**GROUP FITNESS CLASS SCHEDULE**

**JULY 2020**

Strength Cardio  Mind & Body  Dance

|  |  |  |  |  |  |  |
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| **M** | **T** | **W** | **T** | **F** | **S** | **Su** |
| HIIT #  5:45 - 6:30AM  Studio 3  JAYME | CYCLE #  6:00 - 6:45AM  Studio 2  AMY B. | HIIT #  5:45-6:30AM  Studio 3  ANTHONY | CYCLE #  6:00 - 6:45AM  Studio 2  TEZ | HIIT #  5:45 - 6:30AM  Studio 3  JAYME |  | CLOSED AT THIS TIME |
| CYCLE #  9:00-9:45AM  STUDIO 2  SCOTT |  | DANCE THERAPY #  8:00AM - 8:45AM  STUDIO 1 |  |  |  |  |
| ZUMBA #  9:00AM - 9:45AM  Studio 3  SOFIIA | Power Sculpt #  9:00AM - 9:45AM  Studio 3  TRINA | 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 CYCLE  11AM-2PM  STUDIO 2 OPEN  NO INSTRUCTOR | TAI-CHI 65 #  10:00AM - 11:00AM  STUDIO 1  CONNIE | SENIOR STRENGTH #  10:00 - 11:00AM  STUDIO 1  BAILEY | TAI-CHI 65 #  10:00AM - 11:00AM  STUDIO 1  CONNIE |  | CYCLE #  9AM- 9:45AM  Studio 2  TEZ |  |
| YOGA GENTLE  11:00AM - 12:00PM  Studio 3  LINDA  # | FRIENDSHIP CYCLE  11AM-2PM  STUDIO 2 OPEN  NO INSTRUCTOR | YOGA GENTLE 11:00AM - 12:00PM  Studio 3  LINDA  # | CYCLE  10AM-10:45PM  STUDIO 2  JENNA | YOGA GENTLE 11:00AM - 12:00PM  Studio 3  LINDA  # | YOGA RESTORATIVE#  STUDIO 3  11AM-12PM  JESSI |  |
| FRIENDSHIP CYCLE  5-6:30PM  STUDIO 2 OPEN  NO INSTRUCTOR | FRIENDSHIP CYCLE  5-6:30PM  STUDIO 2 OPEN  NO INSTRUCTOR | FRIENDSHIP CYCLE  11AM-2PM/  5:00-6:30PM  STUDIO 2 OPEN  NO INSTRUCTOR | FRIENDSHIP CYCLE  11AM-2PM  5-6:30PM  STUDIO 2 OPEN  NO INSTRUCTOR | FRIENDSHIP CYCLE  11AM-2PM  5:00-6:30PM  STUDIO 2 OPEN  NO INSTRUCTOR |  |  |
| SWEAT & STRETCH YOGA #  5:30PM - 6:30PM  Studio 3  ASHLEY | SCULPT #  5:30 - 6:30PM  Studio 3  ADRIENNE | ZUMBA #  5:30PM - 6:30PM  Studio 2  SOFIIA | SCULPT #  5:30 - 6:30PM  Studio 2  ADRIENNE | YOGA FLOW #  4:30PM - 5:30PM  Studio 2  ASHLEY |  | **#- 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!**