



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness

WINTER Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling 6:00-7:00AM Dawn	Body Pump 5:15 – 6:15AM Dawn	Cycling 6:00-7:00AM Dawn	Body Pump 5:15 – 6:15AM Dawn	Cycling 6:00-7:00AM Dawn	Body Pump 8:00 – 9:00am Rotation
Senior Fitness 8:30-9:15 Robin	Water Aerobics 9:00-10:00 Marge	Senior Fitness 8:30-9:15 Robin	Water Aerobics 9:00-10:00 Irene	Senior Fitness 8:30-9:15 Robin	Cycling To come at a later date
Water Aerobics 9:00-10:00 Marge	Silver Sneakers 10:30-11:15am Jo	Water Aerobics 9:00-10:00 Irene	Silver Sneakers 10:30-11:15am Jo	Water Aerobics 9:00-10:00 Rotation	
Cardio & Strength 9:20-10:00 am Amanda	Tabata Fusion 12-12:30 pm Amanda	Vinyasa Yoga 9:25-10:15am Angel	Bootcamp/HIIT 12:00-12:30 pm Amanda	Spin Fit 9:00-10:00am Amanda	
Strength Express 12-12:30 pm Kara	Body Pump 5:30 – 6:30 pm Tina	HIIT 12:00-12:30 pm Kara	Body Pump 4:00 – 5:00 pm Tomoko		
Vin – Yin Yoga 4:15- 5:05pm Angel	Cycling 5:30-6:30 Bobby	Zumba 5:15-6:00 pm Andrea	Pound 5:30-6:30 pm Candace	<p>Y- TRI March 2022 Register to compete or sign up for the training program</p>	
Full Body Workout 5:30-6:15pm Becky	Aquatic Bootcamp 6:00-7:00 pm Kim	Full Body Workout 6:05-6:35pm Becky	Cycling 5:30-6:30 Bobby		

January 2022 Pop-Up Classes / Seminars

Beginners Body Pump

Saturday, January 8 @ 9:30am

Are you looking for new exercises to spice up your routine or a new way to boost your metabolism? Join us for beginner's body pump where the focus of the class is not about lifting heavy weight but the movement in which we lift the weight. This is a great entry class to our weekly scheduled Body Pump classes!

TRX for Beginners

Tuesday, January 11 & 18 @ 9:15-10am

Spots limited and registration required

TRX is a great workout system that can provide a full body workout building strength around the body's core! Learn how to use TRX to create a workout that is best for you! You can attend both days or just 1.

TRX Challenger

Thursday, January 13 & 20 @ 5:15-6:15pm

Spots limited registration required

TRX is a great workout system that can provide a full body workout building strength around the body's core at your desired intensity. Class targeted for medium to high fitness levels! You can attend both days or just 1.

Hot Yoga

Saturday, January 15 @ 11am

Spots limited registration required

Must be 16 years of age, Yoga experience recommended.

FREE Women's Self Defense Seminar

Saturday, January 15 @ 1-2:30pm

Presented by Instructor Sifu Todd Garrison, learn defense against the most common attacks and improving situational awareness. No experience necessary. Any donations will be given to the Domestic Violence Shelter.

Y-Tri Training Program

Starts Monday, January 17

Registration required

Join the 10-week Y-Tri training program that will provide a basic 10 week training plan leading up to the Burlington area YMCA Y-TRI on March 26, 2022. The program will include a basic bike fit session so you know you are set up for success mechanically, weekly opportunity for swim mechanic instructions, a run form clinic, recovery and maintenance session to practice techniques in caring for the body to provide optimal performance, questions answered and support throughout the 10 weeks, encouraged group training opportunity, and morning or evening group cycling classes

Weight Loss Seminar

Thursday, January 27 @ 6:00pm

We are excited to have Kara Stoner, YMCA Personal Trainer and Wellness Coach, and Lynda Graham Murray, YMCA Health and Wellness Registered Dietician, join forces to share their guidance and expertise on weight management through lifestyle changes and behaviors as it relates to the balance of exercise and healthy eating.