



# YOUR VIRTUAL YMCA

## VIRTUAL GROUP EXERCISE SCHEDULE | REGISTRATION REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:15-8:45am   Paul <b>BUTTS &amp; GUTTS</b></p> <p>9:00-10:00am   Paul <b>YOGA</b></p> <p>10:15-11:00am   Paul <b>BLOOD PRESSURE SELF-MONITORING HEALTHY EATING PRESENTATION</b></p> <p>11:30-12:30pm   JoAnn <b>CHAIR YOGA</b></p> <p>12:30-1:30pm   Martha <b>ENHANCE FITNESS</b></p> <p>6:30-7:15pm   Kelly <b>BOOT CAMP</b></p>	<p>9:15-10:15am   Wendy <b>FIRM &amp; FIT</b></p> <p>11:30-12:15pm   Trish <b>STANDING CHAIR FITNESS</b></p> <p>5:00-6:00pm   Lisa <b>YOGA</b></p> <p>7:00-7:45pm   Kim <b>ZUMBA</b></p>	<p>9:00-10:00am   Shaheda <b>BARRE EXERCISE</b></p> <p>10:15-11:00am   Shaheda <b>CHAIR YOGA</b></p> <p>12:30-1:15pm   JoAnn <b>SILVERSNEAKERS</b></p> <p>2:00-3:00pm   Paul <b>BLOOD PRESSURE SELF-MONITORING</b></p> <p>2:00-3:00pm   Paul <b>DIABETES EMPOWERMENT EDUCATION</b></p> <p>5:00-6:00pm   Lisa <b>YOGA</b></p> <p>6:30-7:30pm   Paul <b>Y'S WEIGHT LOSS PROGRAM</b></p>	<p>9:15-10:15am   Wendy <b>FIRM &amp; FIT</b></p> <p>12:30-1:30pm   Martha <b>ENHANCE FITNESS</b></p> <p>5:00-6:00pm   Lisa <b>YOGA</b></p> <p>7:00-7:45pm   Kim <b>ZUMBA</b></p>	<p>8:15-8:45am   Paul <b>BACK TO ABS</b></p> <p>9:00-10:00am   Shaheda <b>YOGA</b></p> <p>10:15-11:15am   Paul <b>HEALTHY LIVING BEHAVIOR CHANGE</b></p> <p>11:30-12:15pm   JoAnn <b>CHAIR YOGA</b></p> <p>12:30-1:15pm   JoAnn <b>SILVERSNEAKERS</b></p> <p>3:00-3:30pm   Paul <b>GET FIT KIDS</b></p>
<b>SATURDAY</b>				
<p>8:00-9:00am   Lisa <b>YOGA</b></p>				

**CLASS SCHEDULE MARCH 2021**

**SMALL GROUP CHRONIC DISEASE MANAGEMENT PROGRAMS ARE LISTED IN PURPLE—Open to the Community**

**Register at [www.tgfyymca.org/virtual-wellness](http://www.tgfyymca.org/virtual-wellness)  
Full or Virtual Membership Required for Group Exercise**

**ALSO AVAILABLE VIRTUAL WISE ADULT SERVICES**



# YOUR VIRTUAL YMCA

## VIRTUAL GROUP EXERCISE SCHEDULE | REGISTRATION REQUIRED

**BACK TO ABS** – Flatten the curve! Core conditioning to address postural muscle deficiencies and create a firmer mid-section.

**BARRE EXERCISE**– Ballet inspired moves with elements of Pilates, dance yoga and strength training.

**BLOOD PRESSURE SELF-MONITORING (BPSM) Small Group Program** – Ages 18+. Research shows that simply checking and recording your blood pressure (BP) twice a month for four months may lower BP for those with high BP. Participants must have been diagnosed with high BP, not experienced a recent cardiac event or have any arrhythmias or atrial fibrillation. Participants will work with trained staff over to improve their self-monitoring skills. Program goals are to reduce and better manage your BP, and enhance knowledge of healthier eating habits. Monthly Nutrition Seminars will highlight healthier eating habits.

**BOOT CAMP** – Challenging body weight calisthenics set to a vigorous pace to get your heart pounding, tone your muscles and promote flexibility. Everything can be modified.

**BUTTS & GUTTS** – Body weight calisthenics to target major muscles of the lower body, core and address postural muscle imbalances.

**CHAIR YOGA** – Yoga performed standing and in a chair, no mat work. Build your strength, balance and flexibility while developing mental clarity, reducing tension and relaxing breath control.

**DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP) Small Group Program** – Ages 18+. DEEP is a 6-week program designed to help participants gain a better understanding of diabetes self-care. Relatives and caregivers are welcome to also attend. Curriculum includes developing self-care, preventing complications, increasing physical activity, improved nutrition, and utilizing available resources.

**ENHANCE FITNESS** – Developed for people with arthritis, you will be led through gentle movement to promote circulation, balance, mobility, strength and range of motion while going easy on the joints. All exercise done while standing or seated in a chair.

Register at [www.tgfymca.org/virtual-wellness](http://www.tgfymca.org/virtual-wellness)

**FIRM & FIT** – Low impact/High intensity. Choreographed cardio routines. Incorporates floor work, flexibility & strength conditioning.

**GET FIT KIDS** – Ages 5-12. This class is designed for youth to experience a group exercise class in a fun way! This is a full body workout that incorporates both cardiovascular exercise and light weight training.

**HEALTHY BACK** – Designed to improve the strength of the core muscles to protect and maintain a healthy back.

**HEALTHY LIVING BEHAVIOR CHANGE Small Group Program** – Designed to assist members in setting goals and making personal progress to a healthy life.

**SILVERSNEAKERS** – Gentle movement to promote circulation, balance, mobility, strength and range of motion while going easy on the joints. All exercises done while standing or seated in a chair.

**STANDING CHAIR FITNESS** – Work your muscles to move better, bend more easily, and reach higher. All exercises are designed for those with limited mobility and balance.

**YOGA** – A slow vinyasa flow class focusing on standing poses to build strength, balance and flexibility. Learn how everything can be modified to suit your needs.

**Y'S WEIGHT LOSS PROGRAM (WLP) Small Group Program** – Ages 18+. WLP is a small group-based program designed to empower, encourage and provide the tools needed for success. Weekly topics include balanced eating, physical activity, goal setting, positive psychology and behavior sustainability. Through group work, all participants design personal action plans to achieve their own personal weight loss goals.

**VIRTUAL WISE CENTER PROGRAM** – In this virtual version of our WISE Center Adult Social Program, our staff will provide daily activities and email support, weekly clinical support, virtual opportunities for groups and individuals, and telephone support. Specializing in offering service to caregivers of those with Alzheimer's or Mild Cognitive Impairment. Monthly Fee required.

**ZUMBA** – Upbeat, easy to follow dance moves set to music you can't stand still for. Move, sweat and smile to better fitness.

**Ages 12+ (unless otherwise noted)**