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December 2020

YWCA
IS ON A
MISSION

Strength  Cardio  Mind & Body  Dance 

M	T	W	T	F	S	Su
HIIT # 5:45AM - 6:30AM Studio 3 JAYME 	CYCLE # 5:45AM - 6:30AM Studio 2 AMY B. 	HIIT # 5:45-6:30AM Studio 3 ANTHONY 	CYCLE # 5:45AM - 6:30AM Studio 2 TEZ 	HIIT # 5:45AM - 6:30AM Studio 3 JAYME 		
CYCLE # 9:00AM-9:45AM STUDIO 2 SCOTT 	STEP # 8:00AM-8:45AM STUDIO 3 TRINA 					
ZUMBA # 9:00AM - 9:45AM Studio 3 SOFIIA 	Power Sculpt # 9:00AM - 9:45AM Studio 3 TRINA 	SCULPT # 9:00AM - 9:45AM Studio 3 AMY C. 	Power Sculpt # 9:00AM - 9:45AM Studio 3 TRINA 	BARRE # 9am - 10am Studio 3 AMY C. 	RUMBLE # 8:15 - 9:00AM Studio 3 LESLIE 	
FRIENDSHIP CYCLE 5-6:30PM STUDIO 2 OPEN NO INSTRUCTOR 	SILVER STRENGTH # 9:00 - 9:45 AM STUDIO 1 BAILEY 	FRIENDSHIP CYCLE 11AM-2PM/ 5:00-6:30PM STUDIO 2 OPEN NO INSTRUCTOR 	SILVER STRENGTH # 9:00 - 9:45 AM STUDIO 1 BAILEY 	FRIENDSHIP CYCLE 11AM-2PM 5:00-6:30PM STUDIO 2 OPEN NO INSTRUCTOR 	CYCLE # 9AM- 9:45AM Studio 2 TEZ 	
YOGA GENTLE 11:00AM - 12:00PM Studio 3 LINDA # 	TAI-CHI 65 # ① 10:00AM - 11:00AM STUDIO 1 CONNIE Off 12/3 and 12/5 	YOGA GENTLE 11:00AM - 12:00PM Studio 3 LINDA # 	TAI-CHI 65 # ① 10:00AM - 11:00AM STUDIO 1 CONNIE Off 12/3 and 12/5 	YOGA GENTLE 11:00AM - 12:00PM Studio 3 LINDA # 	YOGA RESTORATIVE# STUDIO 3 11AM-12PM JESSI 	CYCLE/ CORE # 4:00PM- 4:45PM Studio 2 ADRIENNE 
PILATES # 4:30PM- 5:15PM STUDIO 3 JENNA  	YOUTH ON THE MOVE # 4:30PM-5:15PM OUTSIDE AGES 8-12 LESLIE 		SCULPT # 5:30 - 6:30PM Studio 3 ADRIENNE 			New Class Silver Strength!
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 	DANCE THERAPY # 6:30PM-7:30PM STUDIO 3 CARLA 	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 Check out YWCA Tulsa YouTube channel found ywcatulsa.org under fitness programming

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.

Cycle/ Core- Join the fun while riding to 30 minutes of a high intensity cycle class followed by 15 minutes of pure core work plus a cool down! Your body will thank you for such an amazing workout!

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.

Pilates- Perfect for all levels, this class will use Pilates and Yoga moves to develop your strength, endurance, balance and flexibility

Power Sculpt- Using free weights, resistance tubing, stability balls, benches and BOSU's you'll keep your heart rate up by doing a variety of movements that stimulate entire muscle groups and multiple muscles at one time.

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.

Silver 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.

STEP-Your only CLASSIC Step Aerobics class in T-town! Choreographed movements synced with great music utilizing steps and risers to meet your fitness level. Nonstop fun aerobic exercise.

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.

Youth on the Move- 45-minute outdoor (unless inclement weather) sports recreation class focusing on kids 8-12 years old. For the PE adverse.

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!