



Group Exercise Schedule

Jan-June 2018
West Family Y

MONDAY	8:00-9:00am	Nice & Easy
	9:00-10:00am	Body Defined
	10:00-11:00am	Step & Muscle
	1:00-2:00pm	Joints in Motion
	4:30-5:30pm	Core Freestyle
	5:30-6:30pm	Zumba
	6:30-7:30pm	Yoga

WEDNESDAY	8:00-9:00am	Nice & Easy
	9:00-10:00am	Stability Ball Challenge
	10:00-11:00am	Step & Muscle
	1:00-2:00pm	Joints in Motion
	4:30-5:30pm	Core Freestyle
	5:30-6:30pm	Zumba
	6:30-7:30pm	Yoga

FRIDAY	8:00-9:00am	Nice & Easy
	9:00-10:00am	Cardio Chisel
	10:00-11:30am	Step & Muscle Plus
	1:00-1:50pm	Joints in Motion

TUESDAY	8:00-9:00am	Barre- NEW
	9:00-10:00am	Zumba® in the Gym
	10:00-11:00am	Yoga
	12:00-1:00pm	Chair Yoga
	1:00-2:00pm	Joints in Motion Plus
	4:00-5:00pm	Core Intensity
	5:00-5:30pm	Barre- NEW
	5:30-6:30pm	Boot Camp
6:30-7:30pm	Chair Yoga	

THURSDAY	8:00-9:00am	Barre- NEW
	9:00-10:00am	Zumba® in the Gym
	10:00-11:00am	Pilates
	12:00-1:00pm	Chair Yoga
	1:00-2:00pm	Joints in Motion Plus
	4:00-5:00pm	Core Intensity
	5:00-5:30pm	Barre- NEW
	5:30-6:30pm	Boot Camp
6:30-7:30pm	Yoga	

SAT	8:30-9:30am	Saturday Surprise
	9:30-10:30am	Barre- NEW
	10:30-11:30am	Yoga

Child Care Available while you workout

Child Watch

West Family Y

Mon- Fri	9:00am-1:00pm
Mon-Fri	4:30pm:7:30pm
Saturday	9:00am-1:00pm

Binghamton Y

Mon-Fri	5:00pm:7:30pm
Saturday	9:00am-1:00pm

Game Room

West Family Y

Mon-Fri	6:00pm:8:00pm
Saturday	9:00am-1:00pm

Binghamton Y

Mon-Fri	6:00pm:8:00pm
Saturday	9:00am-1:00pm
Sunday	9:00am-1:00pm



Members: Free

Non-Members will need to purchase a day pass to participate in classes.

Group Exercise Classes

Beginner to Intermediate Classes

Barre: this new class integrates pilates, yoga and ballet principles to lengthen, strengthen and tone muscles! Barre is low impact and great for all fitness levels.

Body Defined - This class is for everyone. Improve and develop core strength, flexibility, mobility and balance.

Chair Yoga - Focus on breathing and alignment with traditional yoga poses to improve your balance and flexibility while using a chair for support.

Core Intensity - Core strength and stability are the goals of this high intensity class, which includes aerobic intervals to challenge your cardiovascular system.

Indoor Cycling - Join our invigorating indoor cycling class! Work at your own level with guidance and motivation from our instructors.

Joints in Motion - Make your daily tasks easier through strength and flexibility exercises that are accomplished while seated in a chair.

Joints in Motion Plus - This is an advanced version of Joints in Motion. This class is the next step to improved mobility and less use of the chair.

Nice and Easy - Beginner level class offering a wide variety of exercises to get your body moving.

Pilates - A classical Pilates class for all levels focusing on core strength, posture and balance.

Saturday Surprise - Roll the dice to see which total body workout you will get. All we can promise is a challenge with a different instructor each week.

Stability Ball Challenge - Work on core stabilization, balance, strength and cardio toning while using the stability ball.

Stretch and Strengthen - Start the day with an easy warm up and stretching routine for increased flexibility.

Yoga - Focus on breathing & alignment with traditional yoga poses to improve your balance & flexibility.

Zumba™ - Dance to fitness with this exciting and easy to follow Latin Dance based class. Move freely, have fun and burn calories.

Advanced Classes

Boot Camp - No fancy footwork needed! Challenge yourself with a class that combines circuit and interval training to get your heart rate up and tone your body.

Cardio Chisel - Get an energizing cardiovascular workout and chisel (sculpt) your body with light weights.

Core Free Style - Intensive class that focuses on building core strength, endurance and flexibility.

Step and Muscle Plus - Get ready to sweat during this 1.5 hour version of Step and Muscle.

Y-Fit - Flip tires, swing ropes, push the weigh sled and so much more during this functional workout that builds strength and stability.

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