



Woodland YMCA Fitness Center Group Fitness Schedule

DECEMBER 2024
Revised 11.29.24

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

Low Impact Aerobics 8:00am & 10:00am	Cycling Open 6:30am-7:20am Kelly	Pilates Mat 7:00am-7:50am Beth	Yoga All Levels 6:30am-7:20am Jennifer	Cycling Open 6:30am-7:20am Kelly
Core Express 12:00pm-12:30pm Bianca		Low Impact Aerobics 8:00am & 10:00am		Low Impact Aerobics 8:00am & 10:00am
Functional Strength 12:30pm-1:20pm Bianca	Chair Fitness 11:30am-12:10pm Sabrina	Tai Chi 11:30am-12:10pm Susan	Chair Fitness 11:30am-12:10pm Sabrina	Tai Chi 11:30am-12:10pm Susan
Woodland Stompers 1:30am-3:30pm			Functional Strength 12:30pm-1:20pm Bianca	
Viniyoga 5:30pm-6:20pm Jennifer	Zumba 5:30pm-6:20pm Vanessa	Viniyoga 5:30pm-6:20pm Jennifer	Zumba 5:30pm-6:20pm Vanessa	Viniyoga 5:30pm-6:20pm Jennifer
	Yoga All Levels 6:30pm-7:20pm Lauren		Yoga Gentle 6:30pm-7:20pm Lauren	

Classes offered by the City of Woodland & are FREE to Woodland Residents

Class Location:	Gym	Gym
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Facility Hours:
Monday-Friday: 6:00am - 8:00pm
Saturday: 8:00am - 12:00pm
Sunday: CLOSED

DECEMBER HOLIDAY HOURS:
12/24: Open at 5:30am, closing at 2:00pm
12/25 - CLOSED ALL DAY
12/26 - Open at 7:00am, closing at 9:00pm
12/31: Opening at 5:30am, closing at 6:00pm



All Group Exercise classes are included with Membership!
Drop in rates:
Adult: \$12 Youth & Senior: \$7

CLASS DESCRIPTION

Chair Fitness: Light exercise, done mostly seated, to strengthen your core for improved balance, strengthen muscles and improve flexibility. This is a good class to work on balance and strength for falls prevention. This class is also great for socializing while improving your overall health.

Core Express: A quick abdominal burner designed to sculpt your abs and unlock your potential. Class serves as a great supplement to our other classes.

Functional Strength: designed to help you enjoy life to its fullest potential. Strength and mobility are essential to refine as we age, and this class will improve both your functional strength and mobility. Throughout our days we all squat, bend, reach, and lift; this circuit-styled class is a full-body workout built to make those tasks easier.

Pilates Mat: Pilates mat is a class that combines stretching, strengthening and balance exercises with an emphasis on core control (core = abdominals, hips, shoulders and back). Pilates is known to benefit posture, movement control and control of back pain. Most exercises can be modified to fit various fitness levels.

Cycling Open: Join others for some cycling and socializing in this morning Open Cycle time. Go at your own pace, create your own workout, or follow along with others. The indoor cycling bikes are available for you to get your legs moving and heart pumping while meeting new friends at the YMCA.

Tai Chi: The ultimate purpose of Tai Chi is to cultivate the "qi", or life energy within us, to flow smoothly and powerfully throughout the body. The essential principles include mind integrated with the body; control of movements and breathing; generating internal energy, mindfulness, song (loosening 松) and jing (serenity 静).

Yoga: All levels: This format centers both breath and body - aligning the physical and mental by practicing stillness and gentle movements for extended periods of time. Poses are done on the floor, and can incorporate props such as straps, bolsters and blocks, ultimately promoting deep muscle relaxation and improved flexibility. **Gentle:** A gentle and slow-flowing approach to Yoga with emphasis on increasing flexibility and range-of-motion. Experience a release of stress and an increase in focus with gentle stretching in this wonderful class. **Viniyoga:** The Viniyoga approach to an āsana (implementing postures) focuses on the following four points: Function Over Form - the science of adapting the forms of the postures to achieve the best results for each student; Breath and Adaptation - the emphasis on breath as the foundation for movement to produce different results that best serves each student; Repetition and Stay - the practice of repeating a movement and then staying in the stretch for long-lasting adaption; and the Art and Science of Sequencing - allows the teacher to create practices of different orientation, length, and intensity to suit the intention and context of each practice.

Zumba: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.