

Tiffin Community YMCA & Heidelberg's Saurwein Wellness Center Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING 5:00 AM *Early Bird Challenge :FH- Ct. 1 9:00 AM Total Body Fix :FH- Ct. 1 9:00 AM Fit 4 Life :FH- Ct. 3 9:30 AM Water Walking :Pool 10:30 AM Arthritis :Pool EVENING 5:30 PM Pure Toning :Top Studio 5:30 PM *PYO LIVE w/Cartie :Comm. Rm. 5:30 PM *Intermediate Pilates :Bottom St. 7:00 PM Aqua Tone :Pool	MORNING 5:00 AM *Early Bird Challenge :FH- Ct. 1 8:00 AM :Deep Water Fitness :Pool 9:00 AM :Core N More :Top Studio 9:15 AM :Have a Seat :Comm. Rm. 10:30 AM :Power Cycle (45min.) :Bottom St.	MORNING 5:00 AM *Early Bird Challenge :FH- Ct. 1 8:00 AM :Deep Water Fitness :Pool 9:00 AM :Total Body Fix :FH- Ct. 1 9:00 AM :Fit 4 Life :FH- Ct. 3 9:15 AM :Power Up (Partitioner's class) :Comm. Rm. 9:30 AM :Water Walking :Pool 10:30 AM :Arthritis :Pool	MORNING 5:00 AM *Early Bird Challenge :FH- Ct. 1 8:00 AM :Deep Water Fitness :Pool 9:00 AM :Core N More :Top Studio 9:15 AM :Have a Seat :Comm. Rm.
Saurwein Wellness Center 12:30 PM Lunchtime Express :SW Studio 5:30 PM Fitness Over 40 :SW Studio	Saurwein Wellness Center 10:30 AM :Flow w/Franchise :SW Studio 12:15 PM :30min. Indoor Cycle :SW Studio	Saurwein Wellness Center 12:30 PM :Lunchtime Express :SW Studio 5:30 PM :Fitness Over 40 :SW Studio	Saurwein Wellness Center 10:30 AM :Flow w/Franchise :SW Studio 12:15 PM :30min. Indoor Cycle :SW Studio

FRIDAY

5:00 AM * Early Bird Challenge :FH- Ct. 1	
9:00 AM Total Body Fix :FH- Ct. 1	
9:00 AM Fit 4 Life :FH- Ct. 3	
9:15 AM Power Up (Partitioner's class) :Comm. Rm	
9:30 AM Water Walking :Pool	
10:30 AM Arthritis :Pool	
10:30 AM Power Cycle (45min.) :Bottom St.	

Classes with an (*) beside them REQUIRE registration/fee involved

LOCATION KEY	
FH	YMCA Fieldhouse
Top St.	YMCA Top Studio
Bottom St.	YMCA Bottom Studio
Comm. Rm.	YMCA Community Rm.
SW Studio	Saurwein Multipurpose Rm.

2018 WINTER FITNESS SCHEDULE



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TIFFIN COMMUNITY YMCA
 180 SANDY CREEK DRIVE, OFFICE 4483
 P 419 447 0711 F 419 447 8704 www.tiffinyymca.org

Class Name	Length	Instructor	Description
30min. Indoor Cycle at SW	30 min	Carrie	These 106 bikes use a colored zone program to make sure your pushing yourself to your limits in this short but high energy class. (Limited- 8 bikes) Call SW desk day of class to reserve your bike 419-448-2600
Aqua Tone	1 hr	Nick	A muscle toning class that uses the resistive nature of water to tone.
Arthritis	45 min	Diana	YMCA/Arthritis Foundation water exercise program geared toward optimum joint health and flexibility.
Cardiotone	1 hr	Shena	This class takes standard h/lo aerobics, kickboxing, and dance moves and gives them a bit of an upbeat, urban flavor. Set to the latest hip-hop music, this class will give you a fun, energetic 30min. cardio workout that is followed by 30min. of strength training, core and stretching.
Core N More	1 hr	Samantha	Learn how to engage, use and strengthen your core muscles.
Deep Water Fitness	1 hr	Louise	Water exercise that blends cardio with strength and core work.
* Early Bird Challenge	1 hr	Mo/Terson	M-F join in a vigorous whole body workout that leaves you with a sense of accomplishment upon completion! M: 5 days- \$50; 4 days- \$45; 3 days- \$35; 2 days- \$25; PP: \$100
Fit 4 Life	1 hr	Bruce	Forty min. of low impact aerobics followed by twenty min. of strength, balance and stretching exercises all to the beat of classic oldies music. For active older adults and the young at heart.
Flow w/ Francine at SW	1 hr	Francine	Yoga and Pilates style exercises that flow together, resulting in a workout that develops strength, flexibility and balance.
Fitness over 40 at SW	1 hr	Nick	An hour of cardio, strength, flexibility and balance that is appropriate for those facing the challenges of aging.
Have a Seat	45 min	Francine	Exercise performed in a chair. A variety of equipment will be used. Class members will stand up for balance work.
* Intermediate Pilates	1 hr	Katie	Taking your basic knowledge of Pilates to the next level by building on existing core strength with challenging Pilate's exercises and flows. M: \$5-1 day \$10-2 days \$15-3 days PP: \$80
Kids on the Move	1 hr	Melissa	A smart and safe way for kids to improve overall health. Open to all kids 6-15.
Lunchtime Express at SW	30 min	Carrie	30 minutes of circuit training using body weight and various equipment that is sure to give you that mid day re-charge
* Pilates/Yoga Blend	1 hr	Kim	An equal blend of yoga and pilates focused on building strength and flexibility while calming the mind M: \$5-1 day PP: \$80
* PLYO LIVE w/Carrie	1 hr	Carrie	A music-driven, athletic workout that strengthens, stretches, and tones with dynamic movements inspired by the best of Pilates and Yoga. M: \$5-1 day PP: \$80
Power Cycle	45 min	Carrie	This high energy workout will take your body through a mix of sprints, jumps, endurance riding and hill climbing all while pushing yourself to motivational music and instruction (Limited- 12 bikes)
(Parkinson's Class)	45 min	Carrie/PT	Fitness class specifically designed to help those with Parkinson's gain a better quality of life through strength, balance, gait and cognitive training. Classes will focus on BIG movements along with coordination, postural instability, and agility with high amounts of intensity and effort in order to improve functional mobility and delay the progression of Parkinson's. OPEN TO THE COMMUNITY
Pure Toning	1 hr	Jill	A full body workout focusing on toning the body and building a solid base strength using free weights, body bars and stability balls. This lower impact class may contain some light cardio but is targeted at "burning" those muscles and pushing you to new limits.
Sculpt	1 hr	Carrie	A low-mid aerobic, muscle-toning class, focused on total body strengthening. Classes will use dumbbells, exercise bands, stability balls, or a combination.
Tabata Burn	1 hr	Nick	A H.I.I.T (high intensity interval training) workout designed to get your HR up in that very hard anaerobic zone for a short period of time. This class will BURN those muscles!!!!
Total Body Fix	1 hr	Lauren	Formatted for all skill levels, this full body workout uses circuit style stations and gives participants the ability to sculpt, tone and burn to the level desired in a dynamic group setting.
Water Walking	45 min	Diana	Low impact walking exercises in the shallow end of the pool.