



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS

SCHEDULE DATES: July 5 – July 31

DESCRIPTIONS →→→

All group fitness classes required a registration, no walk-ins available

Designates a NEW class	Designates a paid class	SLS = Spa Level Studio <i>Capacity: 13</i>	MPR = Multipurpose Room <i>Capacity: 10</i>	SG = Small Gym <i>Capacity: 14</i>	LG = Large Gym <i>Capacity: 24</i>	WS1 = Wellness Studio 1 <i>Capacity: 6</i>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Bootcamp 6:00 - 6:45 am (Sergio) LG		Bootcamp 6:00 - 6:45 am (Sergio) LG <i>*no class 7/16</i>	
	Functional Strength Training 7:00 - 7:45 am (Sergio) LG		Functional Strength Training 7:00 - 7:45 am (Sergio) LG			
	Let's Get Moving 9:00 - 9:45 am (Sergio) SG	Core Strength and Stretch 9:00 - 9:45 am (Danielle) LG <i>*no class 7/20</i>	Let's Get Moving 9:00 - 9:45 am (Sergio) SG	Core Strength and Stretch 9:00 - 9:45 am (Danielle) LG <i>*no class 7/22</i>	Zumba Gold 9:30 - 10:15 am (Kathy) LG	Zumba 9:00 - 9:45 am (Kathy) LG
	Body Tuning 9:45 - 10:30 am (Danielle) LG <i>*no class 7/19</i>	Strength Training for Women 9:00 - 9:45 am (Sergio) SLS <i>*no class 7/13</i>	Body Tuning 9:45 - 10:30 am (Danielle) LG <i>*no class 7/21</i>	Strength Training for Women 9:00 - 9:45 am (Sergio) SLS <i>*no class 7/15</i>		
	Lunch Crunch 1:00 - 1:30 pm (Danielle) LG <i>*no class 7/19</i>	Golden Oldies 10:00 - 10:45 am (Sergio) LG	Lunch Crunch 1:00 - 1:30 pm (Danielle) LG <i>*no class 7/21</i>	Golden Oldies 10:00 - 10:45 am (Sergio) LG <i>*no class 7/15</i>		
		High Intensity Interval Training 6:00 - 6:45 pm (Sergio) LG				

If interested in personalized, curated small group training class for you and a small group or couples, please contact fitness@westcookymca.org for more details.

**MAKE A RESERVATION AT
WESTCOOKYMCA.ORG/REGISTER**

Schedule subject to change.



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GROUP FITNESS CLASS DESCRIPTIONS

BODY TUNING: A fun, musically driven, strength training and cardio class using low weight and high repetitions will have you working your mind and your body. Can be modified for all ability levels. Must be able to get on the floor.

BOOTCAMP: This drill-oriented workout is designed to increase your strength, endurance, and confidence through high intensity movements that will maximize your fitness level. Join Bootcamp to help tone and firm your body in a fun and encouraging environment.

CORE STRENGTH AND STRETCH: This core focused class will educate and empower you to build a stronger core, through movement. The class will also include stretching, intended to help make activities of daily living easier. Can be modified for all ability levels. Must be able to get on the floor.

FUNCTIONAL STRENGTH TRAINING: IMPROVE your overall health as we work your entire body to build power, strength, and endurance. Learn proper strength training technique and form in a supportive environment.

GOLDEN OLDIES: Have fun and move to 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 ball are offered for resistance. A chair is available if needed for seated or standing support.

HIIT: High Intensity Interval Training, or HIIT, combines full-body strength training with cardio bursts. The result is a workout that will increase your stamina while toning and sculpting every part of your body.

LET'S GET MOVING: A variety of moves that can build, tone and shape your body. This class focuses on cardio to improve endurance with a complement of strength training to tone muscles.

LEVEL UP: Take your fitness to the next level! This 45-minute workout is designed to increase your strength, improve your cardiovascular endurance, and push you to reach new goals. Each week will bring a new workout that incorporates resistance bands, challenging cardiovascular exercises, along with body weight movements, all in a high intensity interval format that will challenge participants of all levels.

LUNCH CRUNCH: All movement starts at the core. If you need a great abdominal workout, this class is for you! It targets all muscles of the core, including the lower back for decreased low back pain. Can be modified for all ability levels. Must be able to get on the floor.

STRENGTH TRAINING for WOMEN: Small group training dedicated to progressive strength training tailored to building strong muscles, bones, and confidence!

ZUMBA: Are you ready to party yourself into great shape? Get lost in the music of this fitness dance party inspired by traditional salsa, samba, and merengue music. It's a totally fun dance workout that is easy to follow.

ZUMBA GOLD: The same great music and choreography of a Zumba class, in a lower intensity, easy-to-follow format that is perfect for older adults. This modified class introduces simple, effective moves that will improve balance, range of motion, and coordination. Come ready to dance, have fun, and feel empowered!

FITNESS PROGRAM ADAPTATIONS:

- Group fitness classes duration will not exceed 45 minutes
- Group fitness capacity limited
- Yoga mats are available for purchase
- 3 consecutive no-shows results in member reservation privileges being suspended; call or email memberservices@westcookymca.org to cancel reservations

Schedule subject to change.