

TIOGA COUNTY BRANCH YMCA FEBRUARY 2019 PROGRAM SCHEDULE

Sunday 10a-2p	Monday 6am-9pm	Tuesday 6am-9pm	Wednesday 6am-9pm	Thursday 6am-9pm	Friday 6am-8pm	Saturday 8am-4pm
	<p>Open Gym <i>Unavailable during basketball, Volleyball, programs, fitness classes, youth movement, gymnastics, Men's pick up basketball, and child watch</i></p>	<p>Child Watch/Youth Movement Hours: M: 9-11am;5:30-7:30pm T: 9-11am; 5:30-7:30pm W: 9-11am;5:30-7:30pm TH: 9-11am;5:30-7:30pm F: 9-11am;5:30-7:30pm S: 8:00-10:00am</p>	<p>Open Sundays 10 am-2 pm!!!</p>		<p>1 Mash-Up 9:30-10:15am <i>David</i> Chair Yoga 10:30-11:30 am <i>Jeanne</i> Pound 5:30-6:30pm <i>Nicki</i></p>	<p>2 P90X 8:00-9:00am <i>Jen</i> Yoga 9-10 am <i>Jeanne</i> Itty Bitty BB-\$\$ 9:30-10:15 am Bitty BB-\$\$ 10:30-11:30 am</p>
3	<p>4 Silver Sneakers 9:00-9:45am <i>Holly</i> Beg Gymnastics-\$\$ 5-5:45 pm <i>Lexi</i> Core De Force 5:30-6:20 pm <i>Jen</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Stephanie</i> Men's Pick up Basketball 6:30-7:30 pm</p>	<p>5 Aerobics 9:30-10:15am <i>David</i> Jess' HIIT 3:45-4:30 pm <i>Jess</i> Beg Gymnastics-\$\$ 5-6 pm <i>Lexi</i> Adv Gymnastics-\$\$ 6:15-7:15 pm <i>Lexi</i> P90X 5:30-6:30pm <i>Jen</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Christina</i></p>	<p>6 Silver Sneakers 9:00-9:45am <i>Holly</i> Yoga 4-5pm <i>Jeanne</i> Pound 5:30-6:30pm <i>Nicki</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Stephanie</i></p>	<p>7 Aerobics 9:30-10:15am <i>David</i> Cardio Interval Training 5:30-6:30pm-<i>Jen</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Christina</i> Volleyball-\$\$ 6:45-8:45 pm</p>	<p>8 Mash-Up 9:30-10:15am <i>David</i> Chair Yoga 10:30-11:30 am <i>Jeanne</i> Zumba 5:30-6:30pm <i>Nicki</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Stephanie</i></p>	<p>9 P90X 8:00-9:00am <i>Jen</i> Yoga 9-10 am <i>Jeanne</i> Itty Bitty BB-\$\$ 9:30-10:15 am Bitty BB-\$\$ 10:30-11:30 am</p>
10	<p>11 Silver Sneakers 9:00-9:45am <i>Holly</i> Beg Gymnastics-\$\$ 5-5:45 pm <i>Lexi</i> Core De Force 5:30-6:20 pm <i>Jen</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Stephanie</i> Men's Pick up Basketball 6:30-7:30 pm</p>	<p>12 Aerobics 9:30-10:15am <i>David</i> Jess' HIIT 3:45-4:30 pm <i>Jess</i> Beg Gymnastics-\$\$ 5-6 pm <i>Lexi</i> Adv Gymnastics-\$\$ 6:15-7:15 pm <i>Lexi</i> P90X 5:30-6:30pm <i>Jen</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Christina</i></p>	<p>13 Silver Sneakers 9:00-9:45am <i>Holly</i> Yoga 4-5pm <i>Jeanne</i> Zumba 5:30-6:30pm <i>Nicki</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Stephanie</i></p>	<p>14 Aerobics 9:30-10:15am <i>David</i> Cardio Interval Training 5:30-6:30pm-<i>Jen</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Christina</i> Volleyball-\$\$ 6:45-8:45 pm</p>	<p>15 Mash-Up 9:30-10:15am <i>David</i> Chair Yoga 10:30-11:30 am <i>Jeanne</i> Pound 5:30-6:30pm <i>Nicki</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Stephanie</i> Family Game/Craft Night 6-8 pm</p>	<p>16 P90X 8:00-9:00am <i>Jen</i> Yoga 9-10 am <i>Jeanne</i> Itty Bitty BB-\$\$ 9:30-10:15 am Bitty BB-\$\$ 10:30-11:30 am</p>
17	<p>18 Silver Sneakers 9:00-9:45am <i>Holly</i> Beg Gymnastics-\$\$ 5-5:45 pm <i>Lexi</i> Core De Force 5:30-6:20 pm <i>Jen</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Stephanie</i> Men's Pick up Basketball 6:30-7:30 pm</p>	<p>19 Aerobics 9:30-10:15am <i>David</i> Jess' HIIT 3:45-4:30 pm <i>Jess</i> Beg Gymnastics-\$\$ 5-6 pm <i>Lexi</i> Adv Gymnastics-\$\$ 6:15-7:15 pm <i>Lexi</i> P90X 5:30-6:30pm <i>Jen</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Christina</i></p>	<p>20 Silver Sneakers 9:00-9:45am <i>Holly</i> Yoga 4-5pm <i>Jeanne</i> Pound 5:30-6:30pm <i>Nicki</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Stephanie</i></p>	<p>21 Aerobics 9:30-10:15am <i>David</i> Cardio Interval Training 5:30-6:30pm-<i>Jen</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Christina</i> Volleyball-\$\$ 6:45-8:45 pm</p>	<p>22 Mash-Up 9:30-10:15am <i>David</i> Chair Yoga 10:30-11:30 am <i>Jeanne</i> Zumba 5:30-6:30pm <i>Nicki</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Stephanie</i></p>	<p>23 P90X 8:00-9:00am <i>Jen</i> Yoga 9-10 am <i>Jeanne</i> Itty Bitty BB-\$\$ 9:30-10:15 am Bitty BB-\$\$ 10:30-11:30 am</p>
24	<p>25 Silver Sneakers 9:00-9:45am <i>Holly</i> Beg Gymnastics-\$\$ 5-5:45 pm <i>Lexi</i> Core De Force 5:30-6:20 pm <i>Jen</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Stephanie</i> Men's Pick up Basketball 6:30-7:30 pm</p>	<p>26 Aerobics 9:30-10:15am <i>David</i> Jess' HIIT 3:45-4:30 pm <i>Jess</i> Beg Gymnastics-\$\$ 5-6 pm <i>Lexi</i> Adv Gymnastics-\$\$ 6:15-7:15 pm <i>Lexi</i> P90X 5:30-6:30pm <i>Jen</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Christina</i></p>	<p>27 Silver Sneakers 9:00-9:45am <i>Holly</i> Yoga 4-5pm <i>Jeanne</i> Zumba 5:30-6:30pm <i>Nicki</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Stephanie</i></p>	<p>28 Aerobics 9:30-10:15am <i>David</i> Cardio Interval Training 5:30-6:30pm-<i>Jen</i> Indoor Cycling-\$\$ 5:30-6:15 pm <i>Christina</i> Volleyball-\$\$ 6:45-8:45 pm</p>		

TIOGA COUNTY BRANCH YMCA

Fitness Schedule Class Descriptions

Fitness classes are free to all YMCA members.

Aerobics	P90X®
This is a light-to-moderate class that works on slowly improving overall flexibility, balance, cardio, and muscular strength.	This is a group –focused total body strength and cardio class that incorporates principles from personal training and functional strength coaching. It's a great way to participate in a strong community of friendly competition, encouragement, and personal fitness breakthroughs.
Cardio Interval Training	SilverSneakers®
This class is a high intensity workout designed to get you results fast. You will use your whole body with moves made to reduce body fat and increase muscle tone. Come to the YMCA and get ready to work.	SilverSneakers® is a low-impact class that helps to improve muscle strength, balance, coordination and agility. Classes are taught by our certified instructors and chairs are provided for support, stretching and relaxation exercises.
Chair Yoga	Pound®
This is a gentle form of yoga that is practiced sitting on a chair and standing using a chair for support. The postures deepen flexibility, improve strength, balance, circulation, and mental clarity. The breath assists in reducing anxiety. This class is for everyone!	The World's first cardio/jam session inspired by the infectious energizing and sweat –dripping fun of playing the drums. This class includes some jumping and floor-work. The class is 45 minutes with 15 minutes of technique instruction at the beginning.
Core De Force	Yoga
These workouts are broken into 3 minute rounds just like a real boxing match. For 3 minutes, you will attack Boxing, Kickboxing, and Muay Thai combinations. There will be bodyweight moves and a fat-blasting cardio spike in every round. You won't just burn calories, you'll blast fat off your core.	Adult Kripalu Yoga All Levels – This class is for beginners and those already familiar with yoga. This adult class will teach you simple, basic poses, mindful breathing, how to improve your balance and relaxation in a safe and structured way.
Jess' HIIT Class	ZUMBA®
This class is a high interval training technique class in which you give an all-out one hundred percent effort through quick, intense bursts of exercise followed by short, sometimes active recovery periods. This type of training gets and keeps your heart rate up and it burns more fat in less time.	Dance your way to a fitter you with this exciting class that incorporates unique Latin moves and rhythms.
Mash-Up	
This class is a fun and exciting way to work out using a mash-up of several styles including cardio. The class will help you work on improving your balance, flexibility and strength.	
All classes are subject to change.	
All participants must be 10 and older. All participants 10-12 years of age must be accompanied by an adult. All fitness levels are welcome in every class. Please Inform the instructor if it is your first time participating.	