

OCYMCA GROUP FITNESS CLASS SCHEDULE

EFFECTIVE SEPTEMBER 7, 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am-8:50am	AGELESS CARDIO & STRENGTH- JEAN/Gym				SILVER SNEAKERS CIRCUIT- JEAN/Gym	H.I.I.T. CARDIO- ANN/FC
9:00am-9:50am	TAI CHI- JEAN Outside	GENTLE YOGA- TERRY/Gym	CHAIR YOGA- TERRY/Gym	GENTLE YOGA- TERRY/Gym		
9:00am-9:50am			CHAIR CORE and MORE! JEAN/FC		CHAIR CORE- JEAN/Gym	
10:00am-10:50am	BOOT CAMP- MEREDITH/ FC	STRENGTH and STRETCHING While Sitting MEREDITH/Gym			TABATA- JACQUI/FC	
10:00am-10:50am		STRENGTH & CONDITIONING- JACQUI/FC				
5:10pm-6:00pm						
5:40pm-6:10pm			AB ATTACK- LORI/Gym			
6:15pm-7:05pm		KETTLEBELL CARDIO HIIT- Meghann/Gym	BOOTCAMP- LORI/FC			
6:30pm-7:20pm	TABATA- JACQUI/ Gym			STRENGTH & CONDITIONING- JACQUI/FC		
7:00pm-7:50pm				YOGA 2 – TERRY/Gym		

Classes are included with OCYMCA Membership. Class registration is not required.

Trainers Floor Hours: Monday through Saturday 8am to 12pm

Monday through Thursday 4pm-8pm

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AB ATTACK with Lori (INTERMEDIATE)

Designed to strengthen the muscles of the abs and back with nonstop core sculpting moves.

AGELESS CARDIO & STRENGTH with Jean (BEGINNER/INTERMEDIATE)

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

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 through a combination of postural, flexibility, and strengthening exercises.

CHAIR CORE and MORE! with Jean (BEGINNER)

Use a variety of equipment to kick start CORE strength, which aids in balance, overall functional fitness, and well-being. Participants will utilize stations in the Fitness Center and on the turf.

CHAIR YOGA with Terry (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.

GENTLE YOGA with Terry (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.

H.I.I.T. CARDIO with Ann (INTERMEDIATE/ADVANCED)

High Intensity Interval Training, combining hard effort using weights and body-weight exercises to get you strong, keep your heart rate up, and burn more fat in less time.

MOVE IT, SHAKE IT, LIFT IT with Elsa (BEGINNER/ALL LEVELS)

This class offers a variety of Cardio and Strength workouts each week. Burn calories, tone muscles, in an engaged, positive environment.

SILVER SNEAKERS CIRCUIT with Jean (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.

STRENGTH & CONDITIONING with Jacqi

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.

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STRENGTH & STRETCHING WHILE SITTING with Meredith

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 Jacqi

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.

TAI CHI QIGONG with Jean (ALL LEVELS) ALL LEVELS OF FITNESS CAN BENEFIT!

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 LEVEL 2 with Terry (BEGINNER/INTERMEDIATE/Level 1 Required)

This class combines breathing techniques, yoga postures and relaxation to reduce stress, increase flexibility and balance the body, mind and spirit.