



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS

SCHEDULE DATES: March 1 – April 4

DESCRIPTIONS →→→

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SLS = Spa Level Studio Capacity: 13 MPR = Multipurpose Room Capacity: 10 SG = Small Gym Capacity: 14 LG = Large Gym Capacity: 24 WS1 = Wellness Studio 1 Capacity: 6			Bootcamp 6:00- 6:45 a.m. (Sergio) LG		Bootcamp 6:00- 6:45 a.m. (Sergio) LG	
	Functional Strength Training 7:00-7:45 a.m. (Sergio) LG		Functional Strength Training 7:00-7:45 a.m. (Sergio) LG			
	Let's Get Moving 9:00- 9:45 a.m. (Sergio) SG	Strength Training for Women 9:00-9:45 a.m. (Sergio) SLS	Let's Get Moving 9:00- 9:45 a.m. (Sergio) SG	Strength Training for Women 9:00-9:45 a.m. (Sergio) SLS	Zumba Gold 9:30 – 10:15 a.m. (Kathy) LG	Zumba 9:00 – 9:45 a.m. (Kathy) LG
		Golden Oldies 10:00-10:45 am (Sergio) LG		Golden Oldies 10:00-10:45 am (Sergio) LG		
Designates a paid class		High Intensity Interval Training 6:00-6:45 p.m. (Sergio) LG		Functional Strength Training 6:00-6:45 p.m. (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**



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GROUP FITNESS CLASS DESCRIPTIONS

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.

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.

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:

- Members required to bring own towel and water bottle
- Group fitness and yoga classes duration will not exceed 45 minutes
- Group fitness capacity limited
- Members required to bring own yoga mat; mats are available for purchase
- Personal training sessions that are canceled with less than 24-hour notice will be charged for their session
- No-show policy for group fitness of 3 consecutive no-shows results in member reservation privileges being suspended; please call or email memberservices@westcookymca.org to cancel reservations