



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY












A CLASS FOR EVERY LIFESTYLE

FONTAINE GILLS FAMILY YMCA


GROUP EX SCHEDULE

July 2020



Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am	Court 1			Tabata		Hip Hop	
7:00 am	Court 1	Qigong		Qigong (Tia Ma)	 Chrissy	Abs Class (Mary) !/2 hour	Tabata (Mary)
8:00am	Court 1	 (Chrissy)		 (Marlo)	 (Rachel)	Freestyle Friday	 (Taylor)
	Court 2						
8:15am	Court 1		 (Marlo)				
8:30am	Court 1						
	Classroom						
9:00am	Court 1		 (Marlo)				
	Court 2						
9:15am	Court 1						
	Court 2						
9:30am	Court 1		 Stability		 Stability (Cindy)		
	Pool	 Splash (Chrissy)		Tabata Water (Melissa)		 Splash (Cindy)	
10:00am	Court 1						
	Court 2						
	Classroom						
10:30am	Court 1		Yoga with a Blessing			Pickleball	
	Court 2					Pickleball Singles	
	Pool						Tabata Water (Melissa)

**All classes are subject to change without notice. All classes are 45 minutes to allow cleaning between clas-

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
11:00am	Court 1					Pickleball Singles	
	Court 2						
	Classroom						
11:30am	Court 1						
	Court 2						
	Classroom						
12:00pm	Court 1						
	Court 2						
1:00pm	Court 1						
2:00pm	Court 1						
5:00pm	Court 1						
	Court 2						
5:30 pm	Court 1		 (Chrissy)	 (Taylor)			
	Court 2						
6:00pm	Court 1	Iyengar Yoga			 (Shalay) / (Nicole)		
6:30 pm	Court 1		 (Daissy)				
	Classroom						
7:00pm	Court 1	 (Vicky)			Hip Hop Yoga (Melissa)		
	Court 2						

**Please see "Additional Information" on back for events and closures.

CLASS DESCRIPTIONS

Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training— alternating fast and slow rhythms— and resistance training.

STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. The original STRONG by Zumba® class is a demanding hour-long session that works your entire body.

Zumba® Gold is a class for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

SilverSneakers Stability is the class for you if you want to improve balance and strength. Movements focus on strengthening the ankle, knee and hip joints, while improving reaction time.

Silver Sneakers Boom Move it You'll start with simple dance moves then step into more complex sequences that build both stamina and strength. If you've ever dreamed of appearing on So You Think You Can Dance, this class is for you.

Silver Sneakers Boom Muscle The focus of this class is on toning muscles and building overall strength...

Qigong (pronounced *chee-gong*) is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises. Through this practice, we awaken the three Dantians, harmonize the Central Meridian and bring the four Golden Wheels into alignment.

Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes. ... Tabata training was discovered by Japanese scientist Dr. Izumi Tabata and a team of researchers from the National Institute of Fitness and Sports in Tokyo.

SilverSneakers Splash-A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers.

POUND is a high-intensity interval workout that incorporates rhythmic movements to get the class literally pounding the floor as they sweat! POUND class is a full-body workout. While you'll have a blast during the actual class, you'll definitely feel the burn in your arms, core, and glutes afterwards.

BODYPUMP™ is the original barbell class that shapes, tones and strengthens your entire body. The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning.

Additional Information:

All members must fill out a membership waiver.

guidelines.

M-F Please use the side entrance and exit of the building.

Facility Hours:

M-F 6 am --8 pm

Members must bring their own yoga matt.

Sat. 7am –12 pm

Members must wipe down their equipment.

Pool Hours: **Lap Swim Only/Water Fitness Classes**

Members must follow social distancing and CDC

M-F 7-12 am/4-7 pm Sat. 8-12 pm

