

GreatLIFE at YWCA

Pool and class schedules are online at www.greatlifegolf.com/ywca

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning					Zumba 5:30-6:15am Caitlyn	
	Sit & Be Fit - Ramona 9:00-9:30		Sit & Be Fit - Ramona 9:00-9:30		Sit & Be Fit - Ramona 9:00-9:30	Yoga 9:00-9:45 Trancing 9:00-9:45 Lorie
	Tai Chi 9:30-10:15 Bill		Tai Chi 9:30-10:15 Bill		Tai Chi 9:30-10:15 Bill	Rotating Instructor
Lunch Hour					Move It or Lose It 9:45-10:30 Ramona	
	Step Aerobics 12:15-1:00 Colene	Yoga 12:15-1:00 Haley	Toning & Core 12:15-1:00 Janelle	Yoga 12:15-1:00 Margaret		
Evening	Cardio Blast 5:30-6:30 Janelle	Yoga 5:30-6:30 TaNiqua	Zumba 5:30-6:15 Caitlyn	Pilates/ Yoga 5:30-6:30 Denise	Cardio Blast 5:30-6:30 Janelle	Pilates/ Yoga 5:30-6:30 Denise
	Body Blast 6:30-7:30 Lorie		Body Blast 6:30-7:30 Lorie			

GreatLIFE
Live. Play. Better.

The Yoga / Tai Chi Room
is north of the weight room.

The Aerobics Floor is
located in the fitness center.

Body Blast	Have fun blasting your muscles with the latest chart topping music. This 60 minute class includes cardiovascular activities that target the arms, inner and outer thighs, hips, abs, glutes and ends with a 2 minute blast at the end!
Cardio Blast	Challenges yourself with aerobic fitness & muscle strength! Get your heart pumping cardio workout which results in muscle-shaping and boosting endorphins using steps, resistance bands, hand weights, stability balls & upbeat music.
Circuit Training	Full body workout that tones and burns calories - using a step, exercise ball, hand weights, and kickboxing.
Move It or Lose It	Sweat and dance to the oldies with this fun, low-impact aerobics class! You will get cardio, strength, flexibility and balance training in this fun class. All levels of fitness.
Pilates/Yoga Blend	Our instructors combine Yoga and Mat Pilates to enhance your body's stability and flexibility. This class offers movements to help you improve posture and physical awareness.
Sit and Be Fit	Low-intensity seated workout focuses on warm-up, stretching, toning & light weight training.
Tai Chi	Ancient gentle Chinese exercise helps concentration, balance, muscle strength, and coordination. Relax the mind and body through safe, slow movements. Particularly helpful for older people as it can help alleviate joint and arthritic pain.
Toning & Core	Focus is on muscle-shaping resistance and mood-boosting endorphins while using resistance bands, hand weights, stability balls and upbeat music.
Trancing	Treadmill Dancing! Put a little pep in your step with this class that will get you sweating and burning calories while dancing to some hip music.
Yoga	This class integrates breath awareness, spinal alignment and movements to strengthen and stretch your muscles while creating stability and balance.
Zumba	Exhilarating, effective, easy-to-follow, Latin-inspired, calorie burning dance fitness program. You can get fit and help your energy soar.