

# TIOGA COUNTY BRANCH YMCA AUGUST 2019 PROGRAM SCHEDULE

Sun-day Closed	Monday 6am-8pm	Tuesday 6am-8pm	Wednesday 6am-8pm	Thursday 6am-8pm	Friday 6am-8pm	Saturday 8am-3pm
	<b>Child Watch/Youth Movement Hours:</b>  <b>M:</b> 9-11am; 5:30-7:30pm <b>T:</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; 5:30-7:30pm <b>S:</b> 8:00-10:00am	<b>Soccer Registration Now Open!!!</b>	<b>Open Gym</b>  <i>Unavailable during summer camp, programs, fitness classes, child watch, gymnastics, youth movement, and birthday parties</i>	<b>1</b>  <b>Aerobics</b> 9:30-10:15am David  <b>P90X</b> 5:30-6:30pm Jen	<b>2</b>  <b>Mash-Up</b> 9:30-10:15am David  <b>Zumba</b> 5:30-6:30pm Nicki  <span style="background-color: yellow;">No PM Child Watch</span>	<b>3</b>  <b>P90X</b> 8:00-9:00am Jen  <b>Yoga</b> 9-10 am Jeanne  <b>1/2 gym closed 12-3</b>
<b>4 Closed</b>	<b>5</b> <b>Silver Sneakers</b> 9:00-9:45am Holly <b>Chair Yoga</b> 10:00-10:45am Jeanne <b>(No open gym)</b> <b>Cardio Interval Training</b> 5:30-6:20 pm Jen <b>Pick Up Basketball</b> 6:30-8:00 pm <span style="background-color: yellow;">No Child Watch</span>	<b>6</b>  <b>Aerobics</b> 9:30-10:15am David  <b>P90X</b> 5:30-6:30pm Jen	<b>7</b>  <b>Silver Sneakers</b> 9:00-9:45am Holly	<b>8</b>  <b>Aerobics</b> 9:30-10:15am David  <b>P90X</b> 5:30-6:30pm Jen	<b>9</b>  <b>Mash-Up</b> 9:30-10:15am David  <b>Pound</b> 5:30-6:30pm Nicki	<b>10</b>  <b>P90X</b> 8:00-9:00am Jen  <b>Yoga</b> 9-10 am Jeanne  <b>1/2 gym closed 12-3</b>
<b>11 Closed</b>	<b>12</b> <b>Silver Sneakers</b> 9:00-9:45am Holly <b>Chair Yoga</b> 10:00-10:45am Jeanne <b>(No open gym)</b> <b>Cardio Interval Training</b> 5:30-6:20 pm Jen <b>Pick Up Basketball</b> 6:30-8:00 pm	<b>13</b>  <b>Aerobics</b> 9:30-10:15am David  <b>P90X</b> 5:30-6:30pm Jen	<b>14</b>  <b>Silver Sneakers</b> 9:00-9:45am Holly  <b>Zumba</b> 5:30-6:30pm Nicki	<b>15</b>  <b>Aerobics</b> 9:30-10:15am David  <b>P90X</b> 5:30-6:30pm Jen	<b>16</b>  <b>Mash-Up</b> 9:30-10:15am David	<b>17</b>  <b>P90X</b> 8:00-9:00am Jen  <b>Yoga</b> 9-10 am Jeanne  <b>1/2 gym closed 12-3</b>
<b>18 Closed</b>	<b>19</b> <b>Silver Sneakers</b> 9:00-9:45am Holly <b>Chair Yoga</b> 10:00-10:45am Jeanne <b>(No open gym)</b> <b>Cardio Interval Training</b> 5:30-6:20 pm Jen <b>Pick Up Basketball</b> 6:30-8:00 pm	<b>20</b>  <b>Aerobics</b> 9:30-10:15am David  <b>P90X</b> 5:30-6:30pm Jen	<b>21</b>  <b>Silver Sneakers</b> 9:00-9:45am Holly  <b>Pound</b> 5:30-6:30pm Nicki	<b>22</b>  <b>Aerobics</b> 9:30-10:15am David  <b>P90X</b> 5:30-6:30pm Jen  <span style="background-color: yellow;">No PM Child Watch</span>	<b>23</b>  <b>Mash-Up</b> 9:30-10:15am David  <b>Zumba</b> 5:30-6:30pm Nicki	<b>24</b>  <b>P90X</b> 8:00-9:00am Jen  <b>Yoga</b> 9-10 am Jeanne  <span style="background-color: yellow;">No Child Watch</span>
<b>25 Closed</b>	<b>26</b> <b>Silver Sneakers</b> 9:00-9:45am Holly <b>Chair Yoga</b> 10:00-10:45am Jeanne <b>(No open gym)</b> <b>Cardio Interval Training</b> 5:30-6:20 pm Jen <b>Pick Up Basketball</b> 6:30-8:00 pm	<b>27</b>  <b>Aerobics</b> 9:30-10:15am David  <b>P90X</b> 5:30-6:30pm Jen	<b>28</b>  <b>Silver Sneakers</b> 9:00-9:45am Holly  <b>Zumba</b> 5:30-6:30pm Nicki	<b>29</b>  <b>Aerobics</b> 9:30-10:15am David  <b>P90X</b> 5:30-6:30pm Jen	<b>30</b>  <b>Mash-Up</b> 9:30-10:15am David  <b>Pound</b> 5:30-6:30pm Nicki	<b>31</b>  <b>P90X</b> 8:00-9:00am Jen  <b>Yoga</b> 9-10 am Jeanne  <b>1/2 gym closed 12-3</b>

# TIOGA COUNTY BRANCH YMCA

## Fitness Schedule Class Descriptions

Fitness classes are free to all YMCA members.

<b>Aerobics</b>	<b>P90X®</b>
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 strong community, friendly competition, encouragement, and personal fitness breakthroughs.
<b>Cardio Interval Training</b>	<b>. Pound®</b>
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.	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.
<b>Chair Yoga</b>	<b>SilverSneakers®</b>
Students perform postures and breathing exercises with the aid of a chair. Students can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.	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>Mash-Up</b>	<b>Yoga</b>
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.	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.

**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.