



# TIOGA COUNTY BRANCH YMCA OCTOBER 2019 PROGRAM SCHEDULE

Sunday 10am-2pm	Monday 6am-9pm	Tuesday 6am-9pm	Wednesday 6am-9pm	Thursday 6am-9pm	Friday 6am-8pm	Saturday 8am-4pm
	<b>THERE WILL BE NO EVENING CLASS OR CHILD WATCH ON OCTOBER 31<sup>ST</sup>!!!</b> 	<b>1</b> <b>Aerobics</b> 9:30-10:15am <i>David</i>  <b>Yoga</b> 4:10-5:10 pm <i>Jeanne</i> <b>Gymnastics-\$\$</b> 5:00-5:45pm pm <i>Lexi</i>  <b>P90X</b> 5:30-6:30pm <i>Jen</i> <b>Indoor Cycling</b> 5:45-6:30pm <i>Stephanie</i>	<b>2</b> <b>Silver Sneakers</b> 9:00-9:45am <i>Holly</i>  <b>Pickleball</b> 10:30 am-12:30 pm  <b>Pound</b> 5:30-6:30pm <i>Nicki</i> <b>Indoor Cycling</b> 5:45-6:30pm <i>Christina</i> <b>Volleyball-\$\$</b> 6:45-9:00pm	<b>3</b> <b>Aerobics</b> 9:30-10:15am <i>David</i>  <b>P90X</b> 5:30-6:30pm <i>Jen</i>  <b>Indoor Cycling</b> 5:45-6:30pm <i>Stephanie</i>  <b>Volleyball-\$\$</b> 6:45-9:00pm	<b>4</b> <b>Mash-Up</b> 9:30-10:15am <i>David</i>  <b>Pickleball</b> 10:30 am-12:30 pm  <b>Zumba</b> 5:30-6:30pm <i>Nicki</i>  <b>Indoor Cycling</b> 5:45-6:30pm <i>Stephanie</i>	<b>5</b> <b>P90X</b> 8:00-9:00am <i>Jen</i>  <b>Yoga</b> 9-10 am <i>Jeanne</i>  1/2 gym closed 12-4
1/2 gym closed 12-2	<b>7</b> <b>Silver Sneakers</b> 9:00-9:45am <i>Holly</i> <b>Chair Yoga</b> 10:00-10:45am <i>Jeanne</i> <b>(No open gym)</b> <b>Gymnastics-\$\$</b> 5:00-5:45pm pm <i>Lexi</i> 6:15-7:15pm <i>Lexi</i> <b>Core De Force</b> 5:30-6:20 pm <i>Jen</i> <b>Indoor Cycling</b> 5:45-6:30pm <i>Christina</i> <b>Pick Up Basketball</b> 6:30pm-8pm	<b>8</b> <b>Aerobics</b> 9:30-10:15am <i>David</i>  <b>Yoga</b> 4:10-5:10 pm <i>Jeanne</i>  <b>Gymnastics-\$\$</b> 5:00-5:45pm pm <i>Lexi</i>  <b>P90X</b> 5:30-6:30pm <i>Jen</i> <b>Indoor Cycling</b> 5:45-6:30pm <i>Stephanie</i>	<b>9</b> <b>Silver Sneakers</b> 9:00-9:45am <i>Holly</i>  <b>Pickleball</b> 10:30 am-12:30 pm  <b>Zumba</b> 5:30-6:30pm <i>Nicki</i>  <b>Indoor Cycling</b> 5:45-6:30pm <i>Christina</i>  <b>Volleyball-\$\$</b> 6:45-9:00pm	<b>10</b> <b>Aerobics</b> 9:30-10:15am <i>David</i>  <b>P90X</b> 5:30-6:30pm <i>Jen</i>  <b>Indoor Cycling</b> 5:45-6:30pm <i>Stephanie</i>  <b>Volleyball-\$\$</b> 6:45-9:00pm	<b>11</b> <b>Mash-Up</b> 9:30-10:15am <i>David</i>  <b>Pickleball</b> 10:30 am-12:30 pm  <b>Indoor Cycling</b> 5:45-6:30pm <i>Stephanie</i>	<b>12</b> <b>P90X</b> 8:00-9:00am <i>Jen</i>  <b>Yoga</b> 9-10 am <i>Jeanne</i>  1/2 gym closed 12-4
1/2 gym closed 12-2	<b>14</b> <b>Silver Sneakers</b> 9:00-9:45am <i>Holly</i> <b>Chair Yoga</b> 10:00-10:45am <i>Jeanne</i> <b>(No open gym)</b> <b>Gymnastics-\$\$</b> 5:00-5:45pm pm <i>Lexi</i> 6:15-7:15pm <i>Lexi</i> <b>Indoor Cycling</b> 5:45-6:30pm <i>Christina</i> <b>Core De Force</b> 5:30-6:20 pm <i>Jen</i> <b>Pick Up Basketball</b> 6:30pm-8pm	<b>15</b> <b>Aerobics</b> 9:30-10:15am <i>David</i>  <b>Yoga</b> 4:10-5:10 pm <i>Jeanne</i>  <b>Gymnastics-\$\$</b> 5:00-5:45pm pm <i>Lexi</i>  <b>P90X</b> 5:30-6:30pm <i>Jen</i> <b>Indoor Cycling</b> 5:45-6:30pm <i>Stephanie</i>	<b>16</b> <b>Silver Sneakers</b> 9:00-9:45am <i>Holly</i>  <b>Pickleball</b> 10:30 am-12:30 pm  <b>Pound</b> 5:30-6:30pm <i>Nicki</i>  <b>Indoor Cycling</b> 5:45-6:30pm <i>Christina</i>  <b>Volleyball-\$\$</b> 6:45-9:00pm	<b>17</b> <b>Aerobics</b> 9:30-10:15am <i>David</i>  <b>P90X</b> 5:30-6:30pm <i>Jen</i>  <b>Indoor Cycling</b> 5:45-6:30pm <i>Stephanie</i>  <b>Volleyball-\$\$</b> 6:45-9:00pm	<b>18</b> <b>Mash-Up</b> 9:30-10:15am <i>David</i>  <b>Pickleball</b> 10:30 am-12:30 pm  <b>Zumba</b> 5:30-6:30pm <i>Nicki</i>  <b>Indoor Cycling</b> 5:45-6:30pm <i>Stephanie</i>	<b>19</b> <b>P90X</b> 8:00-9:00am <i>Jen</i>  <b>Yoga</b> 9-10 am <i>Jeanne</i>  1/2 gym closed 12-4
1/2 gym closed 12-2	<b>21</b> <b>Silver Sneakers</b> 9:00-9:45am <i>David</i> <b>Chair Yoga</b> 10:00-10:45am <i>Jeanne</i> <b>(No open gym)</b> <b>Indoor Cycling</b> 5:45-6:30pm <i>Christina</i> <b>Core De Force</b> 5:30-6:20 pm <i>Jen</i> <b>Pick Up Basketball</b> 6:30pm-8pm	<b>22</b> <b>Aerobics</b> 9:30-10:15am <i>David</i>  <b>Yoga</b> 4:10-5:10 pm <i>Jeanne</i> <b>Gymnastics-\$\$</b> 5:00-5:45pm pm <i>Lexi</i>  <b>P90X</b> 5:30-6:30pm <i>Jen</i> <b>Indoor Cycling</b> 5:45-6:30pm <i>Stephanie</i>	<b>23</b> <b>Silver Sneakers</b> 9:00-9:45am <i>David</i> <b>Pickleball</b> 10:30 am-12:30 pm <b>Gymnastics-\$\$</b> 5:00-5:45pm pm <i>Lexi</i> 6:15-7:15pm <i>Lexi</i> <b>Zumba</b> 5:30-6:30pm <i>Nicki</i> <b>Indoor Cycling</b> 5:45-6:30pm <i>Christina</i>	<b>24</b> <b>Aerobics</b> 9:30-10:15am <i>David</i>  <b>P90X</b> 5:30-6:30pm <i>Jen</i>  <b>Indoor Cycling</b> 5:45-6:30pm <i>Stephanie</i>  <b>Volleyball-\$\$</b> 6:45-9:00pm	<b>25</b> <b>Mash-Up</b> 9:30-10:15am <i>David</i>  <b>Pickleball</b> 10:30 am-12:30 pm  <b>Pound</b> 5:30-6:30pm <i>Nicki</i>  <b>Indoor Cycling</b> 5:45-6:30pm <i>Stephanie</i>	<b>26</b> <b>P90X</b> 8:00-9:00am <i>Jen</i>  <b>Yoga</b> 9-10 am <i>Jeanne</i>  1/2 gym closed 12-4
1/2 gym closed 12-2	<b>28</b> <b>Silver Sneakers</b> 9:00-9:45am <i>David</i> <b>Chair Yoga</b> 10:00-10:45am <i>Jeanne</i> <b>(No open gym)</b> <b>Gymnastics-\$\$</b> 5:00-5:45pm pm <i>Lexi</i> 6:15-7:15pm <i>Lexi</i> <b>Indoor Cycling</b> 5:45-6:30pm <i>Christina</i> <b>Core De Force</b> 5:30-6:20 pm <i>Jen</i> <b>Pick Up Basketball</b> 6:30pm-8pm	<b>29</b> <b>Aerobics</b> 9:30-10:15am <i>David</i>  <b>Yoga</b> 4:10-5:10 pm <i>Jeanne</i>  <b>Gymnastics-\$\$</b> 5:00-5:45pm pm <i>Lexi</i>  <b>P90X</b> 5:30-6:30pm <i>Jen</i> <b>Indoor Cycling</b> 5:45-6:30pm <i>Stephanie</i>	<b>30</b> <b>Silver Sneakers</b> 9:00-9:45am <i>Holly</i>  <b>Pickleball</b> 10:30 am-12:30 pm  <b>Pound</b> 5:30-6:30pm <i>Nicki</i>  <b>Indoor Cycling</b> 5:30-6:30pm <i>Christina</i>  <b>Volleyball-\$\$</b> 6:45-9:00pm	<b>31</b> <b>Aerobics</b> 9:30-10:15am <i>David</i> <b>Indoor Cycling</b> 5:45-6:30pm <i>Stephanie</i>   TRUNK OR TREAT SMYTHE PARK 5-6:30 PM	<b>Child Watch/Youth Movement Hours:</b>  <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; 5:30-7:30pm <b>Sat:</b> 8:00-10:00am	<b>Open Gym</b>  Unavailable during pickle ball, pickup basketball, child watch, volleyball gymnastics, chair yoga, fitness classes, and birthday parties

# 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>Chair Yoga</b>	<b>Pound®</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.	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>Core De Force</b>	<b>SilverSneakers®</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.	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.