

# YWCA Fitness Classes

session

September 6th -  
December 24th

## Fitness Class Schedule: Adults and Teens

As of 9/6/2016 and subject to change - senior-friendly classes in gray

Start	MON	TUES	WED	THUR	FRI	SAT
5:15	Cycling*		Cycling*		Cycling*	
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	
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	Weekend Workout
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		Senior Circuit		Senior Circuit		
9:30	Aqua Abs	Aqua Abs	Aqua Abs	Aqua Abs	Aqua Abs	
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	
2:00	Senior Circuit		Senior Circuit			
4:00		Cycling Express		Cycling Express		
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		Cycling	Yoga	Cycling		
6:00	Yoga		WaterBootCamp			
6:30		ZUMBA!		ZUMBA!		

FALL 2016

### Contact Us



(563) 242-2110



wellness@ywcaclinton.org



YWCAClinton.org



YWCAClinton

\*Class offered in second session only, beginning October 31st. For class descriptions and locations, please see the program brochure. Pick yours up at the front desk today or visit our website at YWCAClinton.org!

# YWCA Senior-Friendly Classes

*As of 9/6/2016 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 Abs	9:15 Circuit Training 9:30 Aqua Abs	9:30 Senior Circuit 9:30 Aqua Abs	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 Flexibility		1:00 Joint Flexibility		1:00 Joint Flexibility	
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 2016!



Questions?  
Contact  
Jeanne  
McKenzie at  
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**