



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEWITT FITNESS SCHEDULE

GROUP FITNESS CLASSES FOR May 1st - 31st

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM	**NEW** Stretch and Strength (60) Stephanie L - Lg. Studio				**NEW** Stretch and Strength (60) Stephanie L - Lg. Studio	
	NEW Cycling (60) David - Studio B		**NEW** Cycling (60) David - Studio B			
8:45 AM	**NEW** Cardio Stength (60) Lori - Multi Purpose Room					
9:00 AM	Zumba Gold (60) Carol - Studio			Zumba Gold (60) Carol - Studio		
9:30 AM			Tai Chi by Silver Sneakers (60) Bob-Lg. Studio		Tai Chi by Silver Sneakers (60) Bob- Lg. Studio	
10:30 AM		Balance and Strength (60) Lisa-Studio		Boomer Strength & Flexibility (60) Denise - Studio		
11:00 AM	Silver Sneakers (60) Bob-Large Studio		Silver Sneakers (60) Bob-Large Studio		Silver Sneakers (60) Bob-Large Studio	
11:05 AM				AOA (60) Lisa-Studio		
12:00 PM		Yogalates (60) Denise - Studio				
5:45 PM	**NEW** Yoga (60) Tiffany - Lg. Studio		**NEW** Step and Sculpt (60) Tiffany - Lg. Studio	**NEW** Strength for All (60) Tiffany- Lg. Studio		
6:00 PM	Cycling (60) Stephanie - Studio B					

ALL CLASSES are free for members
(xx) Duration of class times in minutes
Please register at the Welcome Center or online to save your spot in your favorite class.
Detailed class descriptions available at the Welcome Center.



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DEWITT YMCA-Group Fitness Class Descriptions

May 2021

AOA (Active Older Adult): The Active Older Adult program is comprised of both cardiovascular and strength training. Exercise at your own pace under the supervision of our qualified fitness professionals. This program is supervised at all times by qualified staff.

BALANCE AND STRENGTH: This class will be centered around exercises that will strengthen your muscles that are used for balance and daily activities. This class will help improve your stability, strength and core!

BOOMER STRENGTH AND FLEXIBILITY: An exercise routine designed to strengthen the core and other muscle groups and increase flexibility for our Senior members. A low impact class that is easily modified to meet your fitness level and needs. Work hard and sweat or go easier and head straight to work. The class provides bands, stability balls, and mats. Get loosened up and warmed up to start your day.

CARDIO STRENGTH: Get a total body workout that focuses on strengthening the body with intervals of cardio and strength using hand weights, body bars, resistance bands, steps and balls.

CYCLING: A fun, heart-pumping workout in a setting that is safe for all fitness levels. Ride on the flats, up hills, through rolling hills with great music. Spinning is perfect for everyone since you control the resistance and pedal speed creating just the right intensity for you. Beginners are welcome at all classes.

SILVER SNEAKERS: This class can help you maintain an independent lifestyle and is appropriate for individuals who are fit and active as well as those who are sedentary, intimidated or unfamiliar with exercise. This positive social environment will improve strength, flexibility, cardiovascular fitness and your quality of life.

STEP AND SCULPT: Use the step in traditional and non-traditional ways! You will also use hand weights for a well rounded cardio and strength workout while rocking out with Tiffany!

STRENGTH AND STRETCH: Get it all with this combination class! You will work on strength for the first 30 minutes and then finish up with 30 minutes of yoga.

STRENGTH FOR ALL: Strength for All will blast all your muscles with a high rep weight training workout. Using adjustable barbell, weight plates and bodyweight this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating atmosphere will get your heart rate up, make you sweat and push you to a personal best.

TAI CHI BY SILVER SNEAKERS: Tai Chi practice is considered a "Wellness" program in that the focus of the exercises are full body "range of motion" designed to allow all physiological systems to freely work as designed to obtain a sense of well being and a strong immune system. Tai Chi is considered a physical therapy and well known for its proven health benefits. Typical Participants: People over 65 that may have physical movement or stress problems due to chronic disease, injury, surgery, or simply a long sedentary life style

YOGA: Build confidence and body awareness with yoga. Connect movement with breathing in this gently flowing yoga class with an emphasis on alignment. Gain strength, flexibility and body awareness.

YOGALATES: This class combines Pilates and yoga for a total body workout focused on training the glutes, thighs and stomach.



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ZUMBA GOLD: This class combines energy and motivating music with unique moves and combinations. It is a fusion of Latin and International music with dance themes that create a dynamic, exciting and effective fitness system! Experience an absolute blast in one exhilarating hour of caloric burning, heart racing, muscle pumping, and energizing movements meant to engage the entire body!