



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS CLASS SCHEDULE

January 4 - February 28, 2021
Norwich Family YMCA

All classes will be located on Court 3, please enter and exit through the front the YMCA. To register for a class norwichfamilyymca9622.setmore.com or call 336-9622. Must be a member to register.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:30 AM Turbo Kick w/Steph	9:00-10:00 AM Fit for Life w/Angela	9:30-10:30 AM PiYo w/Steph	9:00-10:00 AM Fit for Life w/Angela	
	10:30-11:30 AM Golden Qi Ball (Qigong) w/Josh			
12:10-1:00 PM TRX Training w/Shan	12:10-1:00 PM Rock Hard Abs w/Shan	12:10-1:00 PM Total TRX w/Shan	12:10-1:10 PM Spinning Endurance w/Shan	12:10-1:00 PM Fire & Water Qigong w/Josh
4:30-5:30 PM Swinging It Up With Kettles w/Carrie	4:30-5:30 PM Bands & Balls (Fitness Toys to Tone) w/Carrie	4:30-5:30 PM Stepping Intervals w/Mary	4:30-5:30 PM Butts & Guts + (recovery stretching) w/Mary	5:00 - 6:30 PM Friday Night Circuit Fun (TRX Included) w/Shan
5:30-6:45 PM Strength Worx w/Shan or Andre	5:30-6:30 PM Spin Party w/Shan	5:30-6:45 PM Upper Body Blast w/Shan	5:30-6:30 PM TRX Strength & Cardio Circuits w/Kim	

NORWICH FAMILY YMCA
68-70 N. Broad Street
Norwich, NY 13815
607-336-9622
www.norwichymca.com

Description of classes on back



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CLASS DESCRIPTIONS

Bands & Balls - Is a fun way to get tight and toned using resistance bands and yoga balls. The instructor will challenge participants with dozens of creative exercises sure to entertain and get real results!

Butts & Guts - As its' title says, this class targets participants' glutes and abs with a series of strength, toning and defining exercises. The instructor will use all the tools of fitness to shape those areas we most want chiseled!

Fit for Life - As the name suggests, fitness should be for everyone from beginners to seniors. There will be segments of aerobic exercise, resistance work and stretching to help participants improve cardio health, strength, range of motion and balance. All exercises can be adjusted to participants abilities. This is a fun and energetic class to keep participants fit for life!

Friday Night Circuit Fun - This class is made up of 4 to 5 stations in a circuit. Stations may include benches, BOSUs, spinning bikes, jump ropes, TRX straps, kettlebells, barbells, jump ropes, Bulgarian or core bags, etc. to create as much variety as possible. The class combines strength and cardio moves to maximize your calorie burn! The intervals can be shorter or longer, and the variety can be anything the Instructor wants to do! Participants can't get bored in this class and be sure that it will be a different collection of exercises every class.

PiYo - This class brings the physical and mental benefits of yoga into the gym group exercise room, with the added bonus of a major caloric burn. Using only your body weight, you'll perform a series of high-intensity, low-impact moves that will work every single muscle for a long, lean, and incredibly defined physique.

Qigong - Qigong essentially means "energy work", and is an ancient Chinese healthcare system to promote balance, longevity, and vitality of mind, body and spirit. It consists of a series of rhythmic, flowing physical movements, breathing techniques, and focused intention to help create inner peace, and strengthen the body. This class is low-impact and senior-friendly. **Golden Qi Ball** is specifically to help older adults improve balance, range of motion and correct posture. **Fire & Water Qigong** is meant to be more fiery and dynamic to build strength, range of motion and joint health.

Rock Hard Abs- Is 50 minutes of creative core work! Instructor may incorporate TRX straps, BOSUs, balls, kettlebells and basic floor exercises to develop strength and definition right where you want it most!

Spin Party & Spinning Endurance - Are high intensity cycling workouts that takes place on a stationary bike with a weighted flywheel that is linked to the pedals. Most classes use short sharp bursts of sprints and hill efforts interspersed with active recovery and longer intervals to test strength and endurance. These classes will definitely help to push your lactic acid threshold, annihilate fat, burn calories and build muscles.

Stepping Intervals- This is a traditional step class that is choreographed to high energy music with intervals of strength and core work. Creative and dynamic sequences will keep participants entertained and challenged! This class can be modified to meet everyone's comfort level.

Strength Worx & Upper Body Blast - Are classes focused primarily on increasing upper body and core strength. The instructor will use resistance bands and a range of dumbbells, barbells, and kettlebells to challenge participants to improve their overall strength, performance and definition! These classes are meant to help participants balance their upper body strength with their cardio and lower body workouts.

Swinging It Up With Kettles - Kettlebells are cast iron weights of varying sizes shaped like a ball with a handle for easy gripping. Kettlebells are great for many full body strength moves as well as many dynamic cardio moves. Come try this calorie torching, yet fun, workout!

TRX Training, Total TRX, and TRX Strength & Cardio Circuits - This type of training utilizes specialized straps that hang from an S frame. Participants use suspension training to perform hundreds of body weight exercises that develop outstanding functional strength, balance, and core stability. Due to the fact that TRX leverages gravity and the user's body weight to complete the exercises, participants can alter the difficulty simply by adjusting their angle.

Turbo Kick - Is a specific type of class that combines traditional cardio kickboxing combos with edgy dance moves, as well as body-sculpting HIIT moves choreographed to the hottest music mixes. You will get lean, toned, and feel unstoppable in the class that's high-energy and totally addicting!