

August – Windward YMCA Group Exercise Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| 6:15-7:00am Sunrise Stretch Carla IPI + LS | | 6:15-7:00am Sunrise Stretch Carla IPI + LS | | |
| 7:00-8:00am Hi-Lo Impact Aerobics Sue IPI + LS | 8:15 to 9:15am MOSSA Strength Terri IPI+ LS | 7:00-8:00am Hi-Lo Impact Aerobics Sue IPI + LS | 8:15 to 9:15am MOSSA: Defend Melissa IPI+ LS | 8:00 to 8:55am Ai Chi Summer IPO |
| 8:15 to 9:15am MOSSA Strength Amber IPI+ LS | 9:00 to 9:55am Rudimentary Water Movement Chris/Marti IPO | 8:15 to 9:20am Yoga Flow Sarah C IPI + LS | 9:00 to 9:55am Rudimentary Water Movement Chris/Marti IPO | 8:15 to 9:15am Step & Sculpt Terri IPI+ LS |
| 9:00 to 9:55am Water In Motion Betty IPO | 9:30 to 10:30am Zumba Kaipo IPI+ LS | 9:00 to 9:55am Aqua Zumba Kaipo IPO | 9:30 to 10:30am Total Body Conditioning Amber IPI+ LS | 9:00 to 9:55am Aqua Zumba Jen K IPO |
| 9:30 to 10:15am Cardio Weights/Core Terri IPI+ LS | 10:45 to 11:30am Chair Fitness Kaipo IPI+ LS | 9:30 to 10:30am Zumba Terumi IPI+ LS | 10:45 to 11:30am Chair Fitness Dee IPI+ LS | 9:30 to 10:30am MOSSA: Strength Amber IPI+ LS |
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| 10:45 to 11:45am Vinyasa Yoga Jacqueline IPI + LS | | 10:45 to 12pm Gentle Yoga Bernadette LS | 11:45 to 12:45pm Yoga Flow Amber IPI+ LS | 10:45 to 12pm Yoga Flow Bernadette LS |
| 12:00 to 12:45pm Chair Yoga Jacqueline IPI + LS | 2:00 to 2:30pm Kickboxing 101 Chanel IPI *Beginning 08/09 | 12:15 to 1:15pm Tai Chi Ramona/Phyllis IPI | | 10:45 to 11:30am Chair Fitness Melissa IPI |
| | | | | Saturday |
| 1:00pm to 2:00pm Tai Chi Ramona/Phyllis IPI | 4:00 to 5:00pm Pound Martina IPI+ LS * 08/08 Last Class | 1:30 to 2:30pm Parkinson's Class Mary Lou IPI+ LS | 4:30 to 5:30pm Zumba Toning Gayla IPI+ LS | 8:15 to 9:15am Zumba Michelle H IPI+ LS |
| 5:30p to 6:15p Bosu Michelle S. IPI * Beginning 08/08 | 5:00 to 5:55pm Aqua Zumba Gayla IPO | 4:00 to 5pm MOSSA: Strength Amber IPI + LS | 5:00 to 5:55pm H2O Fit Irene IPO | 9:30 to 10:20m The Drill Terry IPI + LS |
| 5:45 to 7:00pm Vinyasa Yoga Bernadette LS | 5:30 to 6:15pm The Drill Melissa IPI+ LS | | | 2:00pm to 2:55pm Water in Motion Betty |
| Participants must Register with MotionVibe and check in with the Welcome Center at least 10 minutes prior to class start time. |  | |  | |



Class Descriptions

Instructors will give modifications when possible. Please note that class formats, instructors or classes day/time may change at any time and without notice.

Ai Chi: A relaxation program performed in the pool using a combination of deep breathing and slow, broad movements of the arms, legs and torso aiding to decrease stress.

Hi-Lo Impact Aerobics: A cardio interval routine, done without a step, that incorporates a variety of low impact moves to get your heartrate up.

Kickboxing 101: Learn kickboxing/boxing basics & self defense while heart health conditioning.

MOSSA: Defend Together: Kick, punch & jab your way through this one hour martial arts inspired class. Fast paced music and moves help you push your cardio limits!

MOSSA: Strength Train: Using a bar, plates & a step, you'll get a full body strength workout set to motivating music.

Chair Fitness (Silver & Fit): A seated fitness class (with an option to stand if you prefer) that includes cardio intervals and strength training for upper & lower body, as well as core.

Sunrise Stretch: Start your day off with a wonderful stretch, working through each muscle group.

The Drill: Short bursts of high intensity cardio mixed with total-body, strength training in a "boot camp style" format

Total Body Conditioning: Using hand weights and body weight, you'll get a full body strength class that incorporates some cardio intervals.

Basic Yoga: New to yoga? This class is perfect for beginners or anyone needing a good stretch.

Gentle Yoga: A basic, beginners yoga class that allows you to move your body through foundational yoga poses in a comfortable way, without strain.

Yoga Flow: Similar to Vinyasa, but at a slightly slower pace. Strength-based. Multiple options given to accommodate many levels.

Vinyasa Yoga : A moderately-paced class that links flowing movement with breath. Poses are sequenced to stretch and strengthen the body. Modifications/options for all levels.

Zumba: Cardio-fusion dance class combining Latin dance music & movements into a calorie-burning exercise.

Zumba Toning: Fitness moves & dance grooves come together in this entertaining, 60 minute cardio and strength class.

IPI: In Person Indoors

IPO: In Person Outdoors

LS: Live Stream



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