



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTHERN YORK COUNTY WINTER GROUP EXERCISE

JANUARY 14TH – MARCH 17TH

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|---|--|
| <p>New Classes!</p> <p>Nia with Robin on Saturdays from 10:00a-11:00a and on Mondays from 4:00-5:00p</p> <p>Boot Camp with Amber on Mondays 8:30a-9:30a</p> <p>HIIT with Jessica on Wednesday mornings from 8:30-9:30a</p> <p>Core+ with Stephanie on Mondays from 9:45-10:30a</p> <p>Yin Yoga with Lindsay on Wednesdays from 11:00a-12p</p> <p>Step HIIT on Fridays with Amber 8:25a-9:25a</p> <p>Qi Gong with Marty on Fridays from 10:30-11:30a</p> | | <p>5:30-6:15a Sunrise Boot Camp (Amber) Medium</p> | <p>5:30-6:30a Cardio Mix and Core Fit (Tammy) Medium</p> | <p>5:30-6:30a Y-Cycle (Veronica) Medium</p> | <p>5:30-6:30a Tabata (Amber) Medium</p> | <p>5:30-6:00a Sunrise Boot Camp (Tammy) Medium</p> | |
| | | <p>6:15-7:00a Total Body Strength (Amber) All</p> | <p>7:00-8:30a Hatha Yoga (Donna) All</p> | | <p>7:00-8:30a Hatha Yoga (David) All</p> | <p>6:00-6:20a Abs and Core (Tammy) All</p> | |
| | | <p>7:15-8:15a Morning Yoga Flow (Janis) Medium</p> | | | <p>Restorative Yoga on 2/7 from 7:00-9:00a</p> | | |
| | <p>8:00-9:30a Hatha Yoga (David) All</p> | <p>8:00-9:00a AM Aqua Blast (Kelley) All</p> | | <p>8:00-9:00a AM Aqua Blast (Jackie) All</p> | | <p>8:00-9:00a AM Aqua Blast (Lynn) All</p> | <p>8:00-9:00a Deep Water Fitness (Tory) All</p> |
| | | <p>8:30-9:30a Boot Camp (Amber) Medium</p> | <p>9:00-10:00a CycleFlex (Anne-Marie) Medium</p> | <p>8:30-9:30a HIIT (Jessica) Medium</p> | <p>9:00-10:30a Bikes & Barbells (Anne-Marie) Medium</p> | <p>8:25-9:25a Step HIIT (Amber) Medium</p> | <p>8:15a-9:00a Y-Cycle (Jen) All</p> |
| | | <p>9:45-10:30a Core+ (Stephanie) All</p> | | <p>9:30a-10:00a Stretch and Core (Jessica) All</p> | | <p>9:30-10:30a Pilates (Lynn) All</p> | <p>9:15-10:00a Boot Camp (Jen) All</p> |
| | | | <p>10:00-11:00a Water Boot Camp (Lynn) Medium</p> | <p>10:00-11:00a QiGong (Marty) All</p> | <p>10:00-11:00a Water Boot Camp (Lynn) Medium</p> | <p>9:30-10:30a Pilates (Lynn) All</p> | <p>10-11:00a Nia (Robin) All *No class on 2/2</p> |
| | <p>10:30-11:30a P360 (Lynn) All</p> | | <p>10:30-11:30a Tai Chi Basics (Stephanie) All</p> | <p>11:00-12:00p Yin Yoga (Lindsay) All</p> | <p>10:35-11:35a Tai Chi Basics (Stephanie) All</p> | <p>10:30-11:30a QiGong (Marty) All</p> | |

All levels are suitable for all levels, beginner to intermediate.

Medium levels are intermediate to advanced level of difficulty.

Advanced levels are intended for experienced members only.

Classes in blue indicate aqua classes.

Please change from wearing your outside shoes when in



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| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|---|
| | 11:00-12:00 AOA Joints in Aqua (Lee) All | 11:00-11:30 Water Walking (Lynn) All | 11:00-12:00 AOA Joints in Aqua (Kelley) All | 11:00-12:00 AOA Water Fitness (Lynn) All | 11:00-12:00 AOA Joints in Aqua (Jeanine) All |
| | 12:00-1:00p Yin Yoga (Maureen) All | 11:30-12:30 AOA Water Fitness (Lynn) All | | | 12:00-1:00p Yin Yoga (Maureen) All |
| | 1:15-2:15p AOA Water Fitness (Pat) All | 12:00-1:00p Nia (Robin) All *No class on 2/5 | 1:15-2:15p AOA Water Fitness (Pat) All | 12:45-1:30p Chair Yoga/Creative Movement (Cindy) All | 1:15-2:15p AOA Water Fitness (Pat) All |
| | 4:00-5:00p Nia (Robin) All *No Class on 2/4 | | | | |
| | 5:30-6:30p Cardio Kickboxing (Paula) All | 5:15-6:00p Y Cycle (Nicole) All | 5:30-6:30p Total-Body Tone (Lori/Paula) All | 5:15-6:00p Y Cycle (Nicole) All | |
| | | 6:00-7:00p Functional Fitness (Nicole) All | | 6:00-7:00p STRONG by Zumba® (Nicole) Medium | |
| | | 7:00-8:00p Yoga Flow (Janis) Medium | 6:30-8:00p Hatha Yoga (Donna) All | 7:00-8:30p Hatha Yoga (Gillian) All Restorative Yoga on 3/7 from 7:00- 9:00p | |
| | | 6:45-7:45p Deep Water Fitness (Beth) All | | 6:45-7:45p Deep Water Fitness (Beth) All | |

Last updated 12/27/2018