

DURING RENOVATIONS SCHEDULE

HELPING YOU LIVE HEALTHIER
 Spirit, Mind & Body Room
 March 4- April 14



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:15-6:15 am Low Impact Cardio & Sculpt Mala				
		BEGINS 3/13		6:00-7:00 am Yoga Laura		
7:15-7:45 am Abs & Buns Annette						
					8:00-9:00 am Pilates & Core Dynamics Jane ★	8:30-9:45 am Yoga Raisa
	9:15-10:15 am Pilates Ginette	9:30-10:30 am Power Yoga Erin	9:15-10:15 am Power Yoga Laurie	9:15-10:15 am Pilates Ginette	9:30-10:45 am Power Yoga Cheryl	
10:00-11:00 am Vinyasa Flow Erin	10:30-11:30 am Gentle Yoga Erin ★		10:30-11:30 am Gentle Yoga Laurie ★	10:30-11:30 am Senior Zumba Susan ★	11:00A-12:00PM Zumba Krystal ★	
11:45-12:45 pm Senior Fitness Annette ★	12:00-1:00 pm Strength Annette		11:45-12:30 pm Strength Express Annette	12:00-1:00 pm Strength & Cardio Annette	<div style="border: 2px solid red; border-radius: 20px; padding: 10px;"> <p>Group Exercise Policies</p> <ul style="list-style-type: none"> •To run the entirety of a class, minimum of 2 participants must be in attendance ★ •Classes with a ★ please pick up a number at the Service Desk to attend class KEEP THIS NUMBER WITH YOU UNTIL COLLECTED BY THE INSTRUCTOR •Do Arrive to class within the first 10 minutes •For the safety of the children and others, participants must be 12 y.o. or older •Participants 12- 15 must be with parent or guardian •If new to exercise, please advise with your doctor before starting an exercise routine •Schedule is subject to change, please keep an eye out for signage and other member communication </div>	
		5:30-6:25 pm Family Yoga Amy	5:30-6:30 pm Yoga Shred Inspired Flow Erin	5:30-6:30 pm Zumba Ericka ★		
6:00-7:00 pm Pilates Jane	5:30-6:30 pm Gentle Yoga Mary Beth	6:30-7:25 pm Zumba & Zumba Toning Jill ★				
7:15-8:30 pm Gentle Yoga Debra	7:15-8:30 pm Power Yoga Cheryl	7:30-8:45 pm Hatha Yoga Ali	<div style="border: 2px solid black; padding: 5px; display: inline-block;"> Class Descriptions </div>			



DURING RENOVATIONS SCHEDULE

HELPING YOU LIVE HEALTHIER

Spirit, Mind & Body Room



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Abs & Buns—Exercises to strengthen your core muscles including the glutes, abductors and adductor muscle of the hips.

Pilates/Core-Dynamics— Controlled movements focusing on the core muscles to increase total body strength and flexibility. Pilates can be standing and floor exercises.

Zumba/Zumba Toning/Zumba for Seniors—Latin and international upbeat fun music with dance rhythms from slow to face paced. Zumba toning adds slower rhythms and body movements to increase strength. Zumba for Seniors is a slower paced class.

Senior Fitness—Low impact aerobics followed by muscle conditioning, flexibility and balance using bands, balls, gliders and more to work the fine motor skills.

Strength—Various exercises with different equipment options to tone the body and gain overall strength.

Low Impact Cardio & Sculpt— Build muscle, burn fat and get your heart pumping while focusing on total body strengthening and balance

Zumba/Zumba Toning/Zumba for Seniors—Latin and international upbeat fun music with dance rhythms from slow to face paced. Zumba toning adds slower rhythms and body movements to increase strength. Zumba for Seniors is a slower paced class.

Questions? contact Leslie Schofield at
508-879-4420 ext. 231
or Ischofield@metrowestymca.org

Power Yoga— Yoga postures with quicker movements while synchronizing breath with each movement. More challenging postures as the session progresses.

Power-Vin— A blend of power and Vinyasa for the experienced practitioner.

Vinyasa Flow Yoga—Vinyasa means: fluidly move through postures while synchronizing breath and movement. The class will learn to activate deep core muscles to strengthen, tone, increase flexibility and mobility of the whole body.

Yoga Shred Inspired Flow — A blend of Yoga with HIIT (High Intensity Interval Training). Yoga helps the body cleanse itself, builds endurance, strength, flexibility, balance, and peacefulness. HIIT is a training technique in which you give all-out effort through quick, intense bursts of exercise followed by short recovery periods; increasing your metabolism, and burning more fat in less time. This class blends the best of what Yoga and HIIT have to offer.

Family Yoga— Come do yoga as a family! Looking for something new to do with your kids, bring them with you! This class provides a safe space to practice and learn yoga for all ages. Guardians are to be present with their child(ren).

Gentle Yoga—Gentle strengthening yoga postures to increase strength, balance and flexibility. Breathing techniques for better focus will be incorporated.

Hatha Yoga: Using— breath, meditation, and postures. Great for beginning your practice. .