



## Wellness Class Descriptions:

**Abs**-half hour of abdominal and core work 6am-6:30am held in the Fitness Center with Jeannine

**AOA-Active Older Adults:** for the 50 plus age group Joan Dolansky will take you through a fun, safe workout in our third floor fitness center. Cardio, strength and stretching to improve your posture, flexibility and attitude-starting in Oct.

**Ballroom Dancing** with Jim and Dotti Timkey: dance instruction covering Swing, Cha Cha, Foxtrot, and Tango. Singles and couples welcome, sign up today! (youth 13-15 with an adult), 16 and up welcome.

**Body Sculpting:** This low impact, high intensity workout for all levels will give you the results you're looking for. Body bars, balls and weights-followed by abs and floor work

**Boot Camp :** Rachele will work you through this one hour total body class, some days are more cardio some days are more strength both every day is a workout

**Cardio Fitness:** Jeannine will take you through basic cardio conditioning using interval training, plus abs and stretching.

**Core class-** Matt C will lead you through an intense core workout using your body weight, balance and balls to strengthen and tone your core.

**Cycle Reebok:** group cycling class. Riders of all fitness levels enjoy a challenging workout that is easy on your joints but intense aerobic training to increase your stamina and strength.

**Just Groove:** If you can move, you can groove. Slide and glide to a healthier you with Karen

**Kickbox:** Janice's boxing moves help to target the core, upper and lower body toning

**Powerhouse Aerobics:** A safe, but intense workout utilizing step, weights and bands. Forty minutes of fat burning cardio with strength training ending with core strength and stabilization and complete stretching with Jeannine.

**Zumba** forget the workout and join the party with an hour of Latin inspired dancing

## Aquatic class descriptions

**Active Older Adults (A.O.A.) :** Let our pool be a fountain of youth, reserved especially for you. Water temperature averages between 84-86 degrees!!

**One-on-One:** for any person young or old, who for any reason does not want to be in a group or class setting. Meet to improve your skills, set your goals and we will help you reach them. By appointment only.

**Rusty Hinges:** This is a one hour aqua/arthritis class that takes your joints through gentle range of motion. This class cannot rid you of your condition but can make it more bearable.

**Stroke Drills:** This class is for those who know their strokes, but want to improve it. Great workout while working on your breathing and turns. Swimmers must be able to swim one lap of the pool (down and back).


**Water Fitness:** One hour total fitness workout with flexibility and fun. Use the resistance of the water for a powerful workout that is low impact on your joints.

**White Water Fitness:** 45 minute intense total fitness workout. Use the resistance of the water for a powerful workout that is low impact on your joints

*Most YMCA wellness classes welcome children ages ten and up with a parent or guardian.*

## Swim Lessons WINTER II 2012 MARCH 5 APRIL 28

Classes on break April 8-14

MONDAY & WEDNESDAY	TUESDAY & THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;"><b>Preschool &amp; Youth</b> 4:45-5:30 5:30-6:15</p> <p style="text-align: center;"><b>Stoke Drills</b> 4:45-5:30 5:30-6:15</p>	<p style="text-align: center;"><b>Parent/Child</b> 9:30am</p> <p style="text-align: center;"><b>Preschool</b> 9:30am</p> <p style="text-align: center;"><b>Preschool &amp; Youth</b> 4:45-5:30 6:30-7:15</p> <p style="text-align: center;"><b>Stoke Drills</b> 4:45-5:30</p> <p style="text-align: center;"><b>Parent/Child</b> 6:30-7pm</p>	<p style="text-align: center;"><b>YMCA Pool parties available Fridays &amp; Saturdays</b></p>	<p style="text-align: center;"><b>Parent/Child</b> 9:30am &amp; 10:15am</p> <p style="text-align: center;"><b>Preschool &amp; Youth</b> 9:30-10:15, 10:15-10:45 &amp; 11-11:45am</p> <p style="text-align: center;"><b>YMCA Pool parties available Fridays &amp; Saturdays</b></p> <div style="text-align: center; margin-top: 20px;">  </div>

Revised 3/19/12

**Lockport Family YMCA**

716.434.8887