

# YWCA Fitness Classes

sessions

Sep 11 - Oct 28th  
Oct 30 - Dec 23  
Break Week: Dec 26-30

## Fitness Class Schedule: Adults and Teens

As of 9/11/2017 and subject to change - Senior-friendly classes in gray

Start	MON	TUES	WED	THUR	FRI	SAT
5:45		Yoga		Yoga		
6:00	AM Jump	Boot Camp	AM Jump	Boot Camp	AM Jump	
7:00	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
7:00	Deep Aqua	Stretch Fitness	Deep Aqua	Stretch Fitness	Deep Aqua	
7:45	Aquacise		Aquacise		Aquacise	
8:00	Young at Heart	No Fall Balance	Young at Heart	No Fall Balance	Young at Heart	Weekend Workout
8:00	Deep Aqua	Aquacise	Deep Aqua	Aquacise	Deep Aqua	Aquacise
8:00		Cycling		Cycling		
8:15	Circuit Training		Circuit Training		Circuit Training	
8:30		Pilates		Pilates		
8:45		Water Walking		Water Walking		
9:00	Wave Makers		Wave Makers		Wave Makers	
9:00	Step Aerobics	Cardio Pump	Step Aerobics	Cardio Pump	Step Aerobics	
9:15	Circuit Training		Circuit Training		Circuit Training	
9:30	Yoga			Yoga		
9:30	Aqua Abs	Senior Circuit	Aqua Abs	Senior Circuit	Aqua Abs	
9:30		Aqua Agility		Aqua Agility		
9:45	Joint Flexibility	Aquacise	Joint Flexibility	Aquacise		
10:00			Yoga		Yoga	
10:15	Stretch Fitness		Stretch Fitness		Stretch Fitness	
10:30					Joint Flexibility	
10:45		Silver Sneakers		Silver Sneakers		
11:00		Senior Circuit		Senior Circuit		
11:10	Silver Sneakers		Silver Sneakers		Silver Sneakers	
12:00	W.O.W.		W.O.W.			
12:15	Silver Sneakers	Easy Does It	Silver Sneakers	Easy Does It		
1:00	Joint Flexibility		Joint Flexibility		Joint Flexibility	
1:15					Homeschool Hour	
2:00	Senior Circuit		Senior Circuit			
4:00		Cycling		Cycling		
4:15		Water Power		Water Power		
4:30	Pure Strength		Pure Strength			
4:45		Power Pump		Power Pump		
5:15	Boot Camp		Boot Camp			
5:15	Aquacise		Aquacise		Aquacise	
5:15	Deep Aqua		Deep Aqua		Deep Aqua	
5:30		STRONG	Yoga	STRONG		
6:00	Yoga		Hydro Cardio			
6:30		ZUMBA!		ZUMBA!		

Fall 2017

### Contact Us



(563) 242-2110



wellness@ywcaclinton.org



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# YWCA Senior-Friendly Classes

*As of 9/11/2017 and subject to change*

*While many of our classes are enjoyed by seniors, YWCA "Senior-Friendly" fitness classes are specifically designed to accommodate balance and stability issues experienced by some seniors. For a full listing of our fitness classes, see brochure. Please check with your physician before starting any exercise program.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 Aquacise	7:00 Aquacise 7:00 Stretch Fitness	7:00 Aquacise	7:00 Aquacise 7:00 Stretch Fitness	7:00 Aquacise	
7:45 Aquacise Shallow 8:00 Young @ Heart 8:00 Aquacise Deep 8:15 Circuit Training	8:00 No Fall Balance 8:00 Aquacise	7:45 Aquacise Shallow 8:00 Young @ Heart 8:00 Aquacise Deep 8:15 Circuit Training	8:00 No Fall Balance 8:00 Aquacise	7:45 Aquacise Shallow 8:00 Young @ Heart 8:00 Aquacise Deep 8:15 Circuit Training	8:00 Aquacise
9:00 Wave Makers	8:45 Water Walking	9:00 Wave Makers	8:45 Water Walking	9:00 Wave Makers	
9:15 Circuit Training 9:30 Aqua Abs	9:30 Senior Circuit 9:30 Aqua Agility	9:15 Circuit Training 9:30 Aqua Abs	9:30 Senior Circuit 9:30 Aqua Agility	9:15 Circuit Training 9:30 Aqua Abs	
9:45 Joint Flexibility	9:45 Aquacise	9:45 Joint Flexibility	9:45 Aquacise		
10:15 Stretch Fitness	10:45 Silver Sneakers® Classic	10:15 Stretch Fitness	10:45 Silver Sneakers® Classic	10:15 Stretch Fitness 10:30 Joint Flex	
11:10 Silver Sneakers® Circuit	11:00 Senior Circuit	11:10 Silver Sneakers® Circuit	11:00 Senior Circuit	11:10 Silver Sneakers® Circuit	
12:15 Silver Sneakers® Yoga	12:15 Easy Does It!	12:15 Silver Sneakers® Yoga	12:15 Easy Does It!		
1:00 Joint Flex		1:00 Joint Flex		1:00 Joint Flex	
2:00 Sr Circuit		2:00 Sr Circuit			
5:15 Aquacise		5:15 Aquacise		5:15 Aquacise	

YWCA-Clinton is proud to be a SilverSneakers AND a Silver&Fit fitness facility for 2017!



Questions?  
Contact  
Jeanne  
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563-242-2110.

\* Check the Senior Board in the YWCA lobby for upcoming events or visit the Events Page on our website at

**YWCAClinton.org**