



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Tradition YMCA Fitness Schedule

Monday

9:00 - 10:00 am Woman's Bible Study/ bi-monthly
5:15 - 6:15 pm *Barre Intensity (Brooke)

Tuesday

9:30 - 10:30 am *Barre (Lacey)

Wednesday

8:30 - 9:00 am Parent/Child (Wendy)
9:30 - 10:30 am *Yoga (Buck)

Thursday

9:00 - 9:45 am *LIT (Wendy)
10:00 - 11:00 am *HIIT (Wendy)
5:15 - 6:15 pm *Barre Intensity (Brooke)

Friday

9:30 - 10:30 am *Barre (Lacey)

Barre: Focuses on strengthening the body with ballet based exercises, also incorporates arm and core work.

Barre Intensity: Combines attributes of Pilates, dance and functional fitness training.

HIIT: High Intensity Interval Training, total body workout; strength training and cardio.

LIT: Low Impact Training, focuses on dynamic cardiovascular exercise, strength and balance training.

Parent/Child: A joyful interactive class for ages 2 to 4 and their caregiver. Incorporating movement, stories and play.

Yoga: De-stress and relax, build strength, flexibility and tone using yoga postures and breathing techniques.

**Please Bring Personal Mat to Class*

- **Feel free to use the group fitness room any time there is not a class.**
 - **For safety reasons, only those 11 years and older are permitted in class (after having a gym orientation) unless attending a designated kid's class.**
 - **Unless otherwise noted, our classes are suitable for all fitness levels.**
- Instructors will show options and modifications to meet your needs.