








YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Saratoga Springs

Beginner/Introductory Classes - Effective 9/13/10

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45 am		(7:45) Yoga 70 min. Patricia (MPR)		(7:45) Yoga 70 min. Patricia (MPR)			
8:00 am	(8:30 am) Intro to Cycle 25 min. Melissa (C)					Beginner's Running Group 60 min. Amy R. (L)	
9:00 am			Tai Chi 50 min. Frank (AS) All				
10:00 am	Low Impact Aerobics 45 min. Valerie (AS)	Kalabash 60 min. Francelise (AS)	BellyDance 55 min. Limor (AS)	20/20/20 55 min. Valerie (AS) <hr/> Kalabash 60 min. Francelise (AS)			(10:10) Beginning Yoga 70 min. Patricia (MPR)
11:00 pm	*SilverSneakers® MSROM 45 min. Valerie (AS)	*SilverSneakers® YogaStretch 30 min. Betsy (AS)	*SilverSneakers® MSROM 45 min. Valerie (AS)	*SilverSneakers® Yoga Stretch 45 min. Armelle (AS)			
5:00 pm	(5:15) Intro to Gravity 10 min. Jen G. (BA)	(5:15) Mommies-To-Be 60 min. Colleen (MPR/T)		(5:15) Mommies-To-Be 60 min. Colleen (MPR/T)	Zumba® 55 min. Maria (AS)		
6:30 pm		BellyDance 55 min. Limor (AS)		**Beg. Ballroom, Swing & Latin 90 min. Edna (AS) I			
7:15 pm	Yoga for Relaxation 60 min. Susannah (MPR)		Yoga for Relaxation 60 min. Susannah (MPR)				

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 Ballroom, Swing & Latin - You will learn to do such dances as the Fox Trot, Waltz, Tango, Rumba, Samba, Mambo and Cha Cha & Swing. Casual dress and no sneakers. *You must pre-register for this class.*

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.

Kalabash - A cornucopia of energizing moves filled with delicious rhythms rooted in Africa and spread to the Caribbean, Brazil Portuguese Africa, and beyond. It is a “dyslexic-friendly” dance class, kept simple, with easy-flowing movements, yet deceptively apt to make you sweat while feeling good. You won't even know you're exercising!

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

Lo Impact Aerobics – A low – impact workout composed of 5 – 10 minutes of warm ups, 20 – 25 minutes of aerobic combinations and 10 minutes of cool down and stretching. This class is perfect for those who are new or returning to exercise!

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.

Tribal Bellydance – Students will learn basic isolations, hip movements, arm patterns, shimmies, traveling steps and basic undulations, all in an easy-to-follow format that will allow them to build a strong foundation in the beautiful art of bellydancing!

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.

Zumba – This class combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This latin-based group exercise class is fun and easy to do. No dance experience required!

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: 8/31/10
3:29 pm