

JANUARY GROUP FITNESS



YMCA HOURS
 Monday-Friday 6am-9pm
 Saturday 8am-6pm
 Sunday 8am-4pm
Closing Early at 12pm 12/31
CLOSED New Years Day

BODY, MIND & SPIRIT

MON	TUES	WED	THURS	FRI
IT'S BACK! 8:45am-9:15am TRX Trish	6:15am-7am RevCycle Tom	8:45am-9:15am Pilates Core Trish	6:15am-7am RevCycle Tom	8:45am-9:15am Stretch & Flex Trish
9:30am-10:15am Kettlebell Chaos Chris	8:30am-9:15am Strong & Fit Jodie	9:30am-10:30am Boot Camp Francine	8:30am-9:15am Strong & Fit Jodie	9:30am-10:15am Raise the Barre Jenna
11am-12pm Silver Sneakers Cathy B.	9:30am-10:30am DanceFit Jodie	11am-12pm Silver Sneakers Cathy B.	9:30am-10:30am DanceFit Jodie	11am-12pm Silver Sneakers Cathy S.
4:15pm-5pm Cardio, Strength & Core Maria <i>No Class 1/13</i>	9:30am-10:30am Boxing Lindsay	4:15pm-5pm Cardio, Strength & Core Maria <i>No Class 1/15</i>		POP UP CLASS 1/10 ONLY! 5:30pm-6:30pm DanceFit w/ Jodie
5:15pm-6:15pm Zumba Tone Karen & Stephanie	4-5pm Total Body Fit Jennifer	5:15pm-6:15pm Zumba Tone Karen & Stephanie	4-5pm Total Body Fit Jennifer	SAT 8:15am-8:45am Cycle 30 Maria <i>No Class 1/11 & 18</i>
	4:15pm-4:45pm Cycle30 Maria <i>No Class 1/14</i>	5:15pm-6:15pm Boxing Lindsay	4:15pm-4:45pm Cycle30 Maria <i>No Class 1/16</i>	STRONG Nation® NEW TIME! NEW LOCATION! 9:30am-10:30am Yoga Room Karen & Stephanie
5:30pm-6:15pm RevCycle Tom <i>No Class 1/6</i>		5:30pm-6:15pm RevCycle Tom		

MON	TUES	WED	THURS	FRI
8am-9:15am Full Body Flow & Sound Bath Maria	8:45am-9:30am Chair Yoga Cathy B.	8am-9:15am Asana Yoga Maria	8:45am-9:30am Chair Yoga Cathy B.	8am-9:15am Yoga with Meditation & Essential Oils Maria
			9:30am-10:30am PiYo Pam <i>No Class 1/2</i>	SAT
	4-5pm Total Body Fit Jennifer		4-5pm Total Body Fit Jennifer	NEW TIME! 8:15am Tai Chi Qigong Mike & Karen
	5:15pm-6:15pm Insight Yoga Nelson		5:15pm-6:15pm Insight Yoga Nelson	

PLAY & LEARN CENTER CHILD CARE HOURS
 Ages 3 months to 10 years
 Monday-Friday 9am-2pm M/W 4pm-8pm T/Th 4pm-6:30pm
 Saturday 9am-12pm
 FREE with your Oswego YMCA family membership.
 Additional fee if you leave the building, or are not an Oswego YMCA member.

POP-UP CLASS!
 Friday, 1/10 Only
 5:30-6:30pm
 DanceFit with Jodie
 Our PLC will be OPEN for a special
 LEGO Night, too!
 5pm-6:30pm

Oswego YMCA
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 315-342-6082
 Facebook: Oswego NY YMCA Instagram: OswegoNYymca
 www.oswegoymca.org



Oswego YMCA Group Fitness Class Descriptions

Not all classes listed below may be currently offered. Class cancellations are at times unavoidable. We make every attempt to find a qualified substitute to teach a class. Classes may also be cancelled due to low enrollment. 14 years of age & up may attend adult fitness classes and/or at the final discretion of the instructor.

Asana Yoga- A posture based practice to improve flexibility, strength and balance through awareness, concentration and relaxation. (Yoga Studio)

Boot Camp: Interval training class mixing body weight exercises with cardio & strength moves. Classes are designed to push participants harder than they'd push themselves and to always keep the body guessing. Fun, Sweat & Smiles!

Boxing: Learn the fundamentals of boxing while also getting in a strength & conditioning interval workout. (Boxing Gym)

Chair Yoga: A gentle form of yoga, focusing on postures and breathing exercises using the support of a chair. This class is perfect for individuals recovering from injury or illness, and anyone who wants to experience the many benefits of yoga without having to get up and down from the floor. (Yoga Studio)

Cycle30: Take your ride indoors for a workout that will get your heart pumping and challenge you to give a little more. (Cycle room)

DanceFit: A fusion of rhythms and easy to follow moves to create a dynamic calorie burning energizing class. No dance experience required! (Gym)

Full Body Flow Yoga: Move your body in a gentle, comfortable way encouraging nurturing, kindness, and compassion for the body. (Yoga Studio)

Insight Yoga— A yoga class with strength, balance and flexibility for body, mind and spirit. (Yoga Studio)

Kettlebell Chaos: Build strength and power in the upper & lower body & core, increase coordination, joint mobility and overall endurance using the kettlebell. (Gym)

Pilates Core: a full-body workout that combines Pilates mat moves & more. It's a low-impact, core-strengthening class that uses targeted repetitions to isolate muscle groups. The goal is to create long, lean muscles, increase flexibility, and improve posture, balance, and overall fitness. (gym)

PiYo: A hybrid workout combining the practices of yoga and Pilates, as well as the principles of stretch, strength and dynamic movement. (yoga studio)

Raise the Barre: A low impact muscular endurance workout that focuses on high repetitions and small, isometric movements. A combo class for all levels that will give you the perfect mix building both muscular endurance and strength. (Gym)

RevCycle: A fun, heart pumping non-stop rhythm base workout, with a little bit of something for everyone! Intervals, rolling hills, sprints, climbs, runs, and jumps all to music hand-picked to motivate and inspire! . (Cycle room)

Silver Sneakers & Silver Sneakers Chair Yoga: The Silver Sneakers fitness program is offered in partnership with select health plans at no additional cost to Medicare-eligible members. Classes offer exercises designed to improve agility, balance and strength to enhance everyday functional activities. (Gym & Yoga Studio)

Stretch & Flex: Includes a warm up, then using active and passive stretching we will work on hamstrings, hip-flexors and hips or back and shoulders. May use props on occasion including blocks, straps and balls to your posture and improve flexibility, range of motion, and posture. (tba)

Strong & Fit: Work every major muscle group with various strength routines using a variety of equipment including dumbbells, barbells, bands & more. (Gym)

STRONG Nation®: A fun, high intensity interval training moves synced with music to push you past your perceived limits. (Gym)

Tai Chi Qigong: a combination of slow, deliberate movements, meditation, and breathing exercises. The routines of tai chi and qi gong are martial arts that can help your circulation, balance, and alignment. They can also help restore your energy, called chi or qi (pronounced "chee"). Additional fees apply. (Yoga Studio)

Total Body Fitness: a comprehensive workout that includes strength, cardio, core conditioning and endurance via weights, aerobic interval training. (Yoga Studio)

TRX: TRX leverages gravity and your bodyweight to perform exercises. Develops strength, balance, flexibility and core stability. (tba)

Yoga w/Meditation & Essential Oils: Challenge your mind & body through strengthening, stretching, relaxation & meditation using certified Pure therapeutic Grade essential oils. (Yoga Studio)

Zumba Tone®: an innovative muscle training program with the addition of lightweight, maraca-like Toning Sticks to enhance rhythm and tone all target zones, including arms, abs and thighs. (Gym)