

# JANUARY GROUP FITNESS

**YMCA HOURS**  
Monday-Friday 6am-9pm  
Saturday 8am-6pm  
Sunday 8am-4pm

**CLOSING AT 12pm 12/31 & CLOSED 1/1**

## BODY, MIND & SPIRIT

MON	TUES	WED	THURS	FRI
6:15am-7am RevCycle Tom	8:30am-9:15am Strong & Fit Jodie		8:30am-9:15am Strong & Fit Jodie	6:15am-7am RevCycle Tom
9:30am-10:15am Kettlebell Chaos Chris		8:45am-9:15am Stretch & Flex Trish	9:30am-10:15am PiYo Pam (Yoga Studio)	9:30am-10:15am Pilates Fusion Trish (Yoga Studio) <b>NEW DAY</b>
9:30am Barre Fusion Trish (Yoga Studio)	9:30am-10:30am DanceFit Jodie	9:30am-10:30am Boot Camp Francine	9:30am-10:30am DanceFit Jodie	9:30am-10:30am Boxing Lindsay
11am-12pm Silver Sneakers Cathy B.	9:30am-10:30am Boxing Lindsay	11am-12pm Silver Sneakers Cathy B.		11am-12pm Silver Sneakers Cathy S.
4:15pm-5pm Cardio, Strength & Core Maria <b>No class 1/19 &amp; 1/26</b>	4pm-5pm Total Body Fit Jennifer (Yoga Studio)	4:15pm-5pm Cardio, Strength & Core Maria <b>No class 1/21</b>	4pm-5pm Total Body Fit Jennifer (Yoga Studio)	<b>SAT</b> 8:15am-8:45am Cycle30 Maria <b>No class 1/24</b>
5:15pm-6:15pm Zumba Tone Karen & Stephanie	4:15pm-4:45pm Cycle30 Maria <b>No class 1/20</b>	5:15pm-6:15pm Zumba Tone Karen & Stephanie	4:15pm-4:45pm Cycle30 Maria <b>No class 1/22</b>	9:30am-10:30am Strong Nation Karen & Stephanie
		5:30pm-6:15pm RevCycle Tom		<b>SUN</b> 8:15am Longevity Ride Tom <b>NEW CLASS!</b>

MON	TUES	WED	THURS	FRI
8am-9:15am Full Body Flow Yoga Maria <b>No class 1/19</b>	8:30am-9:15am Chair Yoga Cathy B.	8am-9:15am Asana Yoga & Sound Bath Maria <b>No class 1/21</b>	8:30am-9:15am Chair Yoga Cathy B.	8am-9:15am Yoga with Meditation & Essential Oils Maria
9:30am-10:15am Barre Fusion Trish			9:30am-10:15am PiYo Pam	9:30am-10:15am Pilates Fusion Trish <b>NEW DAY</b>
	4pm-5pm Total Body Fit Jennifer		4pm-5pm Total Body Fit Jennifer	<b>SAT</b> 8:15am Tai Chi Qigong Mike & Karen <b>NEW TIME!</b> <b>No Class 1/3</b>
			5:15pm-6:15pm Insight Yoga Debbie	9:30am-10:30am Strong Nation Karen & Stephanie <b>NEW TIME!</b> <b>NEW LOCATION!</b>

### PLAY & LEARN CENTER CHILD CARE HOURS

Ages 3 months to 10 years  
Mon-Fri 9am-2pm & Mon-Thurs 4pm-7pm  
Saturday 9am-12pm  
FREE with your Oswego YMCA family membership.  
Additional fee if you leave the building,

### WHAT'S NEW!

#### POP-UP CLASS!

Dance Fit  
with Jodie  
Friday, 1/9 6pm

#### SUNDAY CYCLE CLASS!

Join Tom for a  
Longevity Ride -  
Great for  
Beginners!  
Sundays 8:15am

**Oswego YMCA**  
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oswegoymca.org  
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& Instagram:  
OswegoNYymca  
**oswegoymca.org**



# Oswego YMCA Group Fitness Class Descriptions

*Not all classes listed below may be currently offered. Class cancellations are at times unavoidable. We make every attempt to find a qualified substitute to teach a class. Classes may also be cancelled due to low enrollment. 14 years of age & up may attend adult fitness classes and/or at the final discretion of the instructor.*

**Asana Yoga:** A posture based practice to improve flexibility, strength and balance through awareness, concentration and relaxation. (Yoga Studio)

**Barre Fusion:** A low impact muscular endurance workout that focuses on high repetitions and small, isometric movements may use blocks, bands & balls. A class for all levels that will give you the perfect mix building both muscular endurance and strength. (Yoga Studio)

**Boot Camp:** Interval training class mixing body weight exercises with cardio & strength moves. Classes are designed to push participants harder than they'd push themselves and to always keep the body guessing. Fun, Sweat & Smiles! (Gym)

**Boxing:** Learn the fundamentals of boxing while also getting in a strength & conditioning interval workout. (Boxing Gym)

**Cardio, Strength & Core:** Work every major muscle group with cardio work followed by strength & core work using a variety of equipment. (Gym)

**Chair Yoga:** A gentle form of yoga, focusing on postures and breathing exercises using the support of a chair. This class is perfect for individuals recovering from injury or illness, and anyone who wants to experience the many benefits of yoga without having to get up and down from the floor. (Yoga Studio)

**Cycle30:** Take your ride indoors for a workout that will get your heart pumping and challenge you to give a little more. (Cycle room)

**DanceFit:** A Zumba fusion of rhythms and easy to follow moves to create a dynamic calorie burning energizing class. No dance experience required! (Gym)

**Full Body Flow Yoga:** Move your body in a gentle, comfortable way encouraging nurturing, kindness, and compassion for the body. (Yoga Studio)

**Insight Yoga:** A yoga class with strength, balance and flexibility for body, mind and spirit. (Yoga Studio)

**Kettlebell Chaos:** Build strength and power in the upper & lower body & core, increase coordination, joint mobility and overall endurance using the kettlebell. (Gym)

**Longevity Ride** An excellent opportunity to enjoy a longer steady state ride; Great for beginners. Instructor will take music requests! (Cycle room)

**Pilates:** a full-body workout that combines Pilates mat moves with more. It's a low-impact, core-strengthening class that uses targeted repetitions to isolate muscle groups. The goal is to create long, lean muscles, increase flexibility, and improve posture, balance, and overall fitness. (Yoga Studio)

**PiYo:** A hybrid workout combining the practices of yoga and Pilates, as well as the principles of stretch, strength and dynamic movement. (Yoga Studio)

**RevCycle:** A fun, heart pumping non-stop rhythm base workout, with a little bit of something for everyone! Intervals, rolling hills, sprints, climbs, runs, and jumps all to music hand-picked to motivate and inspire. (Cycle room)

**Silver Sneakers & Silver Sneakers Chair Yoga:** The Silver Sneakers fitness program is offered in partnership with select health plans at no additional cost to Medicare-eligible members. Classes offer exercises designed to improve agility, balance and strength to enhance everyday functional activities. (Gym & Yoga Studio)

**Stretch & Flex:** Includes a warm up, then using active and passive stretching we will work on hamstrings, hip-flexors and hips or back and shoulders. May use props on occasion including blocks, straps and balls to your posture and improve flexibility, range of motion, and posture. (Gym)

**Strong & Fit:** Work every major muscle group with various strength routines using a variety of equipment including dumbbells, barbells, bands & more. (Gym)

**STRONG Nation®:** A fun, high intensity interval training moves synced with music to push you past your perceived limits. (Gym)

**Tai Chi:** a combination of slow, deliberate movements, meditation, and breathing exercises. The routines of tai chi can help your circulation, balance, and alignment. They can also help restore your energy, called chi or qi (pronounced "chee"). Additional fees apply. (Yoga Studio)

**Total Body Fitness:** a comprehensive workout that includes strength, cardio, core conditioning and endurance via weights, aerobic interval training. (Yoga Studio)

**TRX:** TRX leverages gravity and your bodyweight to perform exercises. Develops strength, balance, flexibility and core stability. (TRX Studio)

**Yoga w/Meditation & Essential Oils:** Challenge your mind & body through strengthening, stretching, relaxation & meditation using certified Pure therapeutic Grade essential oils. (Yoga Studio)