



FULTON FAMILY YMCA

GYMNASIUM SCHEDULE

March 2020

MONDAY

5:00am-8:45am Open Gym / \$ Gym Rental
 9:15am-10:10am Jazzin' with Judy
 10:30am-11:15am Silver Sneakers
 11:30am-12:00pm Chair Yoga
 12:15pm-5:20pm Open Gym / \$ Gym Rental
 5:30pm-6:25pm Low Impact Training
 6:30pm-7:25pm Zumba®
 7:30pm-9:00pm Open Gym/\$ Rental

TUESDAY

5:00am-9:50am Open Gym / \$ Gym Rental
 10:00am-10:45am \$ FUN WALK/RUN CLUB **
 11:15am-11:35am \$ PRE K GYM
 11:45am-5:55pm Open Gym / \$ Gym Rental
 6:00pm-6:30pm \$ Tiny Tots Karate
 6:30pm-7:30pm \$ Beginner & Advanced Karate
 7:45pm-9:00pm Open Gym/\$ Rental

WEDNESDAY

5:15am-6:00am Total Body Fitness
 6:15am-10:15am Open Gym / \$ Gym Rental
 10:30am-11:15am Silver Sneakers
 11:30am-12:00pm Chair Yoga
 12:15pm-5:20pm Open Gym / \$ Gym Rental
 5:30pm-6:25pm Low Impact Training
 6:30pm-7:25pm Zumba®
 7:30pm-9:00pm Open Gym/\$ Rental

PUNCH CARD 12 CLASSES FOR \$65.00

\$ PAID PROGRAM-PREREGISTER

** FUN WALK/RUN CLUB-will meet in gymnasium

Until weather improves

THURSDAY

5:00am-9:00am Open Gym / \$ Gym Rental
 10:00am-10:45am \$ FUN WALK/RUN CLUB
 11:15am-11:35am \$ PRE K GYM
 11:45am-1:50pm Open Gym / \$ Gym Rental
 2:00pm-3:30pm \$ SACC (3/12)
 3:40pm-5:50pm Open Gym / \$ Gym Rental
 6:00pm-6:30pm \$ Tiny Tots Karate
 6:30pm-7:30pm \$ Beginner & Advanced Karate
 7:45pm-9:00pm Open Gym /\$ Gym Rental

FRIDAY

5:15am-6:00am Total Body Bootcamp
 6:15am-9:00am Open Gym / \$ Gym Rental
 9:15am-10:15am \$ Y-FIT
 10:20am-11:15am \$ PRE K GYM
 11:30am-1:15pm \$ Home School PE
 2:00pm-3:30pm \$ SACC (3/13)
 3:45pm-4:45pm Open Gym / \$ Gym Rental
 5:00pm-7:45pm \$ SOCCER
 5:30-8:00pm \$ GYMNASTICS (MP ROOM)
 8:00pm-9:00pm BOYS NIGHT OUT (3/20)

SATURDAY

7:00am-8:15am Open Gym
 8:30am-9:30am Zumba®
 9:45am-12:00pm Open Gym / \$ Gym Rental
 12:00pm-2:00pm \$ Party Rental/Open Gym
 2:00pm-3:00pm Open Gym / \$ Gym Rental

SUNDAY

8:00am-11:00am \$ Party Rental/Open Gym
 11:30am-12:30pm BIRTHDAY PARTY rental (3/8)
 12:40pm-2:00pm Open Gym / \$ Gym Rental

INTENSITY LEVELS: ▲ Low Intensity ■ Low/Medium ◆ Medium/High ● High

Some classes can be adjusted to a lower intensity. **PUNCH CARD CLASSES \$ PAID PROGRAM-PREREGISTER

▲ **Silver Sneakers Classic:** Silver Sneakers Classic offers an innovative blend of physical activity, healthy life-style and socially oriented programming that allows older adults to take greater control of their health. Classes are designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance. This class is not just for Silver Sneaker Participants, members are encouraged to participate.
Forever Fit Gold: This class will offer a light cardio warm up, followed by a strength portion that will meet the needs of every fitness level. The last segment will focus on core strength and balance. We have created this class to offer a beginner/intermediate weights program for those who want to tone and stay healthy and fit!
Zumba Gold: Gold targets the largest growing segment of the population: baby boomers. Gold also fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Modified moves and pacing to suit the needs of the active older participant.
LIT: Formerly known as WALK 15 this class is designed to be low impact but a fantastic calorie burning workout! Come join the fun with great music and fellow members.

■ **Total Body Fitness:** A fun, high energy, total body workout using weights and muscle specific exercises. This class will incorporate cardio, plyometric, and exercises to strengthen, improve balance and engage the entire core. Each class day will use a different discipline; kettle bells, free weights, stability ball or weighted bar.
Zumba®: Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements.

◆ **Total Body Bootcamp:** This class will surely test your limits! Come try our high intensity boot camp style workout. Alongside fellow highly motivated members. Instructed by our high energy coach Brea Goss. Get ready to sweat!
\$ Y-Fit: Our cutting edge *high intensity fitness program that combines compound lifts, weight training and endurance into one routine. You will shed body fat and increase your energy, speed and metabolism.

SHORIN RYU KARATE

Tiny Tots will learn preliminary fundamentals of the practice. Novice and Advanced are offered to instruct students in self defense, kata and sparring techniques.

SENSEI: Suzanne Summerville - Black Belt

TINY TOTS 4-6 yrs	BEGINNER 7+	ADVANCED
M \$38 /month	M \$40/month	M \$45/month
NM \$47/month	NM \$52/month	NM \$57/month