

# TIOGA COUNTY BRANCH YMCA JUNE 2022 PROGRAMSCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Child Watch/Youth Movement Hours:</b></p> <p><b>M:</b> 9-11am, 5:30-7:30pm  <b>Tu:</b> 9-11am, 5:30-7:30pm  <b>W:</b> 9-11am, 5:30-7:30pm  <b>Th:</b> 9-11am, 5:30-7:30pm  <b>F:</b> 9-11am  <b>Sa:</b> 8-10am</p>	<p><b>Open Gym:</b></p> <p>Unavailable during pickle ball, summer camp activities, child watch, fitness classes and birthday parties</p>	<p><b>1</b></p> <p><b>Silver Sneakers</b> 9:30-10:15 am <i>David</i></p> <p><b>Pickleball</b> 10:30am-12:30pm</p> <p><b>P90X</b> 5:30-6:30pm <i>Jen</i></p>	<p><b>2</b></p> <p><b>Aerobics</b> 9:30-10:15am <i>David</i></p> <p><b>Circuit Training</b> 5:30-6:15 pm <i>Jane</i></p>	<p><b>3</b></p> <p><b>Mash-Up</b> 9:30-10:15am <i>David</i></p> <p><b>Pickleball</b> 11am-1pm</p>	<p><b>4</b></p> <p><b>P90X</b> 8:00-9:00am <i>Jen</i></p>
5	<p><b>6</b></p> <p><b>Silver Sneakers</b> 9:30-10:15 am <i>David</i></p> <p><b>Mix it Up</b> 5:30-6:30pm <i>Jen</i></p>	<p><b>7</b></p> <p><b>Aerobics</b> 9:30-10:15am <i>David</i></p> <p><b>Core De Force</b> 4:30-5:30 pm <i>Jane</i></p> <p><b>Zumba</b> 5:30-6:30pm <i>Nicki</i></p> <p><b>SACC PARTY</b> <b>3-5:30</b></p>	<p><b>8</b></p> <p><b>Silver Sneakers</b> 9:30-10:15 am <i>David</i></p> <p><b>Pickleball</b> 10:30am-12:30pm</p> <p><b>P90X</b> 5:30-6:30pm <i>Jen</i></p>	<p><b>9</b></p> <p><b>Aerobics</b> 9:30-10:15am <i>David</i></p> <p><b>Circuit Training</b> 5:30-6:15 pm <i>Jane</i></p>	<p><b>10</b></p> <p><b>Mash-Up</b> 9:30-10:15am <i>David</i></p> <p><b>Pickleball</b> 11am-1pm</p>	<p><b>11</b></p> <p><b>P90X</b> 8:00-9:00am <i>Jen</i></p> <p><b>Summer Day Camp Parent Info Session 12-2</b></p>
12	<p><b>13</b></p> <p><b>Silver Sneakers</b> 9:30-10:15 am <i>David</i></p> <p><b>Mix it up</b> 5:30-6:30pm <i>Jen</i></p>	<p><b>14</b></p> <p><b>Aerobics</b> 9:30-10:15am <i>David</i></p> <p><b>Core De Force</b> 4:30-5:30 pm <i>Jane</i></p>	<p><b>15</b></p> <p><b>Silver Sneakers</b> 9:30-10:15 am <i>David</i></p> <p><b>Pickleball</b> 10:30am-12:30pm</p> <p><b>P90X</b> 5:30-6:30pm <i>Jen</i></p>	<p><b>16</b></p> <p><b>Aerobics</b> 9:30-10:15am <i>David</i></p> <p><b>Circuit Training</b> 5:30-6:15 pm <i>Jane</i></p>	<p><b>17</b></p> <p><b>Strength/Cardio Combo</b> 8am-9am <i>Jen</i></p> <p><b>Mash-Up</b> 9:30-10:15am <i>David</i></p> <p><b>Pickleball</b> 11am-1pm</p>	<p><b>18</b></p> <p><b>P90X</b> 8:00-9:00am <i>Jen</i></p>
19	<p><b>20</b></p> <p><b>Silver Sneakers</b> 9:30-10:15 am <i>David</i></p> <p><b>Mix it up</b> 5:30-6:30pm <i>Jen</i></p>	<p><b>21</b></p> <p><b>Aerobics</b> 9:30-10:15am <i>David</i></p> <p><b>Core De Force</b> 4:30-5:30 pm <i>Jane</i></p> <p><b>Zumba</b> 5:30-6:30pm <i>Nicki</i></p>	<p><b>22</b></p> <p><b>Silver Sneakers</b> 9:30-10:15 am <i>David</i></p> <p><b>Pickleball</b> 10:30am-12:30pm</p> <p><b>P90X</b> 5:30-6:30pm <i>Jen</i></p>	<p><b>23</b></p> <p><b>Aerobics</b> 9:30-10:15am <i>David</i></p> <p><b>Circuit Training</b> 5:30-6:15 pm <i>Jane</i></p> <p><b>Zumba</b> 5:30-6:30pm <i>Nicki</i></p> <p><b>Summer Day Camp Car Wash 1:30-2:30p</b></p>	<p><b>24</b></p> <p><b>Strength/Cardio Combo</b> 8am-9am <i>Jen</i></p> <p><b>Mash-Up</b> 9:30-10:15am <i>David</i></p> <p><b>Pickleball</b> 11am-1pm</p>	<p><b>25</b></p> <p><b>P90X</b> 8:00-9:00am <i>Jen</i></p>
26	<p><b>27</b></p> <p><b>Silver Sneakers</b> 9:30-10:15 am <i>David</i></p> <p><b>Mix it up</b> 5:30-6:30pm <i>Jen</i></p> <p><b>First Responders Luncheon 11a-1p</b></p>	<p><b>28</b></p> <p><b>Aerobics</b> 9:30-10:15am <i>David</i></p> <p><b>Core De Force</b> 4:30-5:30 pm <i>Jane</i></p> <p><b>Zumba</b> 5:30-6:30pm <i>Nicki</i></p>	<p><b>28</b></p> <p><b>Silver Sneakers</b> 9:30-10:15 am <i>David</i></p> <p><b>Pickleball</b> 10:30am-12:30pm</p> <p><b>P90X</b> 5:30-6:30pm <i>Jen</i></p>	<p><b>30</b></p> <p><b>Aerobics</b> 9:30-10:15am <i>David</i></p> <p><b>Circuit Training</b> 5:30-6:15 pm <i>Jane</i></p> <p><b>Zumba</b> 5:30-6:30pm <i>Nicki</i></p>		<p><b>Summer Day Camp will run from June 13<sup>th</sup> until August 19<sup>th</sup></b></p>

# TIOGA COUNTY BRANCH YMCA

## Fitness Schedule Class Descriptions

Fitness classes are free to all YMCA members.

<b>Aerobics</b>	<b>Mash-Up</b>
This is a light-to-moderate class that works on slowly improving overall flexibility, balance, cardio, and muscular strength.	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.
<b>Agility</b>	<b>P90X®</b>
This class uses fast footwork and dynamic total body movements to improve speed, enhance coordination, burn fat, and torch calories.	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 strong community, friendly competition, encouragement, and personal fitness breakthroughs.
<b>Circuit Training</b>	<b>SilverSneakers®</b>
This class targets strength building and muscular endurance with resistance building and muscular endurance with resistance training, high-intensity aerobics and exercises performed in a circuit.	SilverSneakers® is a low-impact class that helps to improve muscle strength, balance, agility, and Coordination. Classes are taught by our certified instructors and chairs are provided for support, stretching and relaxation exercises.
<b>Core De Force</b>	<b>ZUMBA®</b>
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.	Dance your way to a fitter you with this exciting class that incorporates unique Latin moves and rhythms.
<b>Mix it up Monday</b>	Unavailable during
A fun way to change up your Monday workout routine. Mix it up Monday is an Instructors choice workout. Will Jen choose Agility, Circuit training, Core De Force or Insanity?	pickle ball, summer camp activities, child watch, fitness classes and birthday parties

**All classes are subject to change**

All participants must be 10 and older. All participants 10-12 years must be accompanied by an adult. All fitness levels are welcome in every class. Please Inform the instructor if it is your first-time attending class.