




**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP EXERCISE CLASS SCHEDULE

Eugene Family YMCA

Fall 2010

Updated 11/9 –12/17

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00	Aikido (SC) Kit		Aikido (SC) Kit		Aikido (SC) Kit	8:00-9:00 Adult Aikido (SC) Kit
6:00-7:15		Moving in the Mornin' Cardio Tennis (TC)		Moving in the Mornin' Cardio Tennis (TC)		9:00-10:00 Kid's Aikido Kit
8:00-9:00	Tai Chi Erica	Tai Chi Erica	Tai Chi Erica	Tai Chi (Member led)	Tai Chi (Member led)	9:00-10:15 Y Workout Varies
9:00-10:15	Step It Up Jessica	Nia 9-10 Dominque	Fusion Fit Jennifer A	Step It Up Shannon	Zumba Kari H	4:30-5:30 Family Fun & Fitness (TC)
10:30-12:00	Low Impact Aerobics Kari P	Strength & Stretch Tom & Natalie	Low Impact Aerobics Kari P	Strength & Stretch Tom & Natalie	Low Impact Aerobics Becky	All classes are in the Movement Center, unless specified. SC= Squash Court TC= Tennis Center All program descriptions on on the back. Please see class descriptions on the back. For information about Yoga/ Pilates & Active Older Adults, please see sepa- rate schedules.  All of our schedules are on line. Please consider viewing them there.
12:00-12:45				Boot Camp Colleen		
12:00-1:30	Strong & Balanced Doug		Strong & Balanced Doug		Strong & Balanced Doug	
12:15-1:30		Tennis Fun & Fitness (TC)		Tennis Fun & Fitness (TC)		
1:00-2:00		Drumming Colleen		Zumba Shakaia		
1:00-3:00	U-Can Gym		U-Can Gym		U-Can Gym	
4:15-4:30	Core Strength Courtney	Core Strength Jennifer	Core Strength Courtney	Core Strength Sheila	Core Strength Sally	
4:30-5:30	Body Sculpt Courtney	Fusion Fit Jennifer A	Body Sculpt Courtney	Cardio Sculpt Sheila	Boot Camp Sally	
5:00-6:00		Kids Aikido (SC)		Kids Aikido (SC)		
5:35-6:35	Aerobics Mix Sheila	Zumba Shakaia	Aerobics Mix Sheila	Nia Dominque	Y Dance Varies	
6:00-7:00		Adult Aikido (SC)		Adult Aikido (SC)		
6:45-7:45		Boot Camp Sally	Belly Dance Candice			
6:45-8:00	Tennis Fun & Fitness (TC)		Tennis Fun & Fitness (TC)			

Eugene Family YMCA

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Aerobics Mix Your heart will be pumping with good energy after this class that offers a variety of movement. We use floor movement, steps and strengthening work so it never gets boring.

Aikido Build your poise, confidence, self-expression and leadership through a self-defense technique program.

Belly Dance Do you want to learn to shimmy and shake your hips? This is your chance! Move your whole body in a way that feels so different than anything else you do. We're all beautiful belly dancers, come find the one within you!

Body Sculpt Come use a variety of props and toys (hand weights, stability balls, bands, etc.) that will help you find new muscles and tone the more familiar ones.

Boot Camp You've got a goal. Maybe you want to keep up with your kids. Maybe you hope to go hiking next summer, or maybe your doctor told you to lose some pounds. Don't do this alone—let's do this together. Try out this full-body workout with intervals of intensity, keeping you in control of how hard you want to push yourself. It's dynamic. It's fun. It's with a community of others who will help you stay motivated along the way.

Cardio Sculpt Join a fun group of people who stay happy and sane throughout the work week with a dose of exercise: part step, part floor, cardio drills & sculpting throughout.

Core Strength Feel stronger from the inside out with this class designed to work your abdominals and strengthen your lower back. You'll leave standing a little taller!

Drumming You'll be surprised how good you are at 'beating the drums'. You'll leave class as happy as a rock star: taller, stronger, relaxed, sweaty and with a total huge fan base (your fellow class mates, of course!).

Family Fun & Fitness Designed for the Beginner and Adv. Beginner. Players will hit lots of balls using drills and games. All levels, ages 4 and up welcome. Families play together! All YMCA members welcome. (Join us at the Tennis Center. We have racquets to borrow.)

Fusion Fit Move with us; be dynamic, fit, fluid, strong & centered. Enjoy full body cardio dance & strengthening with Pilates/Yoga/Weights. A multi-level class that is accessible & effective for all. (Shoes are required).

Kid's Aikido (6-12 years) Learn coordination of mind and body; discipline, confidence and respect for others. Parents are welcome to participate. Drop-in's ok... come check it out.

Low Impact Aerobics

Join a group that loves to move, dance, laugh, chat, and work together. Your body will work, your brain will work, and YOU will feel BETTER. Expect to sweat and to work with resistance equipment. A full mind, body, spirit workout.

Movin' in the Morning Cardio Tennis Get fit, have fun, energize your morning! This circuit style cardio class will get you moving with dynamic warm-ups, strength training and agility drills. Then, you will hit a lot of balls, cool down and stretch. Good Mornin'! All Y members welcome.

Nia Experience movement in a whole new way—your spirit, mind and body will thank you. Part dance, part martial art, part healing technique, Nia will surprise you! (Shoes optional. See? Surprising.)

Step It Up! Got some stress to burn off and time to spare? Join us for this class! We'll use a step to keep our heart rates up, props & toys to work our strength & stamina, and humor, music and friendship to keep our spirits up.

Strength & Stretch

Finding strength & stamina was never as important as it is now. Join this class, full of people, who have chosen to keep active into their golden years, staying strong, tall & confident. There are two instructors here so everyone can feel successful.

Strong & Balanced

Give us your time and we'll give you the chance to make new friends, feel stronger and stay agile. We'll use stability balls, floor exercises and good humor to keep your spirit, mind and body strong and healthy!

Tai Chi "The Art of Conscious Movement" can benefit all ages and abilities; Mon and Wed practice 108 Long Form, Tues. is beginning Qigong, Thurs. and Fri. are Member-led.

Tennis Fun & Fitness You'll get a great workout in a fun, social setting. There will be a whole lot of moving, hitting, competition and of course, fun. Designed for the intermediate and advanced level player. All YMCA members welcome. (Join us at the Tennis Center. We have racquets to borrow.)

U-Can Gym Gain strength & stamina in this adaptive program, hosted in Health & Wellness Center, designed for anyone with mobility-limitations. A Wellness Coach is present to create workouts and give guidance. If a full-time assistant is needed, please provide a personal attendant.

Y Dance It's Friday, let's celebrate! A great class to jump start your weekend. Made for folks who love to dance, each week will be different: Zumba, Nia, Fusion Fit, etc. Indulge yourself.

Y Workout If you're tired of doing the same thing to feel good every day, this is your chance to spice things up: Y Workout is different every time. One day it's Zumba, another day, Step; it is *always* the perfect place for you to move your body at your pace so you leave feeling energized, strong and oh so good.

Zumba Looking for a booty-shaking, fun time, but don't want to have to stay out late to find one? Come get your Latin & International groove on with us. Ditch the workout. Join the party. (Shoes are required).