

FALL INTO FITNESS!



Fitness classes offered October 26 — December 20: 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. Register for these live classes online at www.yourfitness.com

Mondays

7-8 am, Cycling, Tony
9-9:30 am, Core Essentials, Sarah B
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
4:30-5:15 pm, Int. Mat Pilates, Kristin
5:00-5:45 pm, Barracudas Dry Land, Carly K
5:30-6:30 pm, Cardio Karate, Morris

Tuesdays

6:30-7:30 am, Total Body HIIT, Mahya
8:30-9:15 am, Masters' Dry Land, Michael
8-8:15 am, Breathe in Joy, Breathe out Stress, Natasha
9-10 am, Yoga Blend, Mai
12:15-1 pm, Build with Bodyweight, Ryan
1:15-2 pm, Zumba Gold, Karen
4-4:45 pm, Hatha Yoga, Natasha
5-5:45 pm, Chair Yoga, Matthew K
6-7 pm, Zumba, Kyande
6:15-7:15 pm, Body Core, Lena

Wednesdays

8:30-9:30 am, Flow, Flex & Firm, Megan
9:45-10:45 am, Enhance Fitness, Laurie
11 am-12 pm, Iyengar Yoga Level 1-2, Pam
11:45 am-12:45 pm, Kitchen Workout, Gwyn
12:15-1 pm, Total Body Conditioning, Amy K
1-2 pm, PFP - Stretch & Strengthen, Sarah B
1:30-2:30 pm, LIVESTRONG, Michel
4-5 pm, WERQ, Dana
5:15-6 pm, Strength Training for Everyone, Gianna
6:15-7:15 pm, Crossfire, Tony
6:30-7:15 pm, Cardio Karate Blast, Morris

Thursdays

8:45-9:45 am, Yoga Blend, Matt E
8:45-9:45 am, NIA, Megan
10-11 am, Pilates - All levels, Sara S
11:30 am-12 pm, Clapping Yoga- all ages, Natasha
12-1 pm, Zumba, Carol
12:15-1 pm, Cycling Express, Janet
2:15-3 pm, Modern Dance, Sean
4:15-5 pm, Beginner Yoga, Matt E
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
1:15-2:15 pm, NIA, Megan
2:30-3:30 pm, Beginning Pilates, Sara S
5:30-6:30 pm, Cardio Karate, Morris

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

Sundays

8:30-9:15 am, Strength Conditioning, Chelse
9:30-10:30 am, Intermediate Vinyasa Yoga, Amy M
10:45-11:30 am, 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.

Barracudas' Dry Land: Swim-specific workouts on land for youth.

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

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.

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.

Cardio Karate: Emphasizing martial arts moves in a vigorous choreographed workout.

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!

Core Essentials: Improve your posture and strengthen the core.

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.

Flow, Flex & Firm: Lengthen and strengthen your body using a fusion of Pilates, Yoga, Tai Chi and other techniques. **Equipment:** Mat.

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

Hatha Yoga: Slow, guided, mindful movements linked to mindful breathing. You will be gently holding asana 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.

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: A falls-prevention program that uses the principles of Tai Chi to help older adults increase strength and improve their balance.

NIA: NIA integrates concepts from dance, martial ways, and Feldenkrais® and yoga to provide low impact cardiovascular conditioning!

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, Beginning Pilates:** A balanced workout of exercises designed to focus on the stabilizing muscles of the abs and back. **Equipment:** Mat and small ball.

Shape Up: This head-to-toe workout class combines cardio, strength, core, and flexibility for beginners to intermediate levels.

Strength Training for Everyone: Strengthening for all major muscle groups.

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.

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.

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. All levels welcome. **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: 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).