



# GEARY FAMILY YMCA

154 W Center St.  
Fostoria, OH 44830  
419-435-6608  
www.gearyfamilyymca.org

## Group Fitness Schedule - Fall 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM</b>		5:15-6:30 Cycling Group Fitness Room		5:15-6:30 Cycling Group Fitness Room	
<b>AM</b>	9:00-9:45 Cardio Tone Group Fitness Room	9:00-10:00 HIIT Group Fitness Room	9:00-9:45 Cardio Tone Group Fitness Room	9:00-10:00 Kickboxing Group Fitness Room	9:30-10:30 Cycle Strong Group Fitness Room
<b>AM</b>	10:00-11:00 Senior Fit Group Fitness Room	10:15-11:00 Senior Fit Group Fitness Room	10:00-11:00 Senior Fit Group Fitness Room	10:15-11:00 Senior Fit Group Fitness Room	
<b>AM</b>	10:00-10:45 SS Classic 2 <sup>nd</sup> Floor Gym		10:00-10:45 SS Classic 2 <sup>nd</sup> Floor Gym		
<b>PM</b>	5:30-6:15 HIIT Group Fitness Room		5:30-6:15 HIIT Group Fitness Room		
<b>PM</b>	6:15-7:00 Family Yoga Annex	5:30-6:15 Family Cardio Drum Group Fitness Room		5:30-6:15 Family Cardio Drum Group Fitness Room	
<b>PM</b>	7:00-8:00 Cycle Strong Group Fitness Room	6:30-7:30 Cardio Drum Group Fitness Room	7:00-8:00 Boot Camp Group Fitness Room	6:30-7:30 Cardio Drum Group Fitness Room	
<b>PM</b>	7:15-8:15 Yoga Annex				

**\*There is a fee for the following classes for all participants**

### **\*Cycling:**

Class size is limited. This is the perfect combination of simple, athletic exercise with an environment that enables participants to achieve a total body workout at their own level.

Time: Tuesday and Thursday 5:15am – 6:30am

Fee: Y Member \$15.00, Nonmember \$45.00

Instructor: Jana Loy

### **\*Yoga: (Annex Building)**

This classical yoga systematically works the entire body, stretching muscles, building foundational strength, detoxing internal organs, stimulating the glandular systems, and challenging the cardiovascular system. This 45-minute class is appropriate for beginners and more experienced students alike.

Time: Monday 7:15 – 8:15pm (beginners to Medium)

Fee: Y Member \$15.00, Nonmember \$45.00

Instructor: Tammi Garrett

### **\*Cardio Drumming Class/Family Cardio Drumming NEW!:**

Burn Calories in a fun way!!!! Cardio fitness drumming is a chance for you to express yourself, release stress and aggression, sweat, dance, sing and enjoy the sense of community.

Time: Family Drumming: Tuesday and Thursday 5:30pm – 6:15pm,

Adult Drumming: Tuesday and Thursday 6:30pm – 7:30pm

Fee: Family of 4- Y Member \$15.00, additional family members \$5; Non-member \$45.00, additional family members \$8

Adult Drumming- Y Member \$15.00; Nonmember \$45.00

Instructor: Christie Kapelka

### **\*Family Yoga: (Annex Building)**

This classical yoga class will stretch muscles, build foundational strength, detox internal organs, stimulate the glandular systems, and challenge the cardiovascular system for the whole family. This 45-minute class is appropriate for beginners and more experienced students alike making this the perfect family fitness combo.

Time: Monday 6:15pm – 7:00pm (beginners to Medium)

Fee: Y Member \$15.00, Nonmember \$45.00

Instructor: Tammi Garrett

**ALL MEMBERS GET FOUR OF THE BELOW CLASSES, EACH SESSION, FOR FREE.  
\$30 VALUE**

**Cardio Tone:**

The class begins with short segments of cardio exercises with breaks in between. The class then transitions into toning of the arms, core and legs for a total body cardio tone experience.

Time: Mondays, or Wednesdays - 9:00 – 9:45am

Fee: Y Member \$7.50, Nonmember \$22.50

Instructor: Sam Evans

**H.I.I.T (High Intensity Interval Training):**

This class will alternate short periods of intense exercise with less intense recovery period. H.I.I.T will combine strength and cardio in an ever-changing variety.

Time: Tuesdays - 9:00am – 10:00am, Mondays, or Wednesdays - 5:30pm – 6:15pm

Fee: Y Member \$7.50, Nonmember \$22.50

Instructor: Haley Burdick (am), Cate O'Neal (pm)

**Senior Fitness:**

The class will be a total body workout that will include aerobics, strength training, balance and stretching. It is aimed at the intermediate and beyond client.

Time: Mondays or Wednesdays - 10:00am – 11:00am Instructor: Sam Evans

Tuesdays or Thursdays - 10:15 – 11:00am Instructor: Haley Burdick

Fee: Member \$7.50, Nonmember \$22.50

**Kickboxing:**

Learn how to properly perform punches, kicks, and blocks used in kickboxing. No experience necessary! First is warm up and learning technique. Then we apply the moves on the bags and targets. Excellent for self-defense, strength training, & endurance.

Time: Thursdays - 9:00am – 10:00am

Instructor: Haley Burdick

Fee: Member \$7.50, Nonmember \$22.50

**Silver Sneakers Classic:**

Silver Sneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants will use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair will be available for seated exercises or standing support. This class will take place in the large gym on the second floor which has elevator access making this the perfect class for all fitness and ability levels.

Time: Mondays or Wednesdays - 10:00am-10:45am

Instructor: Haley Burdick

Y Members Only - Fee: FREE

**Boot Camp:**

A motivating workout that mixes strength training with cardio, and instructors inspired by military exercise. Guaranteed to bring on sweat, fast results, and awesome connections with other members!

Time: Wednesdays - 7:00pm-8:00pm

Instructor: Haley Burdick

Fee: Member \$7.50, Nonmember \$22.50

**Cycle Strong:**

This class will combine the spin bikes and strength training. With an every-other-song format this class is perfect for those who love to ride the bike and for those who don't or are new because you will get off the bike often to focus on strength and core.

Time: Mondays- 7:00pm-8:00pm, Fridays - 9:30am-10:30am

Instructor: Haley Burdick

Fee: Member \$7.50, Nonmember \$22.50

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