

HEALTHY TOGETHER!

In-Person Fitness Classes @400 West Washington Street
Fall 2 Session: October 26-December 20

Join your favorite fitness instructors for *indoor and outdoor workouts* at the Y! All classes are **FREE** for active members. Registration is required and participation is limited in each class.

Monday:

Cycling, 4:30-5:30 pm with Judy Use a stationary bike for this invigorating, low-impact workout. Meets in the Y parking lot.

Motivational Group Run, 9-10 am with Gianna Join us for a socially-distanced group run and/or walk around Ann Arbor! Meet in the Y

Strength Training, 4:30-5:30 pm with Mike L This class will focus on strength training techniques, proper form, programming, basic equipment and targeting weak points. Meets in Studio B.

Vinyasa Yoga, 5:45-6:45 pm with Lewis A rhythmic, flowing, and dynamic practice that attention to detail and is structured around building mindfulness into ones practice. Meets in Studio A.

Zumba Fitness, 6-7 pm with Carol This class fuses Latin rhythms and easy to follow moves to create a dynamic fitness program. Meets in the Gym.



Wednesday:

Balance & Flow, 7:45-8:45 am with Robin Increase your range of motion, overall fitness, flexibility and mindful breathing. All levels welcome. Meets in Studio A.

Group Strength, 10-11 am with Mike W Geared toward those who want a guided strength-training experience with less cardiovascular work. Meets in Studio B.

Cycling, 5:30-6:30 pm with Judy Use a stationary bike for this invigorating, low-impact workout. Meets in the Y parking lot.

Thursday:

Yoga Blend, 7:45-8:45 am with Mai Mixed level, alignment-based vinyasa in the beginning of class to build heat then transitions into longer held postures towards the end. Meets in Studio A.

Saturday:

Beginning Tai Chi, 10:30-11:30 am with Stuart A movement art rooted in ancient Chinese martial arts. Slow, continuous movements develop strength, balance and relaxation. Meets in Studio A.

Fencing All Levels, 11 am-12:30 pm with David Foil footwork and blade work is emphasized. Lessons tailored toward the improvement of all participants. Loaner equipment provided. Meets in Studio B.

Tai Chi, 12-1 pm with Stuart The slow, continuous movements of the solo form and other exercises develop strength, balance and relaxation and can be used as moving meditation. Meets in the Y parking lot.