











YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Saratoga Springs

Beginner/Introductory Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am	◆Group Strength for Women 60 min. Sue (AS)	(7:45) Yoga 70 min. Patricia (MPR)	◆Group Strength for Women 60 min. Sue (AS)	(7:45) Yoga 70 min. Patricia (MPR)	◆Group Strength for Women 60 min. Sue (AS)	Beginner's Running Group 60 min. Amy R. (L)	
9:00 am	Intro to Cycle 25 min. Norm (C)		Tai Chi 50 min. Frank (AS) All	Core & More 50 min. Armelle (AS)			
10:00 am	Sculpt-n-Stretch 55 min. Valerie (AS)			20/20/20 55 min. Valerie (AS)		10:10) Beginning Yoga 70 min. Susannah/ Armelle (MPR)	
10:30 am	◆Get Fit 60 min. Yonka (MPR)		◆Get Fit 60 min. Yonka (T)		◆Get Fit 60 min. Yonka (MPR)		
11:00 pm	*SilverSneakers® I 45 min. Valerie (AS)	*SilverSneakers YogaStretch 45 min. Armelle (AS)	*SilverSneakers® I 45 min. Valerie (AS)	*SilverSneakers Yoga Stretch 45 min. Armelle (AS)	Beg. Line Dance 60 min. Armelle (AS)		
5:00 pm	 (5:10 pm) Intro to Gravity 15 min. Jen G.	Mommies-To-Be 55 min. Colleen (MPR/PS)	 (5:10 pm) Intro to Gravity 15 min. Jen G.	Mommies-To-Be 55 min. Colleen (MPR/PS)			
8:00 pm	Yoga for Relaxation 60 min. Susannah (MPR)		(8:10 pm) Yoga for Relaxation 60 min. Susannah (MPR)				

MPR = Multi –Purpose Room

AS = Aerobics Studio

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

◆ = Requires pre-registration

Saratoga Springs Branch Class Descriptions

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!

Coach: Amy Rodack

Beginning Line Dance - Line dances are popular at weddings and swing and country dance clubs. They are group dances; you do not need a partner, and you can line dance to a wide variety of music. Come and learn the Macarena, electric slide, tush- push and others!

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

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.

Get F.I.T. (Fitness with Individualized Training) – If you're ready to be fit and you need some help getting started, then this is the program for you! In this 7 week program, will set SMART goals to achieve a healthy lifestyle. Your instructor will serve to help facilitate change, develop action plans, offer exercise accountability and support. 7 Week Program Fee: **\$60 Full Member/ \$120 Program Member.** *There must be a minimum of 4 people registered for this program.*

Group Strength for Women – This class is designed to familiarize groups of 4 to 8 women with the free weight room. Once the classes are completed, participants will know several exercises for each muscle group using barbells, dumbbells, body weight, cables and be able to choose which type (heavy, light, high/low reps) to use. 7 Week Program Fee: \$53 Full Member/ \$106 Program Member. *There must be a minimum of 4 people registered for this program.*

Intro to Cycle – This is a beginning level cycle class that will introduce you to the basics of cycle.

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

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

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® 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 distress in this yoga class as we practice gentle, restorative asanas (poses), breath work and guided relaxation.

20/20/20 – 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!