



Ticket to Wellness: A Healthy Ladies Night Out

Wednesday March 29th 7:00-10:00 PM

Saddletowne YMCA

Time	Pool	Studio A	Studio B	Multipurpose Room	Weight Floor
7-7:30	Open Swim	Fitness Kick-Boxing	Gentle Fit	Zumba	
7:30-8:00	Open Swim	Step	Hard Core		
8:00-8:30	Shallow Water Workout	Group Cycle	Hi-Lo		
8:30-9:00	Deep Water Workout	HIIT	TRX		
9:00-9:30	Open Swim	Yoga	Stretch and Relaxation		
9:30-10:00	Open Swim	Guided Meditation	Gentle Fit		
7:15-7:45 8:00-8:30 8:45-9:15 9:30-10:00					Weight Floor Orientations

Fitness Kick-Boxing: Achieve improvements in cardiovascular fitness, muscle tone and motor skills through authentic kickboxing training without the sparring. This program will promote self-confidence; teach basics in self-defense and help individuals strive to attain personal fitness goals. →→→

Gentle Fit is a total body workout at a low impact pace with low stress on your joints. It is a combination of cardiovascular, resistance, and balance exercises. This class is perfect for beginners or anyone who would like to improve their endurance, balance or mobility. →→

Zumba cardio dance will take you through basic salsa, reggaeton, flamenco and other international rhythms with a fitness flare. You'll also burn up to 530 calories an hour while doing it and will be promoting your cardiovascular health. All levels are welcome. →→→

Step is a fun choreographed aerobic exercise which targets cardiovascular health and increases muscle endurance. It is also a great full body stretching exercise! It's an ideal activity for elevating your heart rate. →→→

Hard Core: Your abdominal, lower back and gluteal muscles will be targeted as you work on strength, agility, balance and stability. →→→

Get ready with **Group Cycle** to challenge your endurance and stamina with hills, climbs, springs and more. This full body workout emphasizes proper form and technique and includes both on and off the bike exercises. Cycling has been proven to reduce cardiovascular disease so come join in the healthy fun. →→→

High/Low: If you love to grapevine, mambo and step touch, then this choreographed class is for you! Improve your cardiovascular fitness, as well as your balance, agility and coordination as you learn a variety of fun high and low impact movements. →→→

Yoga will improve your flexibility, strength, balance and body awareness. Through a series of breathing exercises and poses, you will release stress and leave feeling stronger and more centered. Despite its low intensity yoga has many positive health benefits to help reduce your cardiovascular disease risk. →

HIIT (High Intensity Interval Training): Challenge and improve your cardiovascular fitness, balance, core strength and muscular endurance in this dynamic, high-energy workout. You will participate in a variety of intense, non-choreographed cardio and resistance intervals throughout the class. →→→→

TRX was born in the Navy SEALs- Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises. →→→→

Stretch & Relaxation: Reap the benefits of stretching, relaxation and mindfulness. Safe for everyone, this class will incorporate a variety of lengthening movements, followed by a soothing relaxation segment. →

Guided Meditation will provide you with relaxation, breathing and meditation techniques. Explore meditation processes through different guided meditations and visualization practices. New, novice and experienced meditators will find a place in this class. →

Learn the safest and most effective ways to work out in a **Weight Floor Orientation**. Meet our team of friendly and knowledgeable staff as you learn how to use different machines and routines. We are here to support you with achieving your wellness goals.

→ Low Intensity →→→→ High Intensity