



# ROCKLAND COUNTY YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WINTER 2018

*\*CLASSES TAKE PLACE IN THE DANCE STUDIO UNLESS OTHERWISE NOTED -special schedule will apply during Feb Break*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45- 8:45 HATHA YOGA	7:00-7:45 INDOOR CYCLING <i>*RESERVATION REQUIRED</i>	7:00-7:45 INDOOR CYCLING <i>*RESERVATION REQUIRED</i>	7:00-7:45 INDOOR CYCLING <i>*RESERVATION REQUIRED</i>		7:30-8:30 SENIOR/GENTLE YOGA	8:00-8:45 INDOOR CYCLING <i>*RESERVATION REQUIRED</i>
9-10am ZUMBA	9-10am MOVEMENT & MUSCLE	8-9am YOGA	8:00-9:00 MEDITATION Teen Center	8-9am HATHA YOGA	9:00-10 am TAI CHI	9-10am BOOT CAMP
11:00 -12:00 ENHANCE FITNESS Teen Center		11:00 -12:00 ENHANCE FITNESS Teen Center	9-10am CARDIO SCUPLT	11:00 -12:00 ENHANCE FITNESS Teen Center	10:00-11 AM ENDURANCE CYCLING <b>NEW CLASS-</b> <b>RESERVATION REQUIRED</b> <b>*SEPARATE FEE</b>	10:10-11:25 HATHA YOGA
	3:00-6:00 FENCING CLASS <i>*SEPARATE FEE</i>	3:00-6:00 FENCING CLASS <i>*SEPARATE FEE</i>	11:00-12:00 INDOOR CYCLING		10:00-10:45 SILVER SNEAKERS Teen Center	11:30-12:30 ZUMBA
	6:30- 7:30pm ZUMBA		3:00-6:00 FENCING CLASS <i>*SEPARATE FEE</i>	3:00-5:30 FENCING CLASS <i>*SEPARATE FEE</i>	10:15- 11:15am CARDIO SCULPT	12:45-1:45 GENTLE YOGA
6:30-7:15 INDOOR CYCLING <i>*RESERVATION REQUIRED</i>	6:30-7:15 INDOOR CYCLING <i>*RESERVATION REQUIRED</i>	6:30-7:15 INDOOR CYCLING <i>*RESERVATION REQUIRED</i>	6:30-7:15 INDOOR CYCLING <i>*RESERVATION REQUIRED</i>	5:45-6:45pm ZUMBA	11:30-12:30 HATHA YOGA	
7:15-8:15pm KRIPALU YOGA	7:30-8 :15pm BOOT CAMP	7:15- 8:15pm HATHA YOGA	7:20- 8:15pm PILATES	7:00-8:30 Adult Ballet separate fee required	Most fitness classes are drop-in and FREE with any YMCA membership *Enhance fitness requires PRE-Registration  Endurance Cycle & Cycling class requires a RESERVATION  ( see front desk to reserve a spot)	

## CLASS DESCRIPTIONS

ADULT ELEMENTARY BALLET – extra fee applies, please ask for details. Students will learn the fundamentals of ballet in a fun and supportive atmosphere. This mixed-level class is sensitive to the skill and abilities of the students.

BOUJE FITNESS – Boujé means "to move", in Creole. And this fitness program incorporates various styles of body movements such as cardio, kickboxing, tai-chi, yoga, dance, abs and strength training, set to an assortment of music.

BOOT CAMP – Get a total-body workout, using dumbbells, bands, steps, stability balls, BOSU and medicine balls. This class will challenge your strength and endurance at the same time while incinerating the calories!! This class will help you take your body to places it's never been!

CARDIO-SCULPT – Experience the perfect balance between aerobic conditioning and body shaping. Burn calories to a heart-pumping fitness beat and sculpt, strengthen and lengthen, concentrating on all the major muscle groups using free weights and fitness tools. Go at your own pace, have fun, get strong,

ENHANCE FITNESS– Enhance@Fitness, an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life.

ENDURANCE CYCLING – 1 HOUR Saturdays. The instructor is Beth Wnorowski – a certified fitness professional. This ride will get you in shape for long rides with AWESOME music. Class participants will improve their cardiovascular fitness, burn calories and tone their legs. It's also a low impact workout so won't do damage to joints. This training program will include activities that elevate the heart rate and involve the body's large muscle groups. COST: \$10 for members & \$20 for Non-Members

INDOOR CYCLING– a fun fantastic workout where you ride to the rhythm of powerful music. A 45 minute indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.

MEDITATION– Join us in learning the practice of mindfulness or "vipassana" meditation in order to quiet the mind and body, and build the awareness that allows you to be simply present in the moment.

MOVEMENT & MUSCLE– This class provides a full body work-out. With fun, easy to follow routines. The weight training portion of the class emphasizes proper techniques with a variation of dumbbells and exercise bands, everything can be adapted for all levels of fitness

PILATES – Focuses on conditioning the body from the inside out. Participants learn the importance of core stabilization, muscle balance, proper alignment, strength and flexibility while integrating the concepts of mindfulness, fluidity and grace.

SILVERSNFAKERS@ CLASSIC – This class utilizes a combination of chair movements and strength training with very low intensity. Perfect for older adults looking to build their strength and maintain joint mobility.

TAI CHI– Tai Chi movement is a combination of Qi Gong exercises and slow motion meditative exercises. These movements can be performed while standing, or for people with limited mobility or health reasons, can be done seated. Practicing Tai Chi movements can improve a body's immune system, flexibility, balance and strength.

YOGA – Develop strength and flexibility through stretching postures, breathing techniques, and meditation.

- Hatha Yoga is the Branch of Yoga that focuses on the physical well-being of a person and believes that the body is the vehicle of the spirit.
- Kripalu Yoga puts great emphasis on Proper Breath, alignment, coordination of breath and movement, and "honoring the wisdom of the body
- Gentle Yoga – Gentle yoga classes are for those who want a softer, nurturing, slow-paced, well-supported and relaxing practice.

ZUMBA – an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. It's easy to do, effective and totally exhilarating!