

# Yoga, Pilates, TRX, Cycling Studio Class Schedule \*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 - 6:00 am TRX Tabata w/Jessica	5:45-6:45 am Cycling w/Sarah	6:00 - 6:45 am Barre w/ Sarah	5:45 -6:45 am Cycling w/ Jessica	5:30 - 6:00 am TRX Tabata w/Jessica	
					6:15 - 7:15 am Cycling w/Jen	9:15 - 10:00 am Barre Instructor Rotates
	8:30-9:30 am Yoga w/ Carol		8:30-9:30 am Yoga w/ Carol	10:30-11:30 am Tai Chi w/ Frank **NEW Class***	9:00 - 10:00 am Yoga-lates w/Angie	10:15 - 11:15 am Yoga Instructor Rotates
		12:00-1:00 pm Yoga w/Karen	12:00-1:00 pm Yoga w/Nancy			
	5:30 pm - 6:30 pm Cycling w// Donna	5:30-6:30 pm TRX w/Tif	5:30 - 6:30 pm Cycling w/ Donna	5:30 - 6:30 pm TRX w/Tif	5:15-6:00 pm Yoga w/ Karen	
	6:45-7:45 pm Yoga w/ Karen	6:45 - 7:45 pm Barre w/ Karen	6:45 - 7:45 pm Candlelight Yoga w/Karen	6:45 - 7:45 pm Barre w/Arlene		

## Cycling Classes

Sometimes referred to as "Spinning," Indoor Cycling is a fitness class that is performed on stationary bikes to music. Instructors will guide you through an entire biking adventure that will challenge the most fit, but is very modifiable for those that are just starting their fitness journey. You'll have a ton of fun while enjoying a great ride time after time, not to mention burning an enormous amount of calories.

### Cycling Fees:

**Members \$4.00 per class**

**Non-Members \$10.00 per class**

**\*Temporary Membership Card-Holders must pay Non-Member Price\***

**RESERVATIONS CAN BE MADE AFER 12:00 PM ON THE DAY BEFORE THE CLASS MEETS**

**(for ex. Mon. at noon for Tuesday class)**

**Please bring a towel, bottle of water and arrive 10 minutes before class!**

**\* All Class and Program Times, Dates and Prices are subject to change by the YMCA at any time.**

## TRX - Barre - Tai Chi Classes

### TRX - Total Resistance Training

TRX, or Total Resistance Exercise, is a suspension training system that allows you to use your own body weight, and gravity for a great strength workout. Using the TRX Suspension Trainer will help you build strength, coordination, flexibility, balance, and joint stability.

### TRX TABATA

A Tabata Interval also called a Tabata Sequence is an interval training cycle of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest, repeated without pause 8 times for a total of 4 minutes.

### BARRE

An elegant, but challenging series of Ballet Barre and Pilates postures targeting the thighs, seat and core. These fluid exercises are designed to help you sculpt and tone you to a dancer-style body.

### TAI CHI

Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep **breathing**. Tai chi, also called tai chi chuan, is a noncompetitive, **self-paced** system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

**RESERVATIONS for TRX CAN BE MADE AFER 1:00 PM ON THE DAY BEFORE THE CLASS MEETS (for ex. Mon. at 1pm for Tuesday class)**