

Group Exercise Classes

Spring
3/10/2017– 6/25/17



Join the YWCA for an array of adult water and land fitness classes.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am-9:15am Zumba Tone	8:15am-9:15am Spinning & Core (Beginners)	8:15am-9:15am Step & Stretch	8:15am-9:15am Spinning & Core (Beginners) New Class	9:00am-10:00am Cardio	8:30 am— 9:30am Cardio and Pilates	8:00—9:00 am Cardio & Pilates*/ Zumba Gold®* (*classes alternate each week)
9:30am-10:15am Aqua Zumba	9:20am-10:20am Zumba Gold®	10:00 –10:45 am Aqua Zumba	9:15– 10:15 am Zumba New Class			
6:30pm—7:30pm Pilates/Yoga	6:30pm-7:30pm Cardio & Weights Hips/Abs/Thighs	6:30pm-7:15pm Pilates/Yoga	10:00 am-10:45 am Gentle Aqua-cise			

Tai Chi Evidence Based Program

Tai Chi has been show to increase muscular strength, balance, posture, bone density, flexibility and heart and lung stamina. In addition reduce stress, high blood pressure, chronic disease and stiffness and pain. Tai Chi can improve sleep and overall wellness.

Why not try Tai Chi? First class is complimentary!

Tuesdays/Thursdays/ 9:30 –10:30 am
\$120.00 Members \$140 Non-Members

Please note: schedule is subject to change at any time.

For closings and delays due to inclement weather, patrons are asked to check the YWCA website for program and class updates at: www.ywcawpcw.org

YWCA Fitness
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(914) 949-6227 x 150 or x 208
fitness@ywcawpcw.org
Visit us on the web at: www.ywcawpcw.org

YWCA Group Exercise Class Description: Water and Land Fitness

Gentle Aqua-cise specially designed recreational exercise for people who want gentle water exercise class. The classes taught in the deep and shallow water. Floatation devices worn while working in deep water. Focus on core strength and toning. Have fun and meet new friends. It is not necessary to know how to swim.

Body Sculpt: This class provides a full body workout using weights, bands, body bars and other resistance equipment. The format changes each week to allow participants to try various venues for sculpting and toning muscles. Modifications are given to accommodate all levels.

Cardio/Interval Training: Program designed for all ages, increases body ability to oxidize fat/increase metabolism. Helps the sedentary individual improve their daily activities and allows athletes to reach full potential. Variety of interval training programs weekly.

Cardio / Step & Stretch: Class begins with a 30-35 min cardio workout which includes rhythmic dance movements combined with high and low impact calisthenics. This phase is then followed by light weights-designed to tone arms and improve posture, while increasing flexibility. The remainder of the class is done on the floor, where the focus moves to strengthening the abs, deep stretching the lower body and concludes with a final guided relaxation. A total body workout!

Cardio & Pilates: We spend approximately 30 minutes on low impact cardio moves. Move on to approx. 15 minutes of weights and end with abdominal work and stretch. Variations include the following: 30 minutes of cardio, about 5-7 minutes of weights and about 20-25 minutes of Pilates with focus on abs.

Cardio & Sculpt: A 60 minute high intensity, low-impact class that incorporates a 5-10 minute warm-up, a high/low aerobic workout choreographed to great music followed by weight work for strength and core conditioning. A soothing stretch and cool down ends the session.

Cardio & Weights/Cardio & Weights (Intermediate): A strength and cardio infused class combining dance, weights and resistance training elements designed to improve strength and cardiovascular fitness level.

Low Impact Core/ Zumba Core: Consists of a 5-10 minute stretching warm-up, 20-25 minutes of moderate intensity low-impact aerobics (or Zumba), followed by 30 minutes of mat Pilates to build core strength and improve flexibility.

Pilates / Pilates (Beginner): This class strengthens and tones the muscles of the core, improving posture, flexibility and balance. Mind and body connection is emphasized as well as correct breathing and technique. Modifications are taught so all levels can participate. The class ends with a mind-body connecting relaxation.

Senior Weight Loss & Toning: This weight training program held in our Fitness Center has been carefully developed for seniors. Enjoy a safe and invigorating weight training session within your limits and under the guidance of a trainer.

Spinning & Core: A 45 minute spinning class that is fun for the beginner or the seasoned athlete. It revs up your metabolism, builds strength and improves your cardiovascular endurance. It is followed by 15 minutes of core work.

Total Body Water Workout and Zumba: enjoy a full body workout in both shallow and deep water. This workout includes water walker, shallow water and/or deep water aerobics, use of buoys, noodles and flotation belts. Classes ends with a full body stretch.

Weight Loss & Toning: Get a full body workout in our Fitness Center under guidance of a trainer. Learn how to work at an ideal level of cardiovascular intensity and how to exercise with proper form to burn fat and get toned. Ideal for all ages!

Yoga: Yoga is the oldest system of personal development. Yoga tones, stretches and strengthens the body through postures, breathing and meditation. It liberates vast resources of energy, calms the nerves, produces beneficial changes in the immune system and improves ones mental state of being. Experience firsthand the profound benefits of yoga practice.

Zumba: Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

Zumba Gold: Takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.