



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WELLNESS SCHEDULE

Effective Dates April 1st - 30th
 LEBANON FAMILY YMCA



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30 am		Fitness with a Splash Pool			
8:30-9:30 am	AQUAFIT Pool	YOGA (9-10am) Upstairs	DEEP WATER AQUAFIT Pool	YOGA (9-10am) Upstairs	YOGA AQUAFIT Pool
10-11:00 am	SILVER SNEAKERS CLASSIC Group Ex Studio		SILVER SNEAKERS CLASSIC Group Ex Studio		SILVER SNEAKERS CLASSIC Group Ex Studio
12:15-12:45 pm		KETTLEBELLS Group Ex Studio		KETTLEBELLS Group Ex Studio	
5:30-6:30 pm	AMP'D KICKBOXING Group Ex Studio	POUND Group Ex Studio	AMP'D KICKBOXING Group Ex Studio	POUND Group Ex Studio	
6:00-7:00 pm			SPLASH ATTACK Pool		
6:30-7:30 pm	CYCLING Group Ex Studio	TAE KWON DO Group Ex Studio	CYCLING Group Ex Studio	TAE KWON DO Group Ex Studio	

KIDS ZONE HOURS: MON-THU 5:00PM-7:30PM

CLASS BENEFITS

STRENGTH & WEIGHTS

Strength training builds lean muscles and helps with long-term weight loss, and cardio exercise is great for burning calories and heart health.



CARDIO

These cardio classes keep you moving and having fun, while you use movements and build your muscular endurance.



MIND/BODY

Reduce chance of injury, increase mobility and improve your posture, which helps you look great as well as feel great.



CORE

Core strength is critical for building a strong body to create the best platform for all other exercise.



ACTIVE OLDER ADULTS

Enjoy classes that are specifically designed for mobility and longevity. Great for older adults and those new to a fitness routine.



AQUA

Joints stay happy with the ease of water classes. Great for beginners, active older adults and even the fitness pro who loves to burn calories in the water.



AQUAFIT (Shallow Water)

Provides a reduced impact workout. By using properties of the water training in the shallow water allows a wide variety of programming that can positively influence cardio respiratory fitness, muscular strength and endurance and flexibility. We also make use of the hand buyos, noodles, and S.S. boards.



AQUAFIT (Deep Water)

This exercise is done suspended with a flotation device. This is a non-impact class creating a total body workout with muscle balance and a substantial challenge for the core muscles without impact stress on the joints.



FITNESS WITH A SPLASH

This is a deep water exercise class focusing on cardio, toning and movement. It is adaptable for all fitness levels. Participants need to be comfortable exercising with belts in deep water.



SPLASH ATTACK

Prepare to get wet and have fun in this low impact, fun aqua class that focuses on resistance movements and strength training.



YOGA

Balance, breathe, lengthen and strengthen through gentle yoga movements to increase range of movement. Great for everyone!



SILVER SNEAKERS CLASSIC

Perfect for the individual brand new to exercise but is also appropriate for anyone wanting to improve muscular endurance and flexibility. Classic is designed to increase strength, range of movement, agility, balance and coordination, and to improve a participant's functional capacity, physical fitness level, and sense of well being. Class format includes hand-held weights, elastic tubing with handles and a silver sneakers ball. A chair is available for seated or standing support. Move to the music and have fun!



TAE KWON DO

Get moving and have fun in this cardio-based class designed to teach focus, concentration, muscle development, balance.



POUND

Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. This full body workout combines cardio, conditioning, and strength training with yoga and pilates inspired movements with lightly weighted Ripstix. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable for all ages and fitness levels.



CYCLING

Take your ride indoors as an instructor guides you on an all-terrain journey that will get your heart pumping and challenge you to give a little more.



AMP'D KICKBOXING

AMPD Kickboxing is kicking it up a notch while making sure to keep the background of martial arts in focus. Once you hear the music start, the punches, kicks, and combos will bring out your inner Karate Kid.



KETTLEBELLS

A 'kettlebell' is a traditional Russian cast iron weight that looks like a cannonball with a handle. Using these weights, class participants are taken through a variety of movements all designed to develop strength, mobility, internal energy, work capacity and vitality. This is the ultimate class for extreme all-round fitness.