<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| 8:00am-8:50am| AQUA JOG/DARA  
AGELESS CARDIO  
& STRENGTH/JEAN-FC | AQUA JOG/DARA  
AEROBICS/JEAN  
& STRENGTH/JEAN-FC | AQUA JOG/DARA  
AGELESS BOOTCAMP/JEAN-FC | AQUA TABATA/JEAN  
SILVER SNEAKERS CIRCUIT/JEAN-FC | SILVER SNEAKERS CIRCUIT/JEAN-FC | 8:30-9:20  
BOOTCAMP/ANNE-FC |
| 9:00am-9:50am| AQUA FIT/DARA  
BOOTCAMP/MEREDITH-FC | AQUA FIT/DARA  
PILATES/JESS  
GENTLE YOGA/MEGHANN-STUDIO | AQUA FIT/DARA  
CORE FUSION/JEAN-FC | PILATES/JESS-FC  
GENTLE YOGA/MEGHANN-STUDIO | AQUA SILVER SPLASH/JESS  
CHAIR CORE/JEAN-FC | Class Locations*:  
Pink-Ernst  
Red- Pool  
Purple- Fitness Center  
Blue- Gym  
Green- Outside  
Dark Red- Studio |
| 10:00am-10:50am| ARTHRITIS & BALANCE/JEAN-ERNST | STRENGTH & CONDITIONING/JACQUI-FC | CHAIR YOGA/JEAN-STUDIO | LITE&FIT/JESS-FC  
YOGA FLOW/MEGHANN-STUDIO | TABATA/JACQUI-FC | Text: YYOGA to 84483  
LANDFITNESS to 84483 |
| 1:00pm-3:00pm| PICKLEBALL                                    |                                                |                                                |                                                |                                                |                                                |
| 5:30pm-6:00pm| TNT TIGHTEN & TONE/LORI-FC                   |                                                |                                                |                                                |                                                |                                                |
| 5:30pm-6:20pm|                                               |                                                |                                                |                                                |                                                |                                                |
| 6:00pm-6:50pm|                                               |                                                |                                                |                                                |                                                |                                                |
| 6:30pm-7:20pm| TABATA/JACQUI-FC                             |                                                |                                                |                                                |                                                |                                                |
Classes are included with OCYMCA Membership. Class registration is not required. Classes listed may not be offered during all program sessions. Please see previous page.

**Trainer Floor Hours:**

**Monday through Thursday,** 8am to 8pm; **Friday** 8am to 4pm;

**Saturday** 7am to 3pm; **Sunday** 8am to 12pm

**AGELESS CARDIO & STRENGTH with Jean (INTERMEDIATE)**

Different variations of cardio each week plus an overall strength workout that will take you out of your comfort zone.

**AQUA AEROBICS (ALL LEVELS)**

This workout will help build muscle strength and boost endurance. The buoyancy of the water makes getting fit easy on your joints!

**AQUA FIT (ALL LEVELS)**

Aqua fit is a full-body workout, perfect for all ages and levels. Designed to build muscle, increase flexibility, and improve cardiovascular health.

**AQUA JOG (ALL LEVELS)**

The jogging belt worn in this class allows the participant both added buoyancy and resistance to increase core strength.

**AQUA KICKBOX/PILATES with Jess (ALL LEVELS)**

Pilates is a great way to strengthen your core. Kickboxing is a great for weight loss. Cool off while getting a whole-body workout!

**AQUA ROM with Jean (ALL LEVELS)**

Range of motion is the amount of motion possible in a joint. With losses in motion, functional activities can become more difficult to perform. A flotation belt is used for this class to provide resistance and support. Movements can be performed in the shallow end, if needed.

**BATTLEROPES, BANDS, AND BELLS with ANNE (INTERMEDIATE/ADVANCED)**

Class will provide an intense, high calorie fat burning fitness experience. A full body workout combining strength and cardio. Class will use battle ropes, resistance bands and Kettlebells.

**BOOTCAMP with Meredith or Lori (INTERMEDIATE)**

Your cardiovascular and muscular fitness will be challenged in this class that incorporates an assortment of equipment in each session.
CHAIR CORE with Jean (BEGINNER)
Strengthen low back and abdominal muscles without having to get on the floor. Decreases low back pain though a combination of postural, flexibility, and strengthening exercises.

CHAIR YOGA with Meghann (BEGINNER)
Hatha Yoga program developed for students with limited mobility, disabilities, wheelchair-bound, arthritis and those not comfortable getting on the floor. All postures are done sitting in a chair.

COREMAX with Lori (INTERMEDIATE)
Designed to strengthen the muscles of the abs and back with nonstop core sculpting moves.

FRIDAY FLOW with Meghann (ALL LEVELS)
Students will flow through unique sequences of postures, uniting breath and movement, while holding other postures to develop stability and openness. Leave feeling refreshed and energized!

FUNCTIONAL FITNESS CIRCUIT TRAINING with Meghann
Build strength and increase mobility to improve real-life movements. Class will focus on pull, push, squat, lunge, hinge, rotation, and gait.

GENTLE YOGA with Meghann (BEGINNER)
Improve range of motion, strength, balance, and flexibility with foundational yoga postures. Class moves at a slow and mindful pace to assure proper body alignment and emphasizes mental relaxation through a series of breathing instructions.

H.I.I.T. with Meghann (INTERMEDIATE/ADVANCED)
High Intensity Interval Training is a total body, heart-pumping, aerobic, and strength conditioning workout using Kettlebells. Designed to tone your body, improve endurance, and clear your mind.

LITE & FIT with Jess (BEGINNER/INTERMEDIATE)
Low-impact aerobics are combined with intervals of strength and balance moves for a complete, well-rounded, fun workout.

MORE FOR THE CORE with Jean (BEGINNER)
The purpose of this class is to strengthen the core using stability ball, suspension straps, medicine balls, body weight, and body positioning. A strong core helps with physical balance, posture, and alignment.

PILATES with Jess (ALL LEVELS)
Workout will focus on strengthening and stretching the abdomen/torso solely using the body. Technique involves proper breathing and control over various muscles, conditioning the core and total body.

POWER YOGA and PILATES STRENGTH with Meghann (INTERMEDIATE)
Get a full body workout by combining yoga poses and Pilates exercises using weights, body weight, and various equipment. Build strength, increase flexibility, improve balance, and reduce stress.
**SILVER SPLASH with Jess (ALL LEVELS)**
Aquatic fitness class designed to enhance each individual's quality of life. Kickboards used to develop strength, balance, and coordination.

**SILVER SNEAKERS CIRCUIT with Jean (BEGINNER/INTERMEDIATE)**
Take the next step from Silver Sneakers Classic. Low-impact cardiovascular conditioning class designed in a circuit format using resistance tools. A chair is used for standing support.

**STEP AND SCULPT with Jess (INTERMEDIATE)**
Step Aerobics class that teaches basic combinations. A safe and effective cardiovascular workout that combines toning and aspects of resistance training. A great class for intermediate and advanced fitness levels.

**STRENGTH & CONDITIONING with Jacqui (INTERMEDIATE/ADVANCED)**
A full-body workout incorporating the use of adjustable barbell, body weight movements, kettlebells and more. A variety of intervals, circuits, and intensity to help you gain strength and increase your cardiovascular conditioning.

**STRENGTH & STRETCHING WHILE SITTING with Meredith (BEGINNER)**
Move to music through a variety of strengthening and stretching exercises designed to increase range of motion, strength, endurance, and activity for daily living skills. Balls, weights, and tubing are used. Class is entirely seated.

**TABATA with Jacqui (INTERMEDIATE/ADVANCED)**
Using a variety of strength and conditioning exercises. Each class offers a full body workout which provides noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for in a fitness class.

**TNT TIGHTEN AND TONE with Lori (INTERMEDIATE/ADVANCED)**
Use your body weight, as well as equipment, to tighten and tone your core, glutes, and back muscles.

**TRIPLE THREAT with Lori (INTERMEDIATE/ADVANCED)**
This class brings together the three disciplines of strength training, cardio, and balance.

**QIGONG with Jean (ALL LEVELS)**
Based on the principles of Qigong Tai Chi, participants learn to incorporate deep restorative breathing with slow and mindful movement. The slow and mindful pace will help to increase balance, flexibility, and increased relaxation. Tai Chi is an exercise of both body and mind.

**YOGA/PILATES FOR STRENGTH with Meghann (ALL LEVELS)**
In this class, you use props and your body's resistance to build strength, stamina and flexibility. This is a fast paced workout that will get your heart rate up! All levels welcome.
YOUTH STRENGTH TRAINING with Pete (REGISTRATION REQUIRED/8 WEEK SESSIONS/AGES 11-14)
Class is designed to enhance the overall fitness level of the adolescent by using a combination of strength, cardio, and functional fitness exercises. Participants will learn about the muscles in the body and about what exercises target which muscles. Maximum 8 per class. Contact the Welcome Center to register.