



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

West Low Impact Group Exercise

West YMCA

April 3rd - June 11th

3700 Silver Lake Rd.
Traverse City, MI 49684
(231) 486-6357

	MON	TUE	WED	THU	FRI	SAT	SUN
6am				Vin-Hatha Yoga Studio A - Low Impact Kelly S 6am - 6:45am	Active Together Studio A - Low Impact Martha V. 6am - 7am		
7am				Active Together Studio A - Low Impact Martha V. 7am - 8am			
8am	Whittle Your Middle Studio B - Low Impact Angie S. 8:30am - 9:15am		Whittle Your Middle Studio B - Low Impact Angie S. 8:30am - 9:15am				
9am	Aqua Fit Family Pool: Low Impact Laura H. 9am - 9:30am		Aqua Fit Family Pool: Low Impact Laura H. 9am - 9:30am		Aqua Fit Family Pool: Low Impact Laura H. 9am - 9:30am		
	Flex & Stretch Studio A - Low Impact Lesley K. 9:15am - 10am		Flex & Stretch Studio A - Low Impact Lesley K. 9:15am - 10am		Flex-Move/Pilat-ease Studio A - Low Impact Martha V. 9:15am - 10am		
	Aqua Flex Family Pool: Low Impact Laura H. 9:30am - 10am		Aqua Flex Family Pool: Low Impact Laura H. 9:30am - 10am		Aqua Flex Family Pool: Low Impact Laura H. 9:30am - 10am		
10am	Enhance Fitness (Active Older) Studio A - Low Impact Lesley K. 10:05am - 11:05am	Step Fit Studio A - Low Impact Martha V. 10:45am - 11:15am	Enhance Fitness (Active Older) Studio A - Low Impact Lesley K. 10:05am - 11:05am	Step Fit Studio A - Low Impact Martha V. 10:45am - 11:15am	Enhance Fitness (Active Older) Studio A - Low Impact Lesley K. 10:05am - 11:05am		
11am	Gentle Yoga Studio A - Low Impact Lesley K. 11:10am - 12:10pm	Water Walking Family Pool: Low Impact Shantelle N. 11am - 12pm		Water Walking Family Pool: Low Impact Shantelle N. 11am - 12pm			
		Flexible Movement Studio A - Low Impact Martha V. 11:15am - 11:45am		Flexible Movement Studio A - Low Impact Martha V. 11:15am - 11:45am			
12pm	Enhance Fitness (Active Older) Studio A - Low Impact Holli H. 12:15pm - 1:15pm	Zumba® Gold (Active Older) Studio A - Low Impact Laura H. 12pm - 1pm	Enhance Fitness (Active Older) Studio A - Low Impact Holli H. 12:15pm - 1:15pm	Zumba® Gold (Active Older) Studio A - Low Impact Laura H. 12pm - 1pm	Enhance Fitness (Active Older) Studio A - Low Impact Holli H. 12:15pm - 1:15pm		
1pm	Active Together Studio A - Low Impact Martha V. 1:30pm - 2:30pm			Active Together Studio A - Low Impact Laura H. 1:30pm - 2:30pm			
4pm		Active Together Studio A - Low Impact Martha V. 4:30pm - 5:30pm	Mat Pilates Studio C - Low Impact Holli H. 4:20pm - 5:20pm	Active Together Studio A - Low Impact Brittany T. 4:30pm - 5:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	MON	TUE	WED	THU	FRI	SAT	SUN
5pm		Mat Pilates Studio A - Low Impact Martha V. 5:45pm - 6:30pm					

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Class Descriptions

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Active Together - A simple and athletic program drawing from all four elements of fitness: cardio, strength, balance, and flexibility. Get stronger and fitter with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements.

Aqua Fit - Experience the benefits of water exercise. Improve strength, flexibility, endurance, range of motion and agility. A great variety of cardio and toning exercises utilizing various aquatic equipment.

Aqua Flex - This mind body connection class focuses on balance, core strength, flexibility, and relaxation. Good class for people with arthritis, fibromyalgia or joint replacement. Perfect for beginning and intermediate fitness levels.

Enhance Fitness (Active Older) - Includes a warm-up, low impact cardio, strength and stretching. This class uses wrist and ankle weights for upper and lower body strength exercises. Everyone has a chair and all of the exercises can be done from a standing or sitting position.

Flex & Stretch - Half strength, half stretch class will improve balance, posture, and flexibility. Learn how to use your own body, plus light weights and bands. Appropriate for all levels.

Flex-Move/Pilat-ease - This class blends 20 minutes of flexible movement patterns in 3 planes of motion and 20 minutes of pilates mat floor work. Through gentle movement patterns you will develop strength and flexibility. Just enough to feel rejuvenated before the weekend!

Flexible Movement - Functional movement patterns in 3 planes of motion encourage stability, mobility and balance while in gentle motion.

Gentle Yoga - A softer, nurturing, slow-paced, well-supported and relaxing practice. Chairs and mats will be used, eliminating floor work. Practice restorative movements that improve range of motion and joint mobility, reduce pain and the effects of stress.

Mat Pilates - Using a yoga mat, students practice controlled breathing during body weight resisted movement to build core strength. This is a good place to start your pilates experience before moving on to more advanced techniques or equipment.

Step Fit - The perfect mix of choreography and conditioning. Easy-to-follow step patterns will increase your heart rate while simple body conditioning patterns will compliment your workout. All fitness levels are encouraged to attend.

Vin-Hatha Yoga - This is a 45-min class that blends Hatha and Vinyasa yoga. It builds heat and energizes the body for the rest of the day.

Water Walking - A great class for novice and seasoned exercisers, as well as those with joint problems or other physical limitations. Take advantage of the unique properties of water with resistance and buoyancy to get a great workout. Come join the fun!

Whittle Your Middle - Your core is key! These 30 minute packed workouts focus on everything from your shoulders to waist, front to back, and side to side to strengthen your abs, core, back, and obliques. Hit the entire abdominal area to help you whittle your middle.

Zumba® Gold (Active Older) - A modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.