













YHEALTH & FITNESS™








We build strong kids, strong families, strong communities.

Saratoga Springs

Group Exercise

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	Pilates 55 min. Berni (MPR) All		(5:45) Rip, Ride n Core 75 min. Andrea (C/MPR) II, III		Pilates 55 min. Sara (MPR) All		
6:00 am	Ride-n-Core 55 min. Andrea (TC) All <hr/> Gravity 30 min. Lisa (BA) All	Yogalates 45 min. Sue (AS) All	Pilates 45 min. Berni (AS) II		GravityGroup 30 min. Sue (BA) All		
8:00 am	 Zumba 55 min. Audrey (AS) All	(7:45) Yoga 70 min. Patricia (MPR) All	 Zumba 55 min. Audrey (AS) All	(7:45) Yoga 70 min. Patricia (MPR) All		Zen Sculpt 50 min. Maria (All) AS <hr/> Cycle Training 55 min. Dan (TC) All <hr/> Beg. Running Group 60 min. Amy R. (L) I	Fitness Cycle 55 min. Melissa (C) All
9:00 am	Stretch & Strengthen 55 min. Dorothy (AS) All	Body Sculpt 50 min. Cathy (AS) II	Tai Chi 50 min. Frank (AS) All	 Belly Dance 55 min. Limor (AS) I	(9:15) *SilverSneakers II 45 min. Yonka (AS) All	(8:30 am) Intermediate Yoga 90 min. Susan (MPR) II, III <hr/> Step 55 min. Marie/ Angel.(AS) All <hr/> GravityGroup 25 min. Lisa (BA) II	 Bootcamp 55 min. Jen C.(AS) II <hr/> Fitness Cycle 55 min. Melissa (C) All

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 am	Cycle Training 55 min. Melissa (TC) II <hr/>  Running Group 60 min. Angel (L) I	Fitness Cycle 55 min. Aurora (TC) All	Fitness Cycle 55 min. Erin (TC) III	Psycho Cycle 55 min. Melissa (TC) All	Fitness Cycle 55 min. Dorothy (TC) All <hr/>  Vinyasa Yoga 70 min. Bonnie (MPR) All	GravityGroup 30 min. Lisa (BA) II	
10:00 am	 Kalabash 55 min. Francelise (AS) I <hr/> Stroller Aerobics 45 min. Nicole G. (G) All	Mat Pilates 55 min. Ivy (AS) All	 Kalabash 55 min. Francelise (AS) I <hr/> Power Yoga 50 min. Martina (MPR) All <hr/> Stroller Aerobics 45 min. Nicole G. (G) All	20/20/20 55 min. Valerie (AS) I	Body Sculpt 55 min. Sheri (AS) All <hr/> Stroller Aerobics 45 min. Nicole G. (G) All	(10:10) Beginning Yoga 70 min. Susannah/ Dori (MPR) I, II	(10:10) Yoga 60 min. Patricia (MPR) I, II
10:45 am		Gravity Group 30 min. Cathy (BA) All		Gravity Group 30 min. Erin (BA) II			
11:00 am	*SilverSneakers® I 45 min. Valerie (AS) I <hr/> Mommy Madness Cycle 30 min. Nicole G. (TC) I	 *SilverSneakers YogaStretch 45 min. Betsy (AS) I	*SilverSneakers® I 45 min. Valerie(AS) II	*SilverSneakers Yoga Stretch 45 min. Armelle (AS) I	Mommy Madness Cycle 30 min. Nicole G. (TC) I		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:15 pm					Express Yoga 30 min. Armelle (MPR) I, II		
4:00 pm	 Zumba 45 min. Yonka (AS) All		 Zumba 45 min. Yonka (AS) All				
5:00 pm	Abs Only 25 min. Sheri (AS) II		Abs Only 25 min. Jen C. (AS) II				
5:30 pm	Step 55 min. Sheri (AS) II <hr/> GravityGroup 30 min. Jen G. (BA) II	Body Sculpt 55 min. Angel (AS) III <hr/> Yoga 55 min. Dorothy (MPR) All	Cardio Kickbox 55 min. Jen C. (AS) II <hr/> GravityGroup 30 min. Jen G. (BA) II	Bootcamp 55 min. Jen G. (AS) II <hr/> Yoga 55 min. Edie (MPR) All			
6:00 pm	Circuit Cycle 55 min. Nicole R.(C) II,III	Fitness Cycle 55 min. Jen G. (C) III	Fitness Cycle 55 min. Melissa (C) All	HipHop Cycle 55 min. Nicole R. (C) II			
6:30 pm	Zen Sculpt 55 min. Maria (AS) All	 Belly Dance 55 min. Limor (AS) I	Body Sculpt 55 min. Jen C. (AS) II	Beg. Ballroom, Swing & Latin 90 min. Edna (AS)			
7:00 pm			Int. Pilates 55 min. Ivy (MPR) II-III	Express Fitness Cycle 30 min. Nicole R. (C) III			
8:00 pm	Yoga for Relaxation 60 min. Susannah (MPR) All		(8:10) Yoga for Relaxation 60 min. Susannah (MPR) All	Int. Ballroom, Swing & Latin 90 min. Edna (AS)			

Revision Date: 7/12/10
3:31 pm

MPR = Multi –Purpose Room
AS = Aerobics Studio
B = Blue Area (of the track)
G = Gym
C = Cycle Room
L = Lobby

TBA = To Be Announced

*Open to ALL members

**Not a Drop-in class. You must pre-register for this class.

- = A class will be cancelled if there are less than 5 people in attendance for 3 consecutive weeks.

You must sign up in person at the WELLNESS CENTER DESK, 30 min. prior to Gravity & Cycle classes.

***Classes are subject to change without notice. Please check schedules regularly.*

Class Levels are as follows:

I = Beginner: This is suited for anyone who is new to the class, just getting back into exercising, or looking for an effective workout at a moderate intensity level. Detailed instructions given.

II = Intermediate: This is appropriate for anyone who exercises regularly, and who is ready for a challenging workout. *Heart rate monitor preferred for cycling.

III = Advanced: This is not for the faint of heart! This advanced level is for anyone ready for an intense workout. This workout will challenge you in ways you have not been challenged before! Get ready to sweat! *Heart rate monitor preferred for cycling.

All: Anyone can take these classes because instructors will demonstrate exercises fitting for each fitness level.

Express: A shorter version of your favorite classes for those who love variety and/or are short on time.

Saratoga Springs Branch Class Descriptions

Cardio/Strength

Abs Only – End your day with this challenging, yet doable exercise class, which is for all fitness levels. This class is designed to completely train the core muscles using a variety of body positions and equipment.

Body Sculpt – Strengthen, tone and firm your entire body in this sculpting class. Yes, you will be challenged but there are ALWAYS modifications given. Various pieces of equipment are used to shape your body like steps, body bars, tubing, balls and weights. Classes are different EVERY week.

This class includes muscle and strength training for all of the major muscle groups includes arms. For all levels.

Cycle Training – An intermittent cycling class that is designed to get your heart rate into a target heart rate range depending upon your age and physical condition. We use music, spin bicycles and positive coaching methods including visualization to help you achieve the maximum results from your workout. Remember to bring your towel and water bottle!

Cardio Kickbox – Non-contact boxing and kicking moves done to motivating music in a cardio class setting that will release the day's tensions while burning plenty of calories.

Circuit Cycle – This is a cycle class that keeps you moving with alternating intervals of cardio and strength training. You will warm up, stretch and circuit train with cycles and your own body to sculpt and strengthen your body.

Fitness Cycle - A great workout that is fun, effective and easy to learn! A customized stationary racing bike gives you a smooth workout for beginner or advanced. Learn how to incorporate the use of heart rate monitors to get a safe and effective cardio-vascular workout. Don't forget your water and a towel!

GravityGroup – These exciting 30-minute strength classes heat up all the major muscle groups for a total body workout. Each participant works at his/her chosen level of resistance, while enjoying the challenge

and camaraderie of a group setting. The class delivers effective and efficient workouts and is particularly attractive to exercisers who traditionally focus on cardio training but want to make time for a fun, efficient strength workout.

HipHop Cycle – A fitness cycle class that uses hip hop music as one of the motivating and fun factors!

Instructor's Choice – This class is a surprise each week with a different instructor and class! If you like variety and get bored very easily, then this is the class for you!

Psycho Cycle - An extreme interval style fitness cycle class for those who like a challenge.

Step – A high energy cardio class using the step bench to intensify your workout. You can customize your intensity with the addition of risers.

SilverSneakers® I – Muscular Strength & Range of Movement – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for seated and/or standing support.

SilverSneakers® II – Cardio Circuit –Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Zen Sculpt – A dynamic strengthening class utilizing weights, bands, the body and principles of yoga and pilates to strengthen the body.

5K Training – This is a group that meets on Mondays and Wednesdays at 10:00 am to train for the Silks & Satins 5k race on 7/24th.

Combo Classes

Bootcamp – This high intensity interval class uses your body, calisthenics, along with jump ropes, weights, and other equipment to bring your workout to the next level.

Core & More – A low-impact workout that focuses on your “powerhouse.” You will work all aspects of the core muscles using different props which will consistently challenge you to increase your fitness level.

Ride-n-Core -Climb, sprint and jump your way to cardiovascular conditioning. Cool -down, strengthen your core and stretch.

Rip, Ride & Core - This class is a match made in heaven with the ultimate in aerobic conditioning, strength training for major muscle groups and hardcore mid-section exercises. This is a full-throttle combo to keep you energized for hours afterwards!

Sculpt-n-Stretch – Come and join us for an hour of shaping our bodies and increasing flexibility while promoting healthy bones.

Stretch & Strengthen – This class borrows from pilates, yoga and body sculpting formats to increase the strengthen and flexibility of your body.

WillPower & Grace – willPower & grace is a high-energy cardiovascular mosaic of dance principles, callisthenic drills, and yogic postures based on functional training philosophy. Leave your shoes at home... this class integrates barefoot training methods to help strengthen your feet and correct imbalances in your ankles, knees and hips. You will find that over time willPower & grace will help you stand taller, walk with greater confidence, and function with the new strength that you have learned to harness.

20/20/20 am– This class is composed of 20 minutes each of hi/low-impact aerobics, body –sculpting and stretching each. The order and format for each class may change on a weekly basis. All fitness levels welcomed!

Dance Fitness Classes

Kalabash - A cornucopia of energizing moves filled with delicious rhythms rooted in Africa and spread to the Caribbean, Brazil Portuguese Africa, and beyond. It is a "dyslexic-friendly" dance class, kept simple, with easy-flowing movements, yet deceptively apt to make you sweat while feeling good. You won't even know you're exercising!

Zumba – This class combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This latin-based group exercise class is fun and easy to do. No dance experience required!

Mind/ Body Classes

Beginning Yoga – This class introduces students to a practice that integrates balance, stretching, strengthening, and breath awareness.

Express Pilates – Half hour class for those who are short on time, but need an effective core workout.

Express Yoga – This half hour class is for those of you who are short on time, but in need of an effective workout. Come join us for meditation, breath work/pranayama, postures (asanas), and relaxation! All levels are welcome!

Intermediate Mat Pilates – This class covers more advanced pilates exercises for those who have built a foundation with our regular Pilates class.

Intermediate Yoga – This class covers more advanced yoga asanas for those who want a little bit more of a challenge than the beginning yoga class.

Mat Pilates – Strengthen the muscles that support the spine to bring balance into the body. When muscles become unbalanced, they can cause joint pain and other body aches and pains. Pilates was developed to help realign the spine to decrease tension, increase flexibility and strengthen the body from the inside out.

Mixed Level Vinyasa – This yoga class is designed for all levels, with attention to alignment principals resulting in the development of a safe, deep and enjoyable practice.

Power Yoga – A high -energy flow class to open the muscles deeply through Vinyasa and Ashtanga flow. All levels welcome!

SilverSneakers® YogaStretch – You will move your whole body through a complete series of *seated and standing yoga poses*. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. *You will not have to get down on the floor for this class.*

TaiChi – This class is often described as meditation in motion because it promotes serenity through gentle movements – connecting the mind and the body. This graceful form of exercise can help reduce stress with regular practice.

Yoga – All fitness levels are encouraged to explore asanas (poses) in order to decrease stress and increase flexibility. You will feel refreshed, restored and reenergized.

Yoga For Relaxation – Come unwind the day, relax and destress in this yoga class as we practice gentle, restorative asanas (poses), breath work and guided relaxation.

Yogalates – A fusion of yoga and pilates.

Pre/Post Natal Class

Mommies-to-be – This low-impact class that includes walking, stretching and toning to prepare the expectant mother for childbirth and postpartum recovery.

Mommy Madness Cycle – An express fitness cycle class targeted for moms but open to all who are looking for a challenging way to lose those lingering pounds. Children are welcome but must remain in a stroller or car seat the entire class. An ideal compliment to stroller aerobics to cross train those post-pregnancy areas away."

Stroller Aerobics– This class is for multi-tasking mommies and offers a challenging workout as well as an opportunity to socialize with other moms while you supervise your kids on bikes, toy boats, and a slide. Don't be fooled by the cute name; this class will make you sweat!

A combination of cardio and strength training; expect some basic step aerobics on Mondays, Circuit training on Wednesdays and freestyle on Fridays. Bands, bars and weights are alternated to help you tone your arms each class. We conclude with ab exercises and various sculpting targeted at tightening all of your favorite areas such as glutes and thighs. This class is truly the whole package. Strollers are recommended for infants but are not required. Please notify the instructor of any injuries at the start of class. New moms need medical clearance from doctor.

Dance Classes

Beginning Ballroom, Swing & Latin - You will learn to do such dances as the Fox Trot, Waltz, Tango, Rumba, Samba, Mambo and Cha Cha & Swing. Casual dress and no sneakers. *You must pre-register for this class.*

Intermediate Ballroom, Swing & Latin – This class is for those with prior dance experience. Casual dress and no sneakers. *You must pre-register for this class.*

Beginner's Running Group

Where: Meet in the lobby (of the Y)

Distance: 3 – 5 miles (shorter or longer depending on your ability)

Pace: 9 – 12 minute mile pace – No runner left behind!

Coaches: Amy Rodack and Angel Whitbeck