

YHEALTH & WELLNESS

We build strong kids, strong families, strong communities.



Summer
'10

June 18 - Sept. 5
Update 7/16/10

Aerobic Wellness Classes... (All of these classes are in the Movement Center, unless specified.)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Step & Sculpt	Nia	Step til 10:15	Step & Sculpt til 10:15	Zumba + Sculpt til 10:15
10:30	Low Impact Aerobics til 12	Strength & Stretch til 12	Low Impact Aerobics til 12	Strength & Stretch til 12	Low Impact Aerobics til 12
12:00	Strong & Balanced til 1:30		Strong & Balanced til 1:30		Strong & Balanced til 1:30
12:15		Tennis Fun & Fit (TC)		Tennis Fun & Fit (TC)	
1:00	U-Can Gym 'til 3:00 (HW)		U-Can Gym 'til 3:00 (HW)		U-Can Gym 'til 3:00 (HW)
4:15	Abs/Back 15 min		Abs/Back 15 min		
4:30	Body Sculpt		Body Sculpt		
5:35	Aerobics Mix	Zumba	Aerobics Mix	Nia	
6:40	Karate				
6:45	Tennis Fun & Fit 'til 8 (TC)	Y Programs	Tennis Fun & Fit 6:45-8 (TC)		

Yoga, Tai Chi, Pilates, Etc... (All of these classes are in the Meading Room, unless specified.)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00	Aikido (SC)	Adv. Aikido (SC)	Aikido (SC)	Adv. Aikido (SC)	Aikido (SC)
6:30			Kundalini Yoga		Kundalini Yoga
7:30				Gentle Yoga	
8:00	Tai Chi (MC) (108 Long Form)	Tai Chi (MC) (Beg. And Qigong)	Tai Chi (MC) (108 Long Form)	Tai Chi (MC) (member led)	Tai Chi (MC) (member led)
			Edgu		
9:00	Pilates	Gentle Yoga	Pilates	Gentle Yoga	Pilates
10:15		Gentle Yoga			
4:30		Pilates		Pilates	
5:00		Kids Aikido (SC)		Kids Aikido (SC)	
5:35	Gentle Yoga	Kundalini Yoga	Gentle Yoga	Kundalini Yoga	
6:00		Adult Aikido (SC)		Adult Aikido (SC)	
6:40	Hatha Yoga		Hatha Yoga		

Weekends

TIME	Saturday	TIME	Sunday
7:30	Kundalini Yoga (MR)	10 am	Hatha Yoga (MR)
8:00	Adult Aikido (SC)	Key →	
9:00	Kid's Aikido (SC)		
	Variety Cardio & Sculpt 'til 10:15 (MC)		
10	Hatha Yoga 'til 11:15 (MR)		
10:30	Family Karate 'til 12 (MC)		
4:30	Family Fun & Fitness (TC)		

- (HW) Health and Wellness Center
 (MC) Movement Center, across the hall from the Gym
 (MR) Meading Room, upstairs from lobby
 (SC) Squash Court, near Racquetball Courts
 (TC) Tennis Center
- Shaded** These classes welcome 10 yr olds+ and their family.
- All classes are free with your membership, are designed for ages 15 years and older and are 1 hour, unless specified.
 - Please bring your own sticky mat to Pilates and Yoga.

EUGENE FAMILY YMCA

2055 Patterson

Eugene, OR 97405

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www.eugeneymca.org

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Wellness Class Descriptions....

Aerobics...

Abs/Back: Strengthen, firm and tone muscles of the abdominals, obliques and low back; those good posture muscles!

Aerobics Mix: Get a great workout with a mix of floor, step and strength all in one high energy hour.

Body Sculpt: Enjoy a total body sculpting and toning work-out with hand weights, bands, stability balls, medicine balls, and your body weight.

Nia: Practiced barefoot, Nia delivers a cardiovascular, whole-body conditioning program utilizing dance, martial arts and healing techniques. (Shoes are optional)

Step: A high energy, low/mid impact workout to improve cardiovascular conditioning, coordination, and agility.

Step & Sculpt: Throughout class enjoy step choreography and weight training intervals.

Variety Cardio & Sculpt: Each week you're in for a treat with changing staff and changing class formats like Step, Nia, Cardiodance & Zumba.

No matter what, we aim to deliver a great cardio work-out and fun strength and endurance work. Please join us!

Zumba: Combines Latin and International rhythms for an interval-based cardio dance workout. For all levels of fitness. Ditch the workout and join the Party! (Shoes are required).

Yoga, Tai Chi, Pilates... *Please bring your own sticky mat.*

Gentle Yoga: Gentle stretch, increased range of motion, deep breathing and balance work: wonderful for beginners and all ages.

Hatha Yoga: Explores breathwork, stretching, balance, postures, and focused relaxation to increase flexibility and strength.

Kundalini Yoga: Revitalize, relax, stretch and strengthen in this class, designed to balance body, mind and soul.

Pilates: This is a mat based class that focuses on the mind-body connection. Class focus is on your core (abdominals, back, obliques) as well as improving your flexibility, range of motion, and posture. Classes may include some yoga, strength, and balance work as well.

Tai Chi: "The art of conscious movement." All ages and fitness levels can benefit from this movement meditation. M & W practices 108 Long Form, T is Beg/Qigong, Th & F is member led.

Specialty...

Family Fun and 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. Parents will enjoy this time playing with their kids. All YMCA members welcome.

Fun and 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.

U-Can Gym: This adaptive program is in the Health and Wellness Center and is designed for anyone with mobility limitations. A YMCA Wellness Coach present at all times. If full time assistance is needed, please provide a personal attendant.

Martial Arts...

Aikido*: (13-Adult) Builds poise, confidence, self-expression and leadership through self-defense techniques.

Kid's Aikido*: (6-12 years) Learn coordination of mind and body, discipline, confidence, and respect for others. Parents are welcome to participate. Drop-ins okay. *

Edgu: A moving meditation workout. Great for back, neck, shoulders. Promotes spinal flexibility, balance and well-being on all levels.

Family Karate*: Kata, self defense and movement techniques are all combined for a great workout. Karate is an excellent skill for everyone in the family to learn. Come practice the skill of Karate as a family, or as an individual. (Age 8+)

**Promotions, testing and Aikido or Karate club membership is optional and has separate membership.*

Active Older Adult Classes...

Gentle Yoga: Gentle stretch, increased range of motion, deep breathing and balance work.

Tai Chi: "The art of conscious movement." All ages and fitness levels can benefit from this movement meditation. M & W practices 108 Long Form, T is Beg/Qigong, Th & F is member led.

Low Impact Aerobics: Step it up with 45-minutes of heart healthy exercise. End class with 45 minutes of strength, flexibility & balance.

Strength & Stretch: Progressive exercises to strengthen, stretch & balance your body. You will utilize the HWC for a portion of this class.

Strong & Balanced: Increase your balance, agility, strength and coordination. You will utilize the HWC for a portion of this class.

Wellness Coaches...

Wellness Appointment (Free): This is your first appointment with a Wellness Coach. The Wellness Appointment includes health history, goals, program wishes, orientation and tour.

Personal Program (Free): Our Wellness Coaches create a program designed specifically for you: your needs, goals, limitations and ambitions; it's unique, just like you. Please complete a Wellness Appointment before your Personal Program appointment.

Fitness Assessment (1st one Free, then \$10.00): Discover your current fitness level: recovery heart rate, strength, endurance, flexibility and more. YMCA Assessment (18 – 59 years) or Senior Fitness Test (60+ years).

Teen Training (Free): Youth 12-15 years old require two sessions with a YMCA Wellness Coach before using Health and Wellness Center on his or her own. Parent's permission required.

Family Training (Free): Parent and child (8+) sign up for one Family Training session with a YMCA Wellness Coach, learn how to workout safely and effectively together.

Fit For You (fee based): Meet with a Wellness Coach for twelve 1-hour sessions of personalized training, program design, motivation and guidance to keep you fit and healthy. \$250.00 for 12 sessions.

Nutrition Discussion (Free) Discuss nutrition in an environment that promotes well-being, balance, and an increase in knowledge. Our staff are not nutritionist or dieticians, so we will not do menu planning, but we can be very helpful. 18 and older.