**GROUP FITNESS CLASS SCHEDULE**

**JULY 2020**

Strength Cardio  Mind & Body  Dance

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **M**  | **T**  | **W**  | **T**  | **F**  | **S**  | **Su**  |
| HIIT #5:45 - 6:30AM Studio 3JAYME | CYCLE #6:00 - 6:45AM Studio 2 AMY B. | HIIT #5:45-6:30AM Studio 3ANTHONY | CYCLE #6:00 - 6:45AM Studio 2TEZ | HIIT #5:45 - 6:30AM Studio 3JAYME |  |  CLOSED AT THIS TIME |
| CYCLE #9:00-9:45AMSTUDIO 2SCOTT |  | DANCE THERAPY #8:00AM - 8:45AM STUDIO 1 |  |  |   |   |
| ZUMBA #9:00AM - 9:45AM Studio 3SOFIIA | Power Sculpt #9:00AM - 9:45AM Studio 3TRINA | SCULPT #9:00AM - 9:45AM Studio 3 | Power Sculpt #9:00AM - 9:45AM Studio 3 |  BARRE #9am – 10am Studio 3 | RUMBLE #9:00 - 9:45AM Studio 3 LESLIE |   |
| FRIENDSHIP CYCLE11AM-2PMSTUDIO 2 OPENNO INSTRUCTOR | TAI-CHI 65 #10:00AM - 11:00AM STUDIO 1CONNIE  |  SENIOR STRENGTH #10:00 - 11:00AM STUDIO 1BAILEY | TAI-CHI 65 #10:00AM - 11:00AM STUDIO 1CONNIE  |  | CYCLE #9AM- 9:45AM Studio 2TEZ |   |
| YOGA GENTLE  11:00AM - 12:00PM Studio 3LINDA# |  FRIENDSHIP CYCLE11AM-2PMSTUDIO 2 OPENNO INSTRUCTOR | YOGA GENTLE 11:00AM - 12:00PM Studio 3LINDA# | CYCLE10AM-10:45PMSTUDIO 2JENNA | YOGA GENTLE 11:00AM - 12:00PM Studio 3LINDA# |  YOGA RESTORATIVE#STUDIO 311AM-12PMJESSI |   |
| FRIENDSHIP CYCLE5-6:30PMSTUDIO 2 OPENNO INSTRUCTOR | FRIENDSHIP CYCLE5-6:30PMSTUDIO 2 OPENNO INSTRUCTOR | FRIENDSHIP CYCLE11AM-2PM/ 5:00-6:30PMSTUDIO 2 OPENNO INSTRUCTOR | FRIENDSHIP CYCLE11AM-2PM5-6:30PMSTUDIO 2 OPENNO INSTRUCTOR |  FRIENDSHIP CYCLE11AM-2PM5:00-6:30PMSTUDIO 2 OPENNO INSTRUCTOR |  |   |
| SWEAT & STRETCH YOGA #5:30PM - 6:30PM Studio 3ASHLEY | SCULPT #5:30 - 6:30PM Studio 3ADRIENNE | ZUMBA #5:30PM - 6:30PM Studio 2SOFIIA | SCULPT #5:30 - 6:30PM Studio 2ADRIENNE |  YOGA FLOW #4:30PM - 5:30PM Studio 2ASHLEY |   | **#- registration****Required. Check app & website****Ywcatulsa.org** |

Classes and schedules are subject to change. Please check app for most up-to-date information.

**VIRTUAL OFFERINGS WILL BE SENT OUT VIA EMAIL MONDAYS, WEDNESDAYS, AND FRIDAYS @4:30AM**

**Class Descriptions**

**Barre** - A hybrid class inspired by ballet that infuses strength, yoga, Pilates, and dance.

**Cycle** - An indoor ride on bicycles set to motivating music. This is a great low impact

cardio option.

**Dance Therapy** - Using Groove Method concept with added choreography. Eclectic

music variation that allows one to feel and express the music while burning calories.

**Flow Yoga** - Designed to increase strength and endurance, as well as flexibility and

balance, using stationary and fluid motion.

**Friendship Cycle-** Studio 2 open for members. No instructor. Bring headphones for music. Wipe off bikes when finished. Social distance.

**Gentle Yoga** - This class will help the student to find a safe and effective way to practice

yoga. Awareness is placed on breath, alignment and the internal dynamic of yoga poses.

**Power Yoga-**Combination of cardio and toning exercises. Less intense than HIIT. Great for weight loss and toning.

**Restorative Yoga** - This class is deeply relaxing and encourages rest and repair to mind

and body.

**Rumble** - A pre-choreographed cardio mixed martial arts-based class. You will use a

variety of kicks, punches, elbow and knee strikes as well as the Rumble Escrima stick.

**Senior Strength** - This class is a gentle strength program that will hit all the major

muscle groups each class. Chairs are available.

**Sculpt** - Non-aerobic, muscle-toning class with emphases on core conditioning.

Apparatus may include dumbbells, bands, weighted bars, and more.

**Tai-Chi 65** - A series of movements performed in a slow, focused manner accompanied

by deep breathing. Tai Chi is a noncompetitive, self-paced system of gently physical

exercise and stretching.

**Yoga Sweat & Stretch**- One-hour flow yoga class designed to build on poses and increase in difficulty as you progress to one breath, one movement through the entire sequence.

**Zumba** - A Latin inspired dance workout fusing high energy Latin moves and rhythms.

**Group Fitness Class Etiquette**

Please wear appropriate attire that will not leave you exposed. If you have

questions on what this entails please ask the front desk.

Show up on time - Do not disrupt a class that has already begun. REGISTER.

Maintain Social Distancing. 6 feet apart.

Save the chitchat for later. Allow all members to be able to hear the instructor.

Don’t be judgmental! We all are on various phases of our fitness journey.

YWCA wants members to encourage one another!

Leave your cell phone in a locker or on silent.

Appropriate hygiene (deodorant, dental freshness, showers) - please respect

all members when you join our classes. We want to all have a positive

experience with our workout. Strong perfumes and body odors can be disruptive

to others.

Wear appropriate shoes to the classes that require them. Boot camps, sculpts,

kettlebell, RUMBLE, and Zumba.

If it is your first time to the class it is always a good idea to introduce yourself

to the instructor.

**YWCA Rights**

The YWCA Tulsa reserves the right to cancel class without

notice.

The YWCA Tulsa Fitness Coordinator and Management reserve

the right to ask disruptive, hateful, and violent attendees to leave

the facility and membership may be terminated.

**YWCA is so happy to have you join our Group Fitness Classes!**

**We want everyone to have a positive experience!**