



# GROUP FITNESS SCHEDULE

## MAY 2024

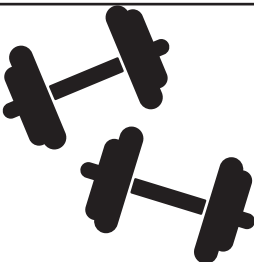
### WELCOME CENTER HOURS

MONDAY - THURSDAY	8:00 AM - 8:00 PM
FRIDAY	8:00 AM - 5:00 PM
SATURDAY	9:00 AM - 2:00 PM
SUNDAY	CLOSED

\*CLASSES ARE ALL SUBJECT TO CHANGE WITHOUT NOTICE\*

### STUDIO ONE

BAKER COUNTY YMCA FITNESS CENTER | 3175 POCAHONTAS RD | BAKER CITY, OR, 97814

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
PICKLEBALL AVAILABLE IN-BETWEEN CLASSES	YOGA (TERESA) 6:00 - 6:45 AM		TOTAL BODY BLAST (KIM Z & DAISY) 5:05-5:50 AM		POWER PUMP (JEN) 8:00-8:50 AM	
	TOTAL BODY BLAST/HIIT (ANNIE) 8:30-9:15 AM		YOGA (TERESA) 6:00 - 6:45 AM		YOGA (ROBERT) 9:00 AM - 10:00 AM	
ZUMBA (ELISSA) 8:30-9:30 AM	GENTLE YOGA FLOW (LAURA) 9:30-10:30 AM	ZUMBA (ELISSA) 8:30-9:30 AM	TOTAL BODY BLAST/HIIT (ANNIE) 8:30-9:15 AM	ZUMBA (ELISSA) 8:30-9:30 AM		
ENHANCE FITNESS SILVER & FIT (KATHY) 10:00 - 11:00 AM	ADVANCED TAI CHI (LEO) 11:00 AM - 12:00 PM	ENHANCE FITNESS SILVER & FIT (KATHY) 10:00 - 11:00 AM	GENTLE YOGA FLOW (LAURA) 9:30-10:30 AM	ENHANCE FITNESS SILVER & FIT (KATHY) 10:00 - 11:00 AM		
	INTERMEDIATE TAI CHI (LEO) 12:00 PM - 1:00 PM		ADVANCED TAI CHI (LEO) 11:00 AM - 12:00 PM			
	BEGINNING TAI CHI (LEO) 1:00 -1:30 PM		INTERMEDIATE TAI CHI (LEO) 12:00 PM - 1:00 PM		<b>KID ZONE HOURS</b> MONDAY-FRIDAY 8:00-11:00 AM MONDAY - THURSDAY 4:00-7:00 PM SATURDAY 9:00 AM -2:00 PM	
<b>SCHEDULE KEY</b> \$ - PAID PROGRAM Δ - NEW CLASS ∞ - CLASS FULL	CARDIO PARTY (WHITNEY) 4:40 - 5:25 PM		BEGINNING TAI CHI (LEO) 1:00 -1:30 PM	QUESTIONS? CONTACT OUR FITNESS COORDINATOR, JUSTINE AT HEALTH.WELLNESS@ BAKERYMCA.ORG		
	\$ KARATE (JENNIE) 5:30-7:00 PM		\$ KARATE (JENNIE) 5:30-7:00 PM			

### STUDIO TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	TRX (KIM Z) 5:05-5:50 AM			
	MULTI-LEVEL YOGA (SARAH) 5:30-6:30 PM			
	Δ SPRING CLEANING BOOTCAMP (JUSTINE/AUSTIN) 5:30-6:15 PM	STRENGTH & CONDITIONING (DAILON) 5:30-6:15 PM	Δ SPRING CLEANING BOOTCAMP (JUSTINE/AUSTIN) 5:30-6:15 PM	

### STUDIO THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
\$ LITTLE NINJAS (DYLAN) 5:00 -5:30 PM	MUAY THAI (DYLAN) 5:30-6:30 PM		\$ LITTLE NINJAS (DYLAN) 5:00 -5:30 PM
			MUAY THAI (DYLAN) 5:30-6:30 PM

### CYCLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLING (KIM) 5:00-6:00 AM	CYCLING (MIKE) 4:00 -5:00 PM	CYCLING (KIM) 5:00-6:00 AM	CYCLING (MIKE) 4:00 -5:00 PM	CYCLING (KIM) 5:00-6:00 AM

## CLASS DESCRIPTIONS

\*Ages 10 and up are welcome in Fitness Classes without adult supervision, unless noted in the class description\*

### CARDIO EMPHASIS

**Cycling**—An overall cardio and fitness workout including strength training using stationary bicycles. This class offers varying levels of intensity for the different needs of participants. Beginners to advanced students are encouraged to attend and will benefit from this class.

**Interval Cycle** —An indoor cycling workout focused on endurance and strength building. Fun music will get your heart pumping! Hill climbs, jumps, sprints, Hills and power climbs ... This class is for all fitness levels.

**Muay Thai Kickboxing** —Thai style kickboxing involving punches, kicks, knees, elbows, throws and takedowns. Personal mouth guard recommended; other gear provided. This class is for ages 14 and up.

**Zumba** — Fuses Latin rhythms and easy to follow aerobic dance moves to create a dynamic fitness class blending cardio and muscle-toning. All fitness levels are welcome and encouraged. Ditch the workout and join the party! Classes offer extra modification support, while pushing those who want to go to the max. A great way to burn off calories while having fun!

**Latin Dance Workout** — Improve your cardio, balance, and flexibility with this east-to-follow Latin dance workout. Learn about different styles of Latin dance, improve your moves and have fun!

**Cardio Party** — A high-intensity aerobic dance party workout to push your fitness level while having fun! This 45-minute class is the perfect way to get that cardio component into your workouts for overall fitness. Modifications shown; all fitness levels are welcome and encouraged to attend.

### STRENGTH EMPHASIS

**Circuit Training** —This class will help you learn how to use fitness center strength equipment, while helping you develop a solid personal workout including a warm-up, going through a strength circuit, and finishing with stretching exercises. Progress tracking materials are included. New attendees need to meet with the instructor first to learn proper equipment use.

**Enhance Fitness** —A specialty class to allow individuals to train for improvement in everyday activities, and for those dealing with chronic illness. Core training, balance and flexibility are all included to provide a well-rounded program. This class includes cardio dance, proven to help with brain function. You will walk away feeling more confident to take on daily activities with more energy. This class is appropriate for all ages and fitness levels, and especially for those just starting an exercise program.

**Power Pump**— A full body workout that incorporates exercises from both traditional and non-traditional strength training and matches movement to music to create a simple, fun, and effective way to weight train.

This class focuses on multiple repetitions using light weights, dumb bells and bar bells to work major muscle groups. This class is interval based with cardio components intermixed. Routines cater to all fitness levels.

**Strength & Conditioning** —This 45-minute functional training class includes a weightlifting focus, cross training, cardio conditioning, and strength and stabilization exercises. Workouts are designed in a creative way that will challenge your body, and help you increase your overall fitness level.

**Total Body Blast /HIIT** —This HIIT style 45 minute class offers a variety of strength and endurance exercises similar to a boot camp. Includes a full body warm-up, strength training using a variety of methods including body weight, free weights, bars, and steps, and finishes with core work and stretching. Total body incorporates bursts of cardio into movements intended to help you increase intensity and maximize your workout. Modifications available for all fitness levels.

**TRX** —TRX Suspension Training utilizes functional movements, used in everyday life, with major emphasis on stability, proprioception, strength and body weight-driven exercises. Suspension Training is all about core strength and precise execution of the exercise being performed, and every class offers a different instructing style and format so that boredom is never an option. Challenge yourself to something new!

### MIND/BODY EMPHASIS

**Tai Chi**—A class that combines martial arts movements with circulation, breathing, and stretching techniques. This class is appropriate for all ages and all fitness levels, and especially for Seniors. Beginner's Tai Chi focuses on balance and overall health and is ideal for those with no Tai Chi experience, or for those wanting a refresher.

**Yoga** — Classes consist of traditional standing and seated postures that focus on strength, alignment, balance, and opening. Breath awareness and control are integral and therefore emphasized. Special emphasis on relaxation is included. All levels are welcome and encouraged.

**Multi-Level Yoga** —A one hour practice with a short meditation, pranayama-breathing, warm up of gentle stretching, a brief vinyasa flow, and poses for strength, balance and flexibility ending with a traditional savasana restorative pose. Comfortable for beginners to experienced. Props & mats available.

**Gentle Yoga Flow**—A quiet slow-paced class that includes both standing and floor poses, with chairs incorporated for those needing them. This class encourages the development of strength, flexibility, balance and coordination. Emphasis on range of motion, stretching, balance and fluidity, in a safe learning environment.

**Restorative Yoga** — Restorative yoga is a practice to reduce stress and anxiety by bringing deep relaxation and balance to both the mind and body. Yoga postures are floor based using props to support the body and held for longer periods of time.