

FIND YOUR FIT!

Fitness classes offered July 27 — September 6: a “virtual” session free for active members, \$15/class session for non-members. Just because we aren't in the same room doesn't mean we can't be here for each other, together. Members can sign up beginning Wednesday July 22nd, while non-members can register starting Friday July 24th at www.annarborymca.org. See next page for class descriptions and if any equipment is needed.

Mondays

7-8 am, Cycling, Tony
9:45-10:45 am, All Around Fitness, Laurie
11-12 pm, Moving for Better Balance, Ken
12:15-1 pm Power Lunch, Janet
1:30-2:30 pm, PFP - Stretch & Strengthen, Marika
3:30-4:15 pm, Barracuda Dry Land, Nick C.
4:30-5:15 pm, Int. Mat Pilates, Kristin
5:30-6:30 pm, Cardio Karate, Morris

Tuesdays

6:30-7:30 am, Total Body HIIT, Mahya
8-8:15 am, Breathe in Joy, Breathe out Stress, Natasha
9-10 am, Yoga Blend, Mai
10:30-11:30 Hatha Yoga, Matt
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, Beginner Yoga, Chelsea
5:30-6:30, Beginning Judo, Paul
6:15-7:15 pm, Body Core, Lena



Wednesdays

7:15-8 am TRX, Ingrid
8:30-9:15 am Masters Dry Land, Michael
9:45-10:45 am, Enhance Fitness, Laurie
11 am- 12 pm, Zumba, Carol
12:15-1 pm, Total Body Conditioning, Amy K
1:30-2:30 pm, LIVESTRONG, Michel
4-5pm Zumba, Hailey
5:15-6 pm, Strength Training for Runners, Gianna
6:15-7:15 pm, Crossfire, Tony
6:30-7:15pm Beginner Karate, Morris

Thursdays

8:30-9:30am Hatha Yoga, Matt
8:45-9:45 am, NIA, Megan
10-11 am, Pilates - all levels, Sara S
12:15- 1 pm, Cycling Express, Janet
1:15-2 pm, Modern Dance, Sean
4:15-5 pm Chair Yoga, Chelsea
5:30-6:15 pm, Yoga for Athletes, Robin

Fridays

7:30-8:30 am, Yin Yoga, Amy U
9-10 am, Mindful Vinyasa Yoga, Amy U
10:30-11:30 am, Enhance Fitness, Sara F
12:15-1 pm, HIIT Circuits, Marika
5:30-6:30 pm Cardio Karate, Morris
6:45-7:45 pm, Zumba, Jing

Saturdays

8-8:45 am Cycling Express, Ryan
9-9:45 am, Gentle Flow Yoga, Anya
10-11 am, Body Core, Lena
11:15 am-12:15 pm, Iyengar Yoga Level 1-2, Lynlee
1-2 pm, WERQ, Dana
3:30-4pm Clapping Yoga, Natasha

Sundays

9:30-10:30 am, Intermediate Vinyasa Yoga, Amy M.
10:45-11:30am Shape Up, Melanie
12-1 pm, Capoeira, Marika



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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

Barracuda Dry Land: swim-specific workouts on land for youth. **Equipment:** none

Beginner Yoga: This class introduces yoga poses including seated and standing postures, gentle inversions and twists and some balancing postures. **Equipment:** mat

Beginning Judo: Judo teaches falling, throwing, grappling and submission techniques along with pre-arranged forms. **Equipment:** none

Beginning Karate: Students learn self-defense and develop balance, fitness, coordination, self-confidence and discipline through practice of basic techniques and forms. **Equipment:** none

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

Breathe in Joy, Breathe out Stress: A 15 minute breathing practice to relax mind and body. **Equipment:** none

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

Capoeira: Capoeira is a Brazilian form of martial arts. The fluid movements are often performed to live music with emphasis on kicks, escapes, acrobatics and percussion. **Equipment:** none

Cardio Karate: Emphasizing martial arts moves in a vigorous choreographed workout. **Equipment:** none

Chair Yoga: Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. **Equipment:** Chair

Clapping Yoga: Ages 3+, Beginners welcome. Great cardio exercise • Good for children, adults and seniors too •

Crossfire: Advanced class. Each class is a unique combination of timed intervals, maximum sustained effort, and competition sets. **Equipment:** Dumbbells and Kettlebells optional.

Cycling/Cycling Express: studio cycling class. **Equipment:** stationary bike

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

Gentle Flow Yoga: Slow, guided, mindful movements linked to mindful breathing. **Equipment:** mat

Hatha Yoga: Slow, guided, mindful movements linked to mindful breathing. You will be gently holding asana (postures) combined with easeful movement. **Equipment:** mat

HIIT Circuits; Rotate through high and low intensity exercises that will include cardio, strength, and plyometric exercises. **Equipment:** light weights or household items

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. **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

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

Moving for Better Balance: Moving For Better Balance is a falls-prevention program that uses the principles of Tai Chi to help older adults increase strength and improve their balance **Equipment:** none

Modern Dance: Through dynamic, articulate and fun phrases we will blend influences from modern and popular dance styles. Sean’s teaching infuses a love of movement and musicality with energy and a sense of play. This is a class for all levels and will be scaled to a virtual/home setting.

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

PPF: 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 using props to increase your strength and flexibility. **Equipment:** Optional resistance band, gliding disc or towel, dumbbells, kettlebell, 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.

Shape Up: This head-to-toe workout class combines cardio, strength, core, and flexibility for beginners to intermediate levels. **Equipment:** none

Strength Training for Runners: Geared towards runners for injury prevention and improvement of biomechanical efficiency. **Equipment:** none

Total Body Conditioning: 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 substitutes

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.

TRX: TRX is a total body functional workout utilizing a hanging adjustable system. **Equipment:** TRX

WERQ: WERQ is a dance fitness class based on pop, rock, and hip hop music. The music is high energy and keeps you moving for a great cardio WERQout. **Equipment:** none

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)

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