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## SEPTEMBER 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 	DANCE THERAPY # 8:00AM - 9:00AM STUDIO 1 				
ZUMBA # 9:00AM - 9:45AM Studio 3 SOFIA 	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  	
YOGA GENTLE 11:00AM - 12:00PM Studio 3 LINDA # 	TAI-CHI 65 # ① 10:00AM - 11:00AM STUDIO 1 CONNIE 	SENIOR STRENGTH # 10:00 - 11:00AM STUDIO 1 BAILEY 	TAI-CHI 65 # ① 10:00AM - 11:00AM STUDIO 1 CONNIE 		CYCLE # 9AM- 9:45AM Studio 2 TEZ 	
<b>PILATES</b> # 4:30PM- 5:15PM STUDIO 3 JENNA 	<b>YOUTH ON THE MOVE</b> # 4:30PM-5:15PM OUTSIDE AGES 8-12 LESLIE 	YOGA GENTLE 11:00AM - 12:00PM Studio 3 LINDA # 		YOGA GENTLE 11:00AM - 12:00PM Studio 3 LINDA # 	YOGA RESTORATIVE# STUDIO 3 11AM-12PM JESSI 	<b>CYCLE/ CORE</b> # 4:00PM- 4:45PM Studio 2 ADRIENNE 
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 		New Classes!
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 SOFIA 	SCULPT # 5:30 - 6:30PM Studio 2 ADRIENNE 	YOGA FLOW # 4:30PM - 5:30PM Studio 2 ASHLEY 		<b>#- registration Required. Check app &amp; website Ywcatulsa.org</b>

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](http://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.

**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.

**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!**