

YWCA ST. PAUL MAY 2019

GROUP FITNESS

Mondays

5:45-6:45 am	Cardio Step	S
5:45-6:45 am	Morning Yoga	W
8:00-9:00 am	Yoga for Strong Bones	S
8:30-9:30 am	Aqua Functional	P
9:15-10:15 am	Intro to Yoga	W
9:15-10:15 am	Latin Hip-Hop	S
10:30-11:30 am	SilverSneakers Classic	S
5:30-6:30 pm	Oula.One	W
6:40-7:40 pm	OULA Dance	S

Tuesdays

6:00-6:45 am	Cycle Express	C
6:00-6:50 am	Aqua Early Birds	P
8:00-9:00 am	Intro to Yoga	W
8:30-9:30 am	Aqua Fusion	P
9:15-10:15 am	Forever Fit	S
9:15-10:15 am	Cycle	C
12:00-1:00 pm	Aqua Fusion	P
12:00-12:45 pm	Power Barz Express	S
6:00- 7:00 pm	Yoga Sculpt	W

Wednesdays

5:45-6:45 am	TBC II	S
5:45-6:45 am	Morning Yoga	W
8:00-9:00 am	Feel Better in Your Body	S
8:00-9:00 am	Restorative Movement	W
8:30-9:30 am	Aqua Functional	P
9:15-10:15 am	Intro to Yoga	W
9:15-10:15 am	TBC I	S
10:30- 11:30 am	Dance Party	W
10:30- 11:30 am	SilverSneakers Classic	S
12:00-1:00 pm	Aqua Fit-N-Stretch	P
6:00-7:00 pm	Yoga Sculpt	W

Thursdays

6:00-6:45 am	Cycle Express	C
6:00-6:50 am	Aqua Early Birds	P
8:30-9:30 am	Aqua Fusion	P
9:00-10:00 am	Empower You	W
9:15-10:15 am	Cycle	C
9:15-10:15 am	Forever Fit	S
12:00-1:00 pm	Aqua Fusion	P
12:00-12:45 pm	Power Barz Express	S
12:15-1:15 pm	Restorative Movement	W
5:30-6:30 pm	Yoga Sculpt	W

Fridays

5:45-6:45 am	Morning Yoga	W
8:00-9:00 am	SilverSneakers Yoga	S
8:30-9:30 am	Aqua Fusion	P
9:15-10:15 am	TBC I	S
9:15-10:15 am	Intro to Yoga	W
10:30-11:30 am	Dance Party	S

Saturdays

8:00-9:00 am	Cycle	C
8:30-9:30 am	Aqua Action	P
8:30-9:30 am	TBC I	S
9:00-10:00 am	Yoga Sculpt	W
9:40-10:40 am	TBC II	S
10:30-11:30 am	Intro to Yoga	W

Sundays

8:00-9:00 am	Aqua Flex	P
11:30a- 12:30p	Yoga Sculpt	W

Bold = New Class

Location Codes:

C = Cycle Studio
D = Dayton Studio
P = Pool
S = Selby Studio
W = Western Studio

Aqua Action: Class combines stretching, deep and shallow water cardio and toning.

Aqua Early Birds: Class combines intervals with deep water cardio with toning.

Aqua Fit-N-Stretch: Combinations utilize water resistance to tone muscles and stretch in both deep and shallow water.

Aqua FUNctional: Improve daily living activity and enhance sport performance.

Aqua Fusion: Class combines cardio intervals with fitness and strength training.

Cardio Step: Sixty minutes of step aerobics. Flashback to the 80s with a modern twist!

Cycle/ Cycle Express (45 minutes): High-energy and invigorating, each indoor cycling class focuses on one of three different workouts: endurance, strength or interval.

Dance Party: Rev up the energy in this 60-minute dance workout. Great music and easy routines make it fun for people of all level and abilities.

Empower You: Combines yoga, martial arts skills, and dance. Come for the fitness and self-defense skills and stay for the fun! This is a mind, body, spirit class, offered in a supportive and positive environment. Stretch, Breathe, Kick/Punch, Dance.

Feel Better in Your Body: This gentle yoga class includes a combination of therapeutic yoga techniques and traditional poses to reeducate the body on how to release and relax. This class truly is great for any age or fitness level. Movements are done seated in a chair and standing with a variety of options to suit a range of physical abilities. No previous yoga experience needed.

Forever Fit: Designed for ages 55+, this low-impact class incorporates aerobics, strength training, core conditioning and stretching.

Gentle Yoga: Gentle yoga provides light stretching and flexibility enhancing movements, especially in weak or injured joints. Ideal for those new to yoga, suffering from chronic back pain or wanting a less intense yoga practice

Intro to Yoga: A great class for beginners and those looking to start slowly. Learn the fundamental poses and build a foundation for a strong yoga practice with Yoga Basics. This class is great for beginners.

Knot and Know Flow: A powerful, breath-centered and alignment-based vinyasa flow class. Release tension and unfurl those knots, cultivate a strong listening practice to meet whatever comes up in your body, mind and heart. Come as you are and see what happens on and off the mat.

Morning Yoga for Flexibility and Balance: Start your day with the basic principles of yoga; breath and movement to create strength starting from within. Morning yoga will help you feel balanced through alignment and flow for your body and centering techniques for your mind and spirit.

OULA: OULA® is a high-energy, calorie burning, crazy-fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy, and total inspiration! OULA is Dancemania for the Soul.

Oula.One: Oula.One is a heart-based, musically inspired yoga/dance fusion class. Class is done barefoot on the mat with no jumping and only low impact movements. Focus on breath and the movement of your body as you relieve stress and improve flexibility.

Power Barz: Power Barz is a fun strength training class that utilizes studio barbells. The full body workout utilizes repetitions to increase muscle endurance.

Power Yoga: Classes are designed for all ages and fitness levels. Exercises focus on traditional yoga poses, breathing techniques and relaxation to increase flexibility, strengthen muscles and improve balance while creating body awareness.

Restorative Movement: Learning where your very own skeleton aligns with “ideal alignment” and where/how your movement is coming from (or not!) can be immensely profound and restorative, in all aspects of your life, whether you’re a hard-core athlete, a gentle yoga fan, or somewhere in-between.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Yoga: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity

Tabata: A high intensity interval training (HIIT) class, this workout takes you through timed cardio intervals (20 seconds active/10 seconds rest) repeated for 8 rounds without break. Just 4 minutes of Tabata interval training can do more to boost aerobic and anaerobic capacity than a whole hour of endurance training.

Total Body Conditioning I: A cross between a calorie-blasting boot camp and a more traditional strength training class, Total Body Conditioning I uses higher reps, heavier weights, faster cardio and more challenging core exercises.

Total Body Conditioning II: Utilizing weights, jump ropes, BOSU balls and more, this workout focuses on strength training at a slower pace, with extra emphasis on developing core strength.

Yoga for Strong Bones: This class teaches ways to increase bone density at any age. Along with breathing exercises and gentle stretching, the class includes a series of yoga poses that can be done at home in just 12 minutes a day.

Yoga Sculpt: A blend of Vinyasa Yoga and strength training class utilizes weights to create resistance and add intensity to each pose. A fun and challenging workout, Yoga Sculpt is great for anyone looking to strengthen their current yoga and fitness abilities.