoga	FWY	14 years and older	TH	9:00 AM	10:00 AM	FREE
Power Vinyasa Yoga	FWY	14 years and older	TH	5:30 PM	6:30 PM	FREE
Simply Yoga	APY	14 years and older	M/W/F	10:15 AM	11:00 AM	FREE
Slow Flow Yoga – begins Sept 28	ACY	14 years and older	M/W	6:30 AM	7:15 AM	FREE
Slow Flow Yoga	FWY	14 years and older	T	10:00 AM	11:00 AM	FREE
Slow Flow Yoga	HVY	14 years and older	M/W	9:00 AM	9:50 AM	FREE
Tai Chi for Better Balance	ACY	14 years and older	F	10:00 AM	11:00 AM	FREE
Tai Chi Easy-Qigong Method	ACY	14 years and older	M	NOON	12:45 PM	FREE
Tai Chi Easy-Qigong Method	NMY	14 years and older	T/TH	11:00 AM	11:50 AM	FREE
Vinyasa Flow Yoga	APY	14 years and older	SAT	9:00 AM	9:45 AM	FREE
Vinyasa Flow Yoga	APY	14 years and older	SUN	10:30 AM	11:30 AM	FREE
Vinyasa Flow Yoga	APY	14 years and older	M	6:00 PM	6:45 PM	FREE
Vinyasa Flow Yoga	NMY	14 years and older	M/W	10:30 AM	11:30 AM	FREE
Yin Yoga	FWY	14 years and older	T	11:15 AM	NOON	FREE
Yin Yoga	NMY	14 years and older	M/T	5:30 PM	6:15 PM	FREE
Yoga Pilates Fusion	ACY	14 years and older	T/TH	8:30 AM	9:15 AM	FREE
Yoga Pilates Fusion	ACY	14 years and older	M/TH	5:45 PM	6:45 PM	FREE
Yoga Pilates Fusion	APY	14 years and older	M/W	7:00 AM	7:45 AM	FREE
Yoga Pilates Fusion	FWY	14 years and older	SAT	8:15 AM	9:15 AM	FREE
Yoga Pilates Fusion	FWY	14 years and older	M	4:30 PM	5:30 PM	FREE
Yoga Pilates Fusion – Beginner	HVY	14 years and older	T	9:00 AM	9:45 AM	FREE

WATER FITNESS

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

AQUA YOGA (FWY)

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, HVY)

ZUMBA in the pool! Shallow water class.

ARTHRITIS AQUA (APY)

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)

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

DEEP WATER EXERCISE ** (HVY, NMY)

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

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H2O EXERCISE (HVY, NMY)

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)

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 STRENGTH & STRETCH (HVY)

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.

SIMPLY FIT H2O – (FWY, HVY)

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 will be used in class.

Class name	YMCA	Age	Day	Start	End	Y Member
Aqua Yoga	FWY	14 years and older	F	8:15 AM	9:00 AM	FREE
Aqua Zumba®	APY	14 years and older	M/W	NOON	12:45 PM	FREE
Aqua Zumba®	APY	14 years and older	SUN	8:45 AM	9:30 AM	FREE
Aqua Zumba®	FWY	14 years and older	F	9:15 AM	10:00 AM	FREE
Aqua Zumba	HVY	14 years and older	T	9:00 AM	9:45 AM	FREE
Arthritis Aquatic Class	APY	14 years and older	T/TH	8:00 AM	8:45 AM	FREE
Deep Devotion	APY	14 years and older	M/W/F	9:00 AM	9:45 AM	FREE
Deep Water Exercise	HVY	14 years and older	M/W	9:05 AM	9:45 AM	FREE
Deep Water Exercise	NMY	14 years and older	M/W	5:15 AM	6:00 AM	FREE
Deep Water Exercise	NMY	14 years and older	M	10:00 AM	10:45 AM	FREE
Deep Water Exercise	NMY	14 years and older	TH	9:00 AM	9:45 AM	FREE
H2O Exercise	NMY	14 years and older	M/W	9:00 AM	9:45 AM	FREE
H2O Express	HVY	14 years and older	T	6:00 AM	6:30 AM	FREE
H2O Fusion	APY	14 years and older	T/TH	8:00 AM	8:45 AM	FREE
H2O Fusion	FWY	14 years and older	M	8:15 AM	9:00 AM	FREE
H2O Fusion	HVY	14 years and older	M	8:05 AM	8:45 AM	FREE
H2O Fusion	HVY	14 years and older	T	7:30 PM	8:15 PM	FREE
H2O Strength & Stretch	HVY	14 years and older	TH	6:00 AM	6:30 AM	FREE
Simply Fit H2O	FWY	14 years and older	W	9:15 AM	10:00 AM	FREE
Simply Fit H2O	HVY	55 years and older	T/TH	8:05 AM	8:45 AM	FREE

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+ individuals and we will work with you to schedule a time that meets the needs of your group. Possibilities include:

- Synergy

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- 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.

ONE-ON-ONE REFORMER TRAINING (APY)

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. 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.

Contact: Kristina Schultz Fitness Director P 954.7616 E kschultz@ymcafoxcities.org

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	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 (Requires monthly bankdraft)	

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

Contact:

Fall Session 1: September 8-October 25, 2020

This is a working document and is subject to change.

UPDATED ON: SEPTEMBER 8, 2020

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

**** Consider combining 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.

FITZONE (AGES 7-13 YEARS) (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.

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