

Studio Schedule | Jan 3 - April 30 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING CLASSES	For the cycle studio, please bring plug-in earphones (not blue-tooth) so you can hear the instructor and all the motivating cues and tunes.	7:00-8:00 AM	6:30-7:30 AM	6:15-7:15 AM	7:30-8:00 AM	8:30-9:30 AM		
		2 Qi Gong w/ Fran	2 Yoga Flow w/ Emily	C Cycling w/ Reesa	1 Strength Express w/ Sandy	C Cycling w/ Leila		
		10:00-10:50 AM					9:00-10:00 AM	
		2 Leslie Diamond Childcare (LDC)	2 LDC	2 LDC	2 LDC	2 LDC	1 Power Yoga w/ Jillian	1 Power Yoga w/ Emily
							2 Qi Gong w/ Fran	
						10:30-11:30 AM		
						1 Yoga Flow w/ Todd	1 Yoga Flow w/ Jenna	
						2 Private Booking (till 12:00 PM)		
AFTERNOON CLASSES	12:15-1:00 PM							
	1 Cardio & Strength w/ Hector	1 Muscle Sculpt w/ Josh	1 DanceFit w/ Johanna	1 TBW w/ Aleya	1 Strength Circuit w/ Hector			
	2 EDM Cycle w/ Jill	2 Retro Step & Sculpt w/ Cathie	2 Pilates Mat w/ Hector	2 Barre Fusion w/ Miriam	2 Yoga Flow w/ Lisa			
		C Ride like a Cyclist w/ Kathy	C Cycling w/ Karey	C Cycling w/ Sandy	C Retro Cycle w/ Wendi			
	1:15-2:00 PM							
1 Zumba w/ Kane	2 Pilates Mat w/ Fran	1 TBW w/ Jill	2 Yoga Flow w/ Jen	4:15-5:00 PM	3:00-4:00 PM			
2 Yoga Flow w/ Irene		2 Restorative Stretch w/ Jody		2 Energizing Stretch w/ Johanna	2 Beginner Yoga w/ Judy	2 Beginner Yoga w/ Megha		
EVENING CLASSES	5:15-6:15 PM						Book your classes on our YWCA Health + Fitness mobile app! PLEASE ARRIVE ON TIME. Please do not enter the studio until the previous class is over. Pregnant women must complete a PAR-med X for Pregnancy form. Please let your instructor know if you have any medical conditions or injuries that may affect your ability to exercise. No cell phone use during class. Studios and equipment are reserved for participants during class times. If studio is not in use, you are welcome to enter the studio and share with other members.	
	1 HIIT w/ Sandy	1 DanceFit w/ Johanna	1 Pilates Fusion w/ Johanna	1 DanceFit w/ Johanna	1 Zumba Tone w/ Alice			
	2 Yoga Flow w/ Christine	2 Core & Stretch w/ Chris	2 Cycling w/ Jeff	2 Core & Stretch w/ Chris	2 Yin & Meditation w/ Adina			
		FRC Gentle Yoga w/ Megan		C Ride like a Cyclist w/ Kathy (till 6:00 PM)				
				FRC Gentle Yoga w/ Elena				
6:30-7:30 PM						Color codes:	Class locations:	
1 Zumba w/ Maybelin	1 HIIT w/ Brano	1 EmPOWER! w/ Leila	1 HIIT w/ Brano	1 Karate w/ Hamid	Strength/Cardio Conditioning Class	Studio 1 1		
	2 Karate w/ Hamid	2 Dance Fusion w/ Marissa	2 Assets w/ Sara (till 7:15PM)		Pilates/Yoga/Stretch Class	Studio 2 2		
			Private Booking (7:30-8:30 PM)		Dance Exercise Class	Cycle Studio C		
						YWCA Fitness & Racquet Club FRC		

Studio Class Descriptions

STRENGTH/CARDIO/CONDITIONING CLASSES

Retro Cycle - Cycle to all of your favorite songs from the 70s onwards! Each song will be a drill offering a great cardio workout for everyone.

Retro Step & Sculpt - Burn countless calories on the step in this full body workout that combines aerobic intervals with muscle conditioning and is set to a retro play list from the 80s and 90s.

Ride like a Cyclist - Improve your cardio fitness and your riding ability in this HIIT cycle class focused on form and technique and taught from the perspective of a cyclist.

Strength Circuit - This full body workout utilizes body weight, dumbbells, and other equipment for challenging, motivating rep-tempo class. Intensity options offered for every exercise.

Strength Express - Build and maintain muscle in this express full body resistance training workout. Suitable for all levels.

Total Body Work (TBW) - This low impact class is designed to work all major muscles (including the heart), finishing with a solid 10+ minutes of Pilates-based abs and core work.

Pilates Mat - This class teaches a series of traditional Pilates mat exercises with progressive options for all levels. Ideal for those new to fitness, rehabilitating, and focused on form.

Power Yoga - Power yoga is a faster paced class focused on building strength, increasing heart rates, improving flexibility and encouraging a more active lifestyle.

Qi Gong - An ancient practice for less stress and more energy. This style of Qi Gong will build strength, flexibility, and resilience to stimulate health and vitality.

Restorative Stretch - This class will stretch and target your major muscle groups in a variety of different ways and in-tensity options, helping to balance joint and soft tissue flexibility.

Yin & Meditation - Yin works with the joints and fascial network holding the poses for longer durations than other yoga styles. Enjoy 45 minutes of Yin and a 15-minute meditation.

Yoga Flow - Improve your flexibility, strength and balance with a selection of yoga poses taught in a flowing sequence. Connect your breath with your movement and practice at your pace.

PILATES/YOGA/STRETCH CLASSES

DANCE EXERCISE CLASSES

Beginner Yoga - Enjoy this slower paced class with gentle transitions for each pose. Great for those new to yoga, or those wanting to go deeper into their practice by going back to the basics.

Core & Stretch - Build your core with creative exercises that challenge your strength and stability, as well as relax your spine and hips with some great yoga stretches.

Energizing Stretch - An active stretch class for your muscles and mind set. Try a variety of posture focused stretching techniques to help you move with more energy and ease.

Gentle Yoga - Held in the yoga studio at FRC, this class is for anyone who would like a slower paced, stress reducing yoga class. The yoga poses will be gentle and restorative. All levels welcome. Stairs are required for facility access.

Pilates Fusion - Lengthen and strengthen with a mix of Pilates, barre and yoga. This all-levels mat class also features balance challenges and a gentle, deep stretch.

DanceFit - Increase the fun in your fitness with this mood-boosting 360* dance fitness class. Improve your cardio, core and coordination with easy-to-follow options for every body.

Latin DanceFit - Enjoy Latin music and moves with a cardio blast at this mood-boosting 360* dance fitness class. Everyone welcome, with easy-to-follow options for every body.

Dance Fusion - A choreographed dance fitness class that incorporates Bollywood, Bolly X, K-pop, and Latin while grooving to some of the best top 40 music.

Zumba - Zumba is a fusion of Meringue, Salsa, Samba, Mamba, Cha-cha-cha, Cumbia, Flamenco, Belly dance, and Tango moves. Learn step-by-step moves every class.

Zumba Tone - Zumba Tone combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party.

Assets - A high intensity, low impact workout with lots of lunges, squats, pulses and deep core work with sprinkles of low impact cardio. Assets is set to tempo with upbeat and uplifting music.

Barre Fusion - A high intensity, low impact, total body workout using micro movements and a buffet of props. The best of Barre without the barre, you'll really feel the burn.

Cardio & Strength - Improve your cardio and build more strength with this challenging, motivating rep-tempo workout. Intensity options offered for every exercise.

Cycling - Cycle classes are a great cardio workout for everyone. Maximize your caloric expenditure while utilizing the power of your internal motivation.

EDM Cycle - Cycle to all of your favorite electronic dance music hits! Each song will be a drill, you will be moving and grooving with the beat. Everyone is welcome.

EmPOWER! - Move, sweat and celebrate what your mind and body can do with agility drills, boxing moves, cardio & strength intervals. Gain more confidence and feel your power!

HIIT - This is a high intensity interval training class. You'll burn calories, build strength and have fun. Utilizing various equipment, you'll get a full body workout.

Karate - Experience cardiovascular training, strength training, Kihon (basic techniques), Kata (forms) and Kumite (sparring). Gi's (Karate uniforms) are optional. Everyone welcome.

Muscle Sculpt - Strengthen the entire body in a multi-level fitness environment. This class is not choreographed and offers a variety of formats to keep your workouts fun and fresh.

Aquatic Schedule | Jan 3 - April 30 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES	6:30-7:30 AM YWCA Swim Level 3	6:30-7:15 AM Aqua Rise w/ Jean	6:30-7:30 AM YWCA Swim Level 3	7:15-8:00 AM Private Lesson	6:30-7:30 AM YWCA Swim Level 3	2 OR MORE SWIM LANES ARE AVAILABLE ALL DAY, EVERY DAY OF THE WEEK!	
	9:30-10:15 AM Private Lesson	7:30-8:15 AM Private Lesson					
	10:15-11:00 AM Aqualite w/ Cathie	9:15-10:00 AM Private Lesson	10:15-11:00 AM Aqualite w/ Jen		10:15-11:00 AM AquaGroove w/ Meaghen		
		11:00-11:45 AM Private Lesson			11:30-12:15 PM Private Lesson	11:00-11:45 AM Private Lesson	Private Lesson
AFTERNOON CLASSES	12:15-1:00 PM			12:15-1:00 PM		12:00-1:00 PM	
	Private Lesson	Aqua Rev-up w/ Dale		Aqua X-press w/ Dale	Deep AquaGroove w/ Meaghen	YWCA Swim Level 1	YWCA Swim Level 1
		1:30-2:15 PM Private Lesson			3:00-3:45 PM Private Lesson	Private Lesson (2 available)	Private Lesson (2 available)
						2:45-3:30 PM Private Lesson	
						3:00-3:45 PM Private Lesson	
EVENING CLASSES			4:00-4:45 PM			Color codes: Group Aquatic Fitness Class Pool hours: Mon - Fri 5:45 am - 9:15 PM, Sat & Sun 8 am - 5:15 PM Prior to class, please let your instructor know if you have any medical conditions which may affect your ability to exercise.	
			Private Lesson	Private Lesson			
	5:00-6:00 PM YWCA Swim Level 1	5:15-6:00 PM Private Lesson	5:00-6:00 PM YWCA Swim Level 1	5:15-6:00 PM Private Lesson	5:00-6:00 PM YWCA Swim Level 1		
	6:30-7:30 PM						
	YWCA Swim Level 2	YWCA Swim Combo Level 2/3	YWCA Swim Level 2	YWCA Swim Combo Level 2/3	YWCA Swim Level 2		

Book your classes, programs, and lessons on our YWCA Health + Fitness mobile app!

- Group aquatic and land fitness classes are included with your membership.

- A private swimming lesson is 45 minutes.
Member \$55/Non-member \$63.50

- YWCA Swim programs are sessions of a set number of classes.

7 classes: Member \$147 | Non-member \$206.50

8 classes: Member \$168 | Non-member \$236

AquaGroove - Everyone welcome! Each class is choreographed to the beat of an exciting and innovative playlist. Elongate your muscles and strengthen your whole body while “grooving” to the beat of your favorite hits! Deep AquaGroove requires a float belt or people can take part in the shallow end if they prefer.

AquaLite - Designed to improve mobility, strength and general fitness with low impact. Recommended for those who have joint pain, restricted mobility or are recovering from an injury.

Aqua Rev-up - A mid-day 45-minute of high intensity cardio and strength workout that will increase your energy levels for the rest of the day.

Aqua Rise - This 45-minute class uses water resistance and body weight in a low impact setting. While focusing on core stability and cardiovascular movements this high energy class is designed to challenge and motivate you. A great way to start the day!

Aqua Xpress - A 30 minute high energy class that uses water resistance and body weight to challenge your cardiovascular system and muscle strength. Optional 15 minute core and stretch workout at the end.

Power Hour - A 60-minute high energy class that uses water resistance and body weight to challenge your cardiovascular system and muscle strength. Deep and shallow options are incorporated. Everyone welcome.

Find your **ENERGY**

Find your **FITNESS**

Find your **BALANCE**

Find yourself **HERE**