

# GROUP EXERCISE

The Green County Family YMCA wants you to exercise your options when it comes to Health and Fitness.  
**ALL GROUP FITNESS CLASSES ARE INCLUDED IN YOUR MEMBERSHIP.**

**SESSIONS LAST FOR 7 WEEKS (SEE PAGE 1 FOR SESSION DATES)**

**Check our website at [greencountyymca.org](http://greencountyymca.org) for additional classes**

## FIT FOR LIFE

Exercise consists of strength training, flexibility focus, general fitness components. Class members use the stability balls and stretch bands to enhance the exercise experience.

## PILATES

Pilates is an exercise system that is focused on building strength without bulk, improving flexibility and agility, and helping to prevent injury. Pilates can be modified for all fitness levels.



## BEGINNER YOGA

This Yoga class is designed to work on flexibility and relaxation through a series of stretching poses and breathing techniques, balancing mind, body and spirit.

## YOGA

Make true relaxation a reality in your life. All body types and skill levels are encouraged to participate. These poses are safe and gentle, yet challenging postures encourage stronger muscles and bones, while simple relaxation techniques release tension from the mind and body.

## MOSSA

### DEFEND TOGETHER

Defend Together is a gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music.

## MOSSA

### CORE FOCUS TOGETHER

Core Focus Together trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain and give you ripped abs. Expert coaching and motivating music will guide you through functional and integrated exercise using your body weight, weight plates a towel and a platform—all to challenge you like never before. Limited Space.\*\*

**Members: FREE**

**Program Members: DAY PASS**

***10-15 year olds may take an adult group fitness class with a parent and after completing 6 Coaching Connections.***

**Please check the website, Facebook, or pick up a monthly Group Fitness Class Calendar at the Welcome Center for class days and times.  
SCHEDULES ARE SUBJECT TO CHANGE.**

# GROUP EXERCISE

**Members: FREE**

**Program Members: Day Pass**

*(\*\*no guarantee of getting into class)*

## MOSSA

### STRENGTH TRAIN TOGETHER

Strength Train Together will blast all your muscles with a high-rep weight training workout. Using the adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses, and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to your personal best. Limited Space.\*\*



## GROUP CYCLING

**GET IN GEAR!** Group cycling is a fantastic way to exercise in a fun, low impact and high-energy environment. Class is limited to 10.\*\*



## TABATA

This 30 minute workout will be the most intense 30 minutes of your week. It is based on the most current high intensity interval training research and protocol. Tabata Bootcamp includes 3 types of Tabata (a type of high intensity interval training) for maximal results. It is a mix of cardio and strength training. No experience necessary and exercises can be modified for all fitness levels. Limited Space\*\*

***\*\*Pick up a ticket at the Welcome Center To attend these classes.***

***10-15 year olds may take an adult group fitness class with a parent and after completing 6 Coaching Connections.***

**Go to [www.greencountyymca.org](http://www.greencountyymca.org) for the most updated schedules!**

**CLASSES AND TIMES ARE SUBJECT TO CHANGE.**

## GROUP EXERCISE

### SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. The class is offered to anyone and we encourage anyone with physical limitations (surgery, recovery, etc) for exercise to join.

### SILVERSNEAKERS® YOGA

Silversneakers yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

*All SILVERSNEAKERS® classes are held in the gym. Classes are open to everyone*

**Members: FREE**

**Program Members: DAY PASS**



### Adult Pick-up Games

**MEMBERS: FREE**

**PROGRAM MEMBERS: DAY PASS**

### LUNCH BUCKETS

Start your afternoon off right with a basketball pick up game with other adults (18 yrs. or older). All levels welcome.

Monday/Wednesday	Noon-1:00 pm
Friday	11:00-Noon
Wednesday/Friday	6:00-7:00 am



### LUNCH SOCCER

A great noon hour workout that is for all skill levels and abilities.

Tuesday/Thursday	Noon-1:00 pm
------------------	--------------

### ADULT VOLLEYBALL

Come join us for an exciting hour of volleyball. All levels of players are welcome.

Friday	Noon-2:00 pm
--------	--------------

### YMCA MISSION

The mission of the YMCA is "to put Christian principles into practice through programs that build healthy spirit, mind, and body for all." Today, YMCA's are collectively the nation's largest not-for-profit community service organization. YMCA's strength is in the people they bring together. Y's are for people of all faiths, races, ages, abilities and incomes. YMCA's financial assistance policies ensure that no one is turned away for reasons of inability to pay.