


# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## Saratoga Springs

## Beginner/Introductory Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am		(7:45) Yoga 70 min. <b>Patricia</b> (MPR)		(7:45) Yoga 70 min. <b>Patricia</b> (MPR)		Beginner's Running Group 60 min. <b>Amy R. (L)</b>	
9:00 am			Tai Chi 50 min. <b>Frank (AS) All</b>				
10:00 am				20/20/20 55 min. <b>Valerie</b> (AS)		(10:10) Beginning Yoga 70 min. <b>Susannah</b> (MPR) I, II	(10:10) Beginning Yoga 70 min. <b>Patricia (MPR)</b>
11:00 pm	*SilverSneakers® I 45 min. <b>Valerie</b> (AS)	*SilverSneakers YogaStretch 30 min. <b>Betsy (AS)</b>	*SilverSneakers® I 45 min. <b>Valerie (AS)</b>	*SilverSneakers Yoga Stretch 45 min. <b>Armelle (AS)</b>			
5:00 pm		(5:15) Mommies-To-Be 60 min. <b>Colleen (MPR/T)</b>		(5:15) Mommies-To-Be 60 min. <b>Colleen (MPR/T)</b>			
8:00 pm	Yoga for Relaxation 60 min. <b>Susannah (MPR)</b>		(8:10 pm) Yoga for Relaxation 60 min. <b>Susannah (MPR)</b>				

**MPR** = Multi –Purpose Room

**AS** = Aerobics Studio

● = A class will be cancelled if there are less than 5 people in attendance for 3 consecutive weeks.

◆ = Requires pre-registration

## Saratoga Springs Branch Class Descriptions

### **Beginner's Running Group**

**Where:** Meet in the lobby (of the Y)

**Distance:** 3 – 5 miles (shorter or longer depending on your ability)

**Pace:** 9 – 12 minute mile pace – No runner left behind!

**Coach:** Amy Rodack/ Angel Whitbeck

**Beginning Yoga** – This class introduces students to a practice that integrates balance, stretching, strengthening, and breath awareness.

**Mommies-to-be** – This low-impact class that includes walking, stretching and toning to prepare the expectant mother for childbirth and postpartum recovery.

**Sculpt-n-Stretch** – Come and join us for an hour of shaping our bodies and increasing flexibility while promoting healthy bones.

**SilverSneakers® I – Muscular Strength & Range of Movement** – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for seated and/or standing support.

**SilverSneakers® YogaStretch** – You will move your whole body through a complete series of *seated and standing yoga poses*. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. *You will not have to get down on the floor for this class.*

**TaiChi** – This class is often described as meditation in motion because it promotes serenity through gentle movements – connecting the mind and the body. This graceful form of exercise can help reduce stress with regular practice.

**Yoga** – All fitness levels are encouraged to explore asanas (poses) in order to decrease stress and increase flexibility. You will feel refreshed, restored and reenergized.

**Yoga For Relaxation** – Come unwind the day, relax and distress in this yoga class as we practice gentle, restorative asanas (poses), breath work and guided relaxation.

**20/20/20** – This class is composed of 20 minutes each of hi/low-impact aerobics, body –sculpting and stretching each. The order and format for each class may change on a weekly basis. All fitness levels welcomed!

Revision Date: 7/21/10  
5:30 pm