



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY OUTSIDE!

Outdoor Fitness Classes @400 West Washington Street
Fall 1 Session: September 14–October 25
ANN ARBOR YMCA

Join your favorite fitness instructors for **in-person workouts outside** in the Y's downtown parking lot. Free for active members, \$30/class session for non-members. Registration is required for all, and participation is limited to 10 spots in each class. *Active members may sign up beginning Wednesday September 9, while non-members can register starting Friday September 11 at www.annarborymca.org.*

Monday:

Strength Training with Mike L. 5–5:45pm Strength training for all levels! Improve muscular strength with multiple exercises and techniques.

Zumba Fitness with Carol 6–7 pm This class fuses Latin rhythms and easy to follow moves to create a dynamic fitness program.

Tuesday:

Tai Chi with Darryl 11 am–12 pm The slow, continuous movements of the solo form and other exercises develop strength, balance and relaxation and can be used as moving meditation.

Outdoor Conditioning with Amy K. 12:15–1 pm 45 minutes of non-stop cardio, strength and core. The class will meet at the Y and will run to West Park where the balance of the class will be held.

Bodyweight Strength Training with Gianna 5:30–6:15 pm. Strengthens all muscle groups and works toward injury prevention and improvement of bio-mechanical efficiency of the core, glutes and legs.

Wednesday:

Balance & Flow with Robin 7:45–8:45 am Increase your range of motion, overall fitness, flexibility and mindful breathing. All levels welcome. Please bring your own mat.

Workshop Series with Gwyn 12–1 pm Weekly topics: Foot Rehab, Gait Patterns, Shoulder Rehab, Functional Movement Fitness and Pilates. *Register for each week separately. Weekly price for non-members is \$10/session.*

Power in 3D with Ryan 12:15–1 pm Combine fundamental bodyweight exercises such as squats, pushups, and lunges with agility and speedwork.

Cycling with Judy 5:30–6:30 pm Use a stationary bike for this invigorating, low-impact workout.

Thursday:

Core Essentials with Sarah B 9–9:30 am Improve posture and strengthen the core body area.

Saturday:

Tai Chi with Stuart 2–3 pm The slow, continuous movements of the solo form and other exercises develop strength, balance and relaxation and can be used as moving meditation.

