

- Great for All Levels
- Motivating Group Atmosphere
- FREE for Members
  - No Registration Required
- General Public
  - See Schedule for Class Pricing

**Y BUTTS & GUTS - EXPRESS**

Challenge your core! Focus on the major muscles of the torso, toning and strengthening your abs, back, and butt. Strong core & butt muscles mean better posture, more balance, healthier back and more confidence.

**Y COMBO**

These fun & challenging workouts are designed for all fitness levels. These classes combine three components of exercise: cardio, toning, and flexibility. You'll get a variety of workouts, a mixture of challenges, all while using an assortment of equipment or none at all. Build endurance, strength, and flexibility.

**Y FITNESS WALKING**

Incorporate this smooth flowing core-focused motion into your walking program for greater fat loss, increased flexibility, improved cardiovascular fitness, and stronger abs and glutes! ALL abilities are welcome. Meet at the front desk. Rain or shine!

**Y PILOXING**

Celebrity workout to the stars created by Viveca Jensen is sweeping the nation. This intensified workout weaves together both Pilates and Boxing inspired moves. This class leaves no muscle behind while creating a fun and challenging workout that will leave you wanting more. Join Christine & Corrine our Licensed, Certified Piloxing Instructors

**Y STEP & TONE**

An emphasis on cardio which features the Step! Classes include a variety of impacts and intensities; as well some toning exercises and finishes with a few minutes of stretching. Step will tone your lower body while improving your cardiovascular endurance.

**Y WERQ®**

WERQ (pronounced "work") is the fiercely fun, and fresh cardio dance fitness workout based on HIP HOP MUSIC with a little pop and rock mixed in. You can expect to sweat and burn about 500-900 calories each class! All dance and fitness abilities welcome!

**Y ZUMBA®**

Join the Zumba party! This safe and effective total body workout is a fusion of Latin and International music and routines that feature aerobic/interval training. It is a mixture of body sculpting movements with easy to follow dance steps. You'll never have more fun!

**ZUMBA GOLD:** Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. In this class you will focus on cardiovascular, muscular conditioning, flexibility and balance, so come ready to sweat, and leave empowered and feeling strong!



**“GET FIT YOUR WAY™!”**

group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL who enjoy a positive, upbeat social environment.



**SILVERSNEAKERS® CLASSIC**

In SilverSneakers Classic you'll move to music as you increase muscular strength and flexibility. This multi-level, equipment based class takes you through a variety of exercises using hand-held weights, elastic tubing and a ball. This class is right for you regardless of your fitness level. Start improving your health today!

**SILVERSNEAKERS® YOGA**

Yoga will move your whole body through a complete series of seated and standing yoga poses; no floor work. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Appropriate for everybody every age!

**SILVERSNEAKERS® SPLASH**

Location: Lap Pool  
 Activate your aqua exercise urge for variety! This class offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance, and coordination.

**Y SENIOR CIRCUIT (formerly SilverSneakers Circuit)**

The Circuit class is for students who desire and are ready for an advanced senior workout. The format offers a blend of standing non-impact choreography designed to increase cardiovascular endurance and muscular strength & endurance. Alternated with upper body strength work and hand-held weights, elastic tubing and a ball.

**SilverSneakers message line: 262.654.9622 ext. 259**

**For complete information on Y fitness classes and the SilverSneakers Program, please contact the Health & Wellness Department at: 262.654.9622 ext. 235**

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# DROP-IN FITNESS CLASS SCHEDULE

◆ Indicates Aquatic Fitness, class descriptions on page 23

DAY	CLASS	TIME	*FEE	INSTRUCTOR	LOCATION
MONDAYS	Y COMBO	5:15-6:05am	\$0 / \$40	Annette	Studio C
	SILVERSNEAKERS® CLASSIC	8:15-9:00am	\$0 / \$40	Nancy	Studio C
	Y STEP & TONE	9:00-9:50am	\$0 / \$40	Ann	Studio A
	◆ SILVERSNEAKERS® SPLASH	9:00-10:00am	\$0 / \$40	Corrine	Lap Pool
	SILVERSNEAKERS® CLASSIC	9:15-10:00am	\$0 / \$40	Judy	Studio C
	Y BUTTS & GUTS - EXPRESS	10:00-10:30am	\$0 / \$25	Ann	Studio A
	SILVERSNEAKERS® CLASSIC	10:15-11:00am	\$0 / \$40	Corrine	Studio C
	SILVERSNEAKERS® YOGA	11:15am-12:00pm	\$0 / \$40	Corrine	Studio C
	Y WERQ	4:30-5:30pm	\$0 / \$40	Tenille	Studio C
	Y ZUMBA	5:30-6:20pm	\$0 / \$40	Bryan	Studio B
	Y PILOXING	5:30-6:20pm	\$0 / \$40	Christine	Studio C
TUESDAYS	Y COMBO	9:00-9:50am	\$0 / \$40	Cathie	Studio C
	Y ZUMBA	9:00-9:50am	\$0 / \$40	Corrine	Studio A
	◆ SILVERSNEAKERS® SPLASH	9:00-10:00am	\$0 / \$40	Angel	Lap Pool
	<b>NEW!</b> Y ZUMBA GOLD	10:00-10:45am	\$0 / \$40	Corrine	Studio B
	Y SENIOR CIRCUIT	10:15-11:00am	\$0 / \$40	Cathie	Studio C
	◆ Y MOVEMENT & MOBILITY	11:30am-1:00pm	\$0 / \$30	No Instruction	Instructional Pool
<b>NEW!</b> Y COMBO	5:00-5:50pm	\$0 / \$40	Tammy	Studio C	
<b>NEW!</b> Y FITNESS WALKING	5:30-6:15pm	\$0 / \$40	Deb	Meet @ Front Desk	
WEDNESDAYS	Y COMBO	5:15-6:05am	\$0 / \$40	Annette	Studio C
	SILVERSNEAKERS® CLASSIC	8:15-9:00am	\$0 / \$40	Nancy	Studio C
	Y ZUMBA	9:00-9:55am	\$0 / \$40	Judy	Studio A
	SILVERSNEAKERS® CLASSIC	9:15-10:00am	\$0 / \$40	Judy	Studio C
	◆ SILVERSNEAKERS® SPLASH	10:00-11:00am	\$0 / \$40	Angel	Lap Pool
	SILVERSNEAKERS® CLASSIC	10:15-11:00am	\$0 / \$40	Judy	Studio C
	SILVERSNEAKERS® YOGA	11:15am-12:00pm	\$0 / \$40	Nancy	Studio C
	Y BUTTS & GUTS - EXPRESS	5:30-6:00pm	\$0 / \$25	Amanda	Studio B
	Y ZUMBA	6:45-7:45pm	\$0 / \$40	Stephannie	Studio C
THURSDAYS	◆ SILVERSNEAKERS® SPLASH	8:30-9:30am	\$0 / \$40	Corrine	Lap Pool
	Y COMBO	9:00-9:50am	\$0 / \$40	Cathie	Studio C
	◆ SILVERSNEAKERS® SPLASH	9:30-10:30am	\$0 / \$40	Tammy	Lap Pool
	Y SENIOR CIRCUIT	10:15-11:00am	\$0 / \$40	Cathie	Studio C
	<b>NEW!</b> Y WERQ	11:00am-12:00pm	\$0 / \$40	Tenille	Studio C
	◆ Y MOVEMENT & MOBILITY	11:30am-1:00pm	\$0 / \$30	No Instruction	Instructional Pool
Y PILOXING	5:00-5:50pm	\$0 / \$40	Christine	Studio C	
FRIDAYS	Y ZUMBA GOLD	8:15-9:00am	\$0 / \$40	Corrine	Studio C
	Y STEP & TONE	9:00-9:50am	\$0 / \$40	Ann	Studio A
	SILVERSNEAKERS® CLASSIC	9:15-10:00am	\$0 / \$40	Tammy	Studio C
	Y BUTTS & GUTS - EXPRESS	10:00-10:30am	\$0 / \$25	Ann	Studio A
	SILVERSNEAKERS® CLASSIC	10:15-11:00am	\$0 / \$40	Tammy	Studio C
	SILVERSNEAKERS® YOGA	11:15am-12:00pm	\$0 / \$40	Nancy	Studio C
SATURDAYS	Y ZUMBA	8:00-8:50am	\$0 / \$40	Kristina	Studio C
	Y STEP & TONE	8:30-9:20am	\$0 / \$40	Ann	Studio A
	Y BUTTS & GUTS - EXPRESS	9:15-9:45am	\$0 / \$40	Amanda	Studio C
	Y WERQ	10:00-11:00am	\$0 / \$40	Tenille	Studio C

## SENIOR DAY!

PRESENTED BY: HOSPICE ALLIANCE

All area seniors are invited to come and enjoy the facilities FREE of charge on the Third Tuesday of every month!



FEE: Y Member / General Public  
 \*Classes listed on THIS PAGE are FREE for Y Members.  
 General Public: Please note, class fees do not include facility access.

