

2023 FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SilverSpeakers,* 8-8:45am Gym		SilverSpeakers,* 8-8:45am Gym			Cardio Drills 8:30-9:45am Gym
	Senior Fitness* 9-10am Gym	Yoga 9-10am Gym	Senior Fitness* 9-10am Gym	Yoga 9-10am Gym	Senior Fitness* 9-10am Gym	Barre 9-10am Down Studio
	Yoga 9:30-10:30am Down Studio			HIIT 9:15-10:15am Perform Room		
	Aquacise* 10-11am Pool	Aquacise* 10-11am Pool	Aquacise* 10-11am Pool	Aquacise* 10-11am Pool		Zumba & Abs 10-11am Up Studio
	SilverSpeakers,* 10:15-11am Gym	Chair Yoga* 10:30-11:30am Down Studio	SilverSpeakers,* 10:15-11am Gym	Chair Yoga* 10:30-11:30am Down Studio	SilverSpeakers,* 10:15-11am Gym	
BLEND 2-3pm Up Studio	Aquacise* 1-2pm Pool	Aquacise* 1-2pm Pool	Aquacise* 1-2pm Pool	Aquacise* 1-2pm Pool		
		Family Zumba 4:30-5:30pm Up Studio		Family Zumba 4:30-5:30pm Up Studio		
		Barre 5:30-6:30pm Down Studio	Yoga 5-6pm Down Studio	Barre 5:30-6:30pm Down Studio		
	Power Pump 5:30-6:30pm Up Studio	Step Sculpt & Abs 5:30-6:30pm Up Studio	BLEND 5:30-6:30pm Up Studio	POUND 5:30-6:30pm Up Studio		
	BLEND 6:30-7:30pm Up Studio					
	Aquacise* 7-8pm Pool		Aquacise* 7-8pm Pool			

Rose Color=Gym Purple=Downstair Studio Room Blue=Pool Green=Performance Room Orange=Upstairs Studio Room
 * =Low Intensity All others can be modified intensity to suit your needs

Class descriptions on back

Owensboro Family YMCA Hours

Open Pool Hours
 Mon-Thu:
 6:30-10am
 11am-1pm
 Mon & Wed: 4-7pm
 Tue & Thu: 4-8pm
 Fri: 6:30am-1pm, 4-7pm
 Sat: 7:30am-4pm
 Sun: 1-4pm



Monday-Friday: 5am-9pm
 Saturday: 7am-6pm
 Sunday: 1pm-6pm

Registration Hours
 Mon-Fri: 3-6pm
 Sat: 9am-12pm
 Online 24/7:
Owensboroymca.org
Wee-Care Hours
 Mon-Fri: 9-11am
 Mon-Thu: 3:30-6:30pm

*24-hour wellness access is available for those members with fobs.
 Open gym hours fluctuate based on classes and events.*

INSTRUCTOR LED FITNESS CLASS DESCRIPTIONS

Aquacise Low-medium paced water aerobics class designed to improve mobility, flexibility, balance, strength, and endurance. The class is for men and women of any age and fitness level. Work out at your own level (low to high impact options available) without stress on the body and joints. Classes run year-round.

Barre Blends elements of ballet, Pilates, and yoga to create a full body low impact, high intensity, muscle endurance workout designed to strengthen your body.

BLEND (*Balance-Life-Energy-aNd-Dance*) is a high energy dance class. We sing, we shout, we encourage one another, and we Praise the Lord while moving all that He gave us!

Cardio Drills Cardiovascular workout on the floor or bench which will alternate upper and lower body strength training. Abdominal exercises and stretches are included. Low to high impact options are given.

Chair Yoga Gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Chair yoga can improve your flexibility, concentration, and strength, while boosting your mood, and reducing stress and joint strain.

Family Zumba Good for beginners because it emphasizes moving to the music and having fun regardless of your fitness level.

HIIT Resistance training with free weights such as barbells/dumbbells, body weight exercises, and high intensity cardio designed to tone your body and improve your endurance.

POUND Full body, sweat dripping rock out jam session that turns workouts into fitness concerts. POUND fuses cardio, interval training, Yoga, & Pilates. Designed for all ages & fitness levels.

Power Pump Resistance training class using various techniques and equipment like dumbbells, bars, and bands. Focusing on all fitness levels with a mix of music everyone will enjoy and some laughs as well.

Senior Fitness Physical activity program for adults that are designed to improve functional fitness and well-being. Functional fitness means keeping strong, balanced, and flexible to retain the ability to do life's daily activities.

SilverSneakers Designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support. Class can be modified depending on fitness levels.

Step Sculpt & Abs Combination of cardio using numerous step combinations, arm and leg exercises using hand weights or bands, and dedicated ab exercises and stretching.

Yoga (Mon morning, Wed evening) In this class, postures are practiced to align, strengthen, and promote endurance, and flexibility in the body. You can expect an emphasis on simplicity, repetition, and ease of movement. Class concludes with Restorative Yoga postures, which settle the body of calmness, and well-being. All levels- BEGINNERS WELCOME!

Yoga (Tue & Thu morning) Create strength, flexibility, and balance while connecting the body, mind, and spirit in this all-levels class.

Zumba & Abs Dance and shake to music to burn a ton of calories and finish strong with a core specific floor workout.

SELF SERVE FITNESS

Cycling Low impact on a stationary bike which allows you to increase or decrease pedal resistance; great for calorie burning and building muscle tone. (Performance Rooms)

Performance Rooms (in Annex area next to Tumble and Raquetball rooms) offer more open space for training

Stretching Room (in Wellness Center)

Private training area (in Down Studio & in Wellness Center)

Pre-recorded classes Zumba, BLEND, Chair Yoga, and Senior Fitness accessible on the tv monitor in the Down Studio.

Virtual Y YMCA instructors guide and motivate you daily with an exclusive collection of LIVE and on-demand in fitness workouts! Go to owensboroymca.org and click on the Wellness tab for the login link (with your barcode).