FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOVEMBER GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Y FIT BETH 5:15AM	Y FIT BETH 5:15AM	Y FIT BETH 5:15AM	Y FIT BETH 5:15AM	PICKLEBALL 8:30AM
PICKLEBALL 9:00AM	SILVER SNEAKERS CIRCUIT Mikala 9:00AM	PICKLEBALL 9:00AM	SILVER SNEAKERS CIRCUIT Mikala 9:00AM	
YOGA KARIN 9:00AM	PICKLEBALL 10:00AM	CHAIR AEROBICS FRAN 9:00AM	CHAIR YOGA KARIN 10:15AM	
BODY BLAST 4:30PM	CHAIR YOGA KARIN 10:15AM		PICKLEBALL 3:00PM	
DANCE FIT DAISY 6:30PM	PILATES KARIN 11:15AM		BODY BLAST 4:30PM	
	PICKLEBALL 3:00PM			

YFIT for November 5th is canceled.

The YMCA will be closed November 26th and 27th for Thanksgiving.

Silver Sneakers: Silver Sneakers allows older adults to take charge of their health by participating in physical activites. Classes offer our seniors low-impact and joint-friendly sessions involving cardio, flexibility, strength training, and coordination exercises. Lightweights, elastic tubing, and stability balls are incorporated with an opportunity for modification based on ability.

Yoga: Yoga has been practiced for thousands of years across the world because it's a great way to build strength, stamina, and flexibility, without putting undue stress on your body. By meditating, focusing on your breath, and stretching your muscles, yoga practice also cultivates a wonderful sense of inner peace and serenity.

Dancefit: A combination of ballet, jazz, hip-hop, and freestyle dance techniques used to tone your body, increase flexibility, stamina, and overall health and fitness. It is a fun way to get your feet tapping. Dancefit is all about having fun, working out, and loving the experience.

Yfit: With constantly varied, high-intensity functional movement, Yfit is a training philodophy that coaches people of all shapes and sizes to improve their physical well- being and cardiovascular fitness in a hardcore yet accepting and encouraging environment. Yfit is a program designed to provide a comprehensive full-body workout that combines elements of cardio, weightlifting, core training, and more to prepare the body for the unexpected.

Body Blast: Body Blast is a fitness class that combines weight training, cardiovascular exercises, and abdominal workouts for a full-body workout.

Chair Aerobics: Chair Aerobics is a functional aerobic workout that is done using a chair to either sit or use for balance.

Pilates: Pilates is a type of workout that involves simple, repetitive exercises that increase muscle strength, endurance, flexibility, and postural stability.