



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY







GROUP EXERCISE SCHEDULE

Effective Dates SEPT 15-OCT 31
LEBANON FAMILY YMCA



| Had | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|---|---------------------------------------|---|---------------------------------------|---|
| 8:30-9:30 am | AQUAFIT Pool | YOGA 9am-10am Upstairs | DEEP WATER AQUAFIT Pool | YOGA 9am-10am Upstairs | YOGA AQUAFIT Pool |
| 10-11:00 am | SILVER SNEAKERS CLASSIC Group Ex Studio | | SILVER SNEAKERS CLASSIC Group Ex Studio | | SILVER SNEAKERS CLASSIC Group Ex Studio |
| 5:30-6:30 pm | WOMENS SELF-DEFENSE Upstairs | ZUMBA Group Ex Studio | | ZUMBA Group Ex Studio | |
| 6:45-7:45 pm | | TAE KWON DO Group Ex Studio | AQUA ZUMBA 6:30pm-7:30pm Pool | TAE KWON DO Group Ex Studio | |

CLASS BENEFITS

| STRENGTH & WEIGHTS | CARDIO | MIND/BODY | CORE | ACTIVE OLDER ADULTS | AQUA |
|---|---|---|--|---|--|
| Strength training builds lean muscles and helps with long-term weight loss, and cardio exercise is great for burning calories and heart health. | These cardio classes keep you moving and having fun, while you use movements and build your muscular endurance. | Reduce chance of injury, increase mobility and improve your posture, which helps you look great as well as feel good. | Core strength is critical for building a strong body to create the best platform for all other exercise. | Enjoy classes that are specifically designed for mobility and longevity. Great for older adults and those new to a fitness routine. | Joints stay happy with the ease of water classes. Great for beginners, active older adults and even the fitness pro who loves to burn calories in the water. |
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AQUAFIT/AQUACISE/DEEP WATER AQUAFIT/YOGA AQUAFIT

A non-impact fitness class in the water designed to increase strength and flexibility. Some water walking and aerobics is included. This is the perfect workout for individuals just starting a fitness program, working with arthritis or who have few exercise options.



YOGA

Balance, breathe, lengthen and strengthen through gentle yoga movements to increase range of movement. Great for everyone!



SILVER SNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.



TAE KWON DO

Get moving and have fun in this cardio-based class designed to teach focus, concentration, muscle development, balance.



ZUMBA/CARDIO DANCE

Que Caliente! Zumba is a fusion of Latin and international music and dance that creates a dynamic, exciting and effective workout. Interval training is used to tone and sculpt the body. Join the party!