

MANLIUS YMCA

Group Exercise Schedule

January 2nd – March 31st

Monday	Class	Instructor	Location
7:30am	Gentle Yoga	Lisa R.	Yoga Studio
9:00am	Yoga w/Meditation	Ellin A.	Yoga Studio
9:00am	WERQ	Niki P.	TURF Field
10:00am	Classical Pilates	Karen L.	SACC Gym
6:00pm	Hot Yoga	Lisa R.	Yoga Studio
Tuesday	Class	Instructor	Location
8:00am	Kundalini Yoga	Chris D.	Yoga Studio
9:00am	Kundalini Yoga	Chris D.	SACC Gym
10:00am	Meditation & Mantra	Chris D.	Yoga Studio
12:00pm	Forrest Yoga	Gyata S.	Yoga Studio
6:00pm	Yoga	Emmajean S.	Yoga Studio
Wednesday	Class	Instructor	Location
9:15am	Yoga	Deborah R.	Yoga Studio
9:00am	WERQ	Christine R.	TURF Field
10:15am	Healthy Back	Deborah R.	Yoga Studio
10:00am	Rhythm Pilates NEW!	Karen L.	SACC Gym
6:00pm	POUND	Marilyn F.	SACC Gym
6:00pm	Hot Yoga	Lisa R.	Yoga Studio
Thursday	Class	Instructor	Location
9:00am	Kundalini Yoga	Chris D.	SACC Gym
10:00am	Meditation & Mantra	Chris D.	Yoga Studio
10:00am	H.I.I.T. Training	Cindy P.	TURF Field
12:00pm	Forrest Yoga	Gyata S.	Yoga Studio
6:00pm	STEP	Jennifer K./Mary M.	SACC Gym
6:00pm	Yoga	Emmajean S.	Yoga Studio
Friday	Class	Instructor	Location
7:30am	Yoga	Lisa R.	Yoga Studio
9:00am	Piloxing	Christine R.	TURF Field
9:00am	Emotional Freedom	Lynne P.	Yoga Studio
10:00am	Yoga	Hareen K.	Yoga Studio
1:00pm	Tia Chi for Arthritis- Intermediate	Genoa W.	Yoga Studio
Saturday	Class	Instructor	Location
9:00am	Yoga	Kelly S.	Yoga Studio
9:30am	Zumba	Yudaisy S.	TURF Field
Sunday	Class	Instructor	Location
9:00am	Yoga	Jamie P.	Yoga Studio

All participants must be at least 8 years of age unless otherwise stated under description. Classes are for all levels.

MANLIUS GROUP EXERCISE CLASS DESCRIPTIONS

EMOTIONAL FREEDOM: Take your physical and emotional well-being into your own hands. "Tapping" is a set of techniques which utilize the body's energy meridian points. You can stimulate these meridian points by tapping on them with your fingertips – literally tapping into your body's own energy and healing power, resulting in mental and physical stress relief.

FORREST YOGA: Forrest Yoga is a modern practice that emphasizes the development of deep, smooth breathing. Postures are chosen and sequenced to address body areas that are common problem areas, such as low back, neck, shoulders and hips. Strength, flexibility, balance and the ability to feel within are developed with consistent practice. The room is heated to approximately 80 degrees.

HEALTHY BACK: Designed to improve the strength of the core muscles (abs, low back, glutes and hamstrings) to protect and maintain a healthy back.

H.I.I.T. Training: High Intensity Interval Training. Cardio and strength training intervals combine for a total body workout. Equipment varies.

HOT YOGA: Hot Yoga combines Power Yoga with Vinyasa Flow in a warm 85-90 degree room. You will sweat more in this class than an average class, so bring a bottle of water and towel. Hot Yoga challenges your strength, endurance, flexibility and balance. **Ages 14 and up.**

KUNDALINI YOGA: The class blends breathe control, stretching, mediation and chanting, using the science of sequencing. Class ends with meditation, leaving you feeling energized, relaxed, and focused.

MEDITATION & MANTRA: Calm your mind; center your being your spirit. This class will teach you how to meditate and introduce you to healing mantras.

CLASSICAL PILATES: Class focus on developing lean muscles, balance of the mind and body, flexibility and working the core muscles (abdominals, low back and glutes) through a series of choreographed movements that are done on a mat. This exercise program will leave you feeling relaxed.

PILOXING: Piloxing uniquely blends the power, speed, and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a muscle sculpting, core-eccentric interval workout.

POUND: Each participant uses a set of "ripstix" (drumsticks). This class is a combination of cardio and strength work, focusing on a the lower body (legs, thighs, glutes and hips). Yoga and Pilates inspired movements are utilized. *And it's fun!!!* The class is 45 minutes long.

RHYTHM PILATES: An exciting fusion of study and disciplines that expands on the traditional Pilates method by incorporating more fluid transitions into whole body integrated movement art workout sequences choreographed to music. Rhythm Pilates is an exciting and evolutionary approach to the mat work incorporating Pilates, Yoga and Dance.

STEP: A choreographed routine of stepping up and down on a rectangular platform (STEP). It is a great cardio workout and will tone your entire low body. It is also a great cross training activity for runners, cyclists, and walkers. All levels are welcome.

TAI CHI FOR ARTHRITIS: Tai Chi is an ancient practice proven to improve mental and physical well-being. Using gentle Sun-style tai chi movements, it can help you reduce stress, improve breathing, develop balance, mobility and body awareness.

WERQ: Cardio dance fitness class based on current pop and hip-hop music. The easily recognizable songs are paired with fun, creative choreography. Cool down and Pilates/Yoga inspired poses complete the workout. The purpose is to improve your cardiovascular endurance.

YOGA: Class begins with conscience breathing techniques and gentle warm-up stretches which lead into a variety of yoga postures to challenge the body through stretching, relaxation, and breathing. Flexibility, strength and muscle tone improve as spirit/mind/body work together in harmony.

ZUMBA™: This is a fusion of Latin and international music that creates a dynamic, exciting and effective, calorie burning workout that will blow you away!