



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DEWITT FITNESS SCHEDULE

GROUP FITNESS CLASSES FOR JULY 1st - 31st

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM	Stretch and Strength (60) Stephanie L - Studio A <b>*NO CLASS 7/5*</b>				Stretch and Strength (60) Stephanie L - Studio A	
	Cycling (60) David - Studio B		Cycling (60) David - Studio B			
8:30 AM			Cardio Stength (60) Lori - Studio A <b>*NEW DAY*</b>			
9:00 AM	Zumba Gold (60) Carol - Studio A			Zumba Gold (60) Carol - Studio A		
9:30 AM						
10:30 AM		Balance and Strength (60) Lisa-Studio A				
11:00 AM	AOA (60) Lyndia-Studio A		AOA (60) Lyndia- Studio A		AOA (60) Lyndia- Studio A	
11:05 AM				AOA (60) Lisa-Studio A		
12:00 PM						
5:45 PM	Yoga (60) Tiffany - Studio A		Step and Sculpt (60) Tiffany - Studio A	Strength for All (60) Tiffany- Studio A <b>*NO CLASS 7/8*</b>		
6:00 PM	Cycling (60) Stephanie - Studio B	Strength for All (60) Ted - Studio A <b>*NEW CLASS*</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

July 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!

**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.

**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.

**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.

**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!