

SPRING INTO ACTION!

FREE family and fitness classes offered April 20-June 7: a “virtual” Spring2 session

Just because we aren't in the same room doesn't mean we can't be here for each other, together. Register for these free, live classes online at www.annarborymca.org. See next page for class descriptions and if any equipment is needed.

Mondays

9-9:30 am, Core Essentials, Sarah B
9:45-10:45 am, All Around Fitness, Sara F
12:15-1 pm Power Lunch, Janet
4:30-5:15 pm, Int. Mat Pilates, Kristin
5:30-6:30 pm, Cardio Karate, Morris
6:45-7:45 pm, Cleansing Yoga Detox, Lewis

Tuesdays

6:30-7:30 am, Total Body HIIT, Mahya
9:30-10:30 am, Yoga Blend, Mai
12:15- 1 pm, Build with Bodyweight, Ryan
1:15-2 pm, Zumba Gold, Karen
4-5 pm, Anusara Yoga, Natasha
5:15-6 pm, Chair Yoga, Chelsea
6:15-7:15 pm, Body Core, Lena



Wednesdays

8:30-9:15 am Masters Dry Land, Michael
9:45-10:45 am, Enhance Fitness, Sara F
11 am-noon, Zumba, Carol
12:15-1 pm, Total Body Conditioning & Stretching, Amy K
1:30-2:30 pm, LIVESTRONG, Michel & Jan M
3:30-4:15 pm Yoga for Youth, Chelsea
5:15-6 pm, Beginner Yoga, Chelsea
6:15-7:15 pm, Crossfire, Tony

Thursdays

8:45-9:45 am, NIA, Megan
10-11 am, Pilates - all levels, Sara S
12:15- 1 pm, Cycling Express, Janet
4:15-5:15 pm Zumba, Kyandé
5:30-6:15 pm, Yoga for Athletes, Robin
6:30-7:30 pm, Yoga Fusion, Matt

Fridays

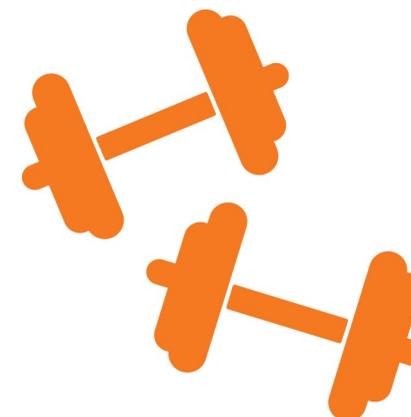
7:30-8:30 am, Yin Yoga, Amy U
9-10 am, Mindful Vinyasa Yoga, Amy U
12:15-1:15, Strength and Core Circuits, Chad
1:30-2:30 pm, PFP - Stretch & Strengthen, Sarah B
5:15-6:15 pm, NIA, Megan
6:45-7:45 pm, Zumba, Jing

Saturdays

8:30-9:30 am, Cycling, Ryan
10-11 am, Body Core, Lena
11:15 am-12:15 pm, Iyengar Yoga Level 1-2, Lynlee
1-2 pm, Workouts for Modern Fencing, David

Sundays

9:30-10:30 am, Intermediate Vinyasa Yoga, Amy M.



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All Around Fitness: A low-impact, moderately paced aerobic, strength and flexibility class. **Equipment:** Light weights, resistance band

Anusara Yoga: Focus on breathing, principles of body alignment, heart opening postures, meditation and relaxation. Beginners are welcome! **Equipment:** mat

Beginner Yoga: An introduction to seated and standing yoga poses including gentle inversions and twists and some balancing postures. **Equipment:** Optional mat, block (or books), towel and strap

Body Core: This is a fast paced class that includes high intensity interval training (HIIT), cardio, weights and core work. **Equipment:** hand weights

Build with Bodyweight: Use light weights or household items combined with bodyweight to promote greater strength and overall fitness. **Equipment:** light weights or household items

Cardio Karate: A class that emphasizes martial arts moves in a vigorous choreographed workout. **Equipment:** none

Chair Yoga: A gentle form of seated yoga practice or standing using a chair for support. The practice adapts traditional yoga poses so they are more accessible for people who cannot stand for long periods. **Equipment:** mat and chair

Cleansing Yoga Detox: Blends techniques of Vinyasa, Yin, and Hatha, alternating between holding and flowing through postures. **Equipment:** mat

Core Essentials: Improve your posture and strengthen the core. **Equipment:** none

Crossfire: This advanced exercise class is extremely rigorous, and not appropriate for beginning exercisers or those with injuries. Each class is a unique combination of timed intervals, maximum sustained effort, and competition sets. **Equipment:** Dumbbells and Kettlebells optional.

Cycling/Cycling Express: An invigorating, low-impact workout in which intensity can be individualized. **Equipment:** stationary bike

Enhance Fitness: A safe, effective and fun fitness program for older adults **Equipment:** chair, water bottles or soup cans

Intermediate Mat Pilates: Engage core, improve posture and balance, and build function and strength to support daily life with a fit body. **Equipment:** mat

Intermediate Vinyasa Yoga: A rhythmic, flowing, and dynamic practice emphasizing sun salutations, standing postures, and an introduction to some seated postures and back bends. **Equipment:** mat, yoga blocks, bolsters, and straps (or belt/tie)

Iyengar Yoga 1/2: Participants should know how to set up for and be familiar with the practice of shoulder stands. . Again, you will learn to use props to support your learning journey. **Equipment:** Optional: mat, chair, blocks (or books), strap (or robe tie) and wall space

LIVESTRONG® at the YMCA: A virtual meeting space for the LIVESTRONG community to connect. **Equipment:** none

Masters Dry Land: swim-specific workouts on land. **Equipment:** physio ball and kettlebell if available,

none required.

Mindful Vinyasa Yoga: This practice incorporates breath work, attention to alignment, innovative use of props, creative sequencing and an emphasis on core body strength and awareness. **Equipment:** mat, yoga blocks, bolsters, and straps (or belt/tie)

NIA: NIA integrates concepts from dance, martial ways, and various healing arts (e.g. Feldenkrais® and yoga) to provide cardiovascular conditioning (low impact! **Equipment:** none

Pedaling for Parkinson's: Stretch and Strengthen: for those who have received medical clearance to participate, have had an orientation with the Health Innovations Coordinator, and have previously participated in PFP. **Equipment:** Light weights, soup cans/bean bags.

Power Lunch: strength training class focused all muscle groups from the ground up using props to increase your strength and flexibility. **Equipment:** Optional

resistance band, gliding disc or towel, dumbbells, kettlebell, medicine ball, bender ball and stability ball
Pilates: A balanced workout of exercises designed to focus on the stabilizing muscles of the abs and back. **Equipment:** mat and small ball or rolled towel. Optional: blanket, foam roller, theraband, and light hand weights (1–3lbs)

Strength & Core Circuits: Do body weight exercises in a series of timed interval circuits for a full body workout. Class includes mobility/warm-up and cool down. **Equipment:** hand weights optional

Total Body Conditioning & Stretching Non-stop total body workout that is strength and core focused. The last 15–20 minutes will include a full body stretch. **Equipment:** hand weights or water bottles, soup cans may be substituted

Total Body HIIT: A total body workout consisting of high intensity interval training. **Equipment:** "Medium" hand weights (5 to 12lbs), household items may be substituted.

Workouts for Modern Fencing: Participants will get through a series of fencing moves. **Equipment:** foil, yardstick or wooden dowel

Yin Yoga: Yin yoga reshapes connective tissues. Poses are practiced close to the ground. During this flow students will hold poses for 3–5 minutes. This practice is suited for all levels. **Equipment:** mat

Yoga for Athletes: For athletes of all abilities and experience to improve performance and pleasure in athletic pursuits and to prevent injury. **Equipment:** mat

Yoga Blend: This class is a mixed level infusing alignment-based vinyasa in the beginning of class to build heat then transitions into longer held postures towards the end. **Equipment:** mat. Optional: 2 blocks (or books), a blanket, yoga strap (or scarf/tie)

Yoga for Youth (ages 9–17): Focus on learning the yoga basics! **Equipment:** mat

Yoga Fusion: A balancing combination of beginning vinyasa flow followed by longer held poses. **Equipment:** mat

Zumba/Zumba Gold: This class fuses latin rhythms and easy to follow moves to create a dynamic fitness program. Zumba Gold is for beginners and older participants. **Equipment:** none