

# YHEALTH & WELLNESS™

We build strong kids, strong families, strong communities.



## Winter '10

Jan 4 - March 19

### Aerobic Wellness Classes... (All of these classes are in the Movement Center, unless specified.)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Step & Sculpt til 10:15	Nia	Step til 10:15	Step & Sculpt til 10:15	Zumba + Core til 10:15
10:30	Low Impact Aerobics til 12	Strength & Stretch til 12	Low Impact Aerobics til 12	Strength & Stretch til 12	Low Impact Aerobics til 12
12:00	Strong & Balanced til 1:30		Strong & Balanced til 1:30		Strong & Balanced til 1:30
12:15		Tennis Fun & Fit (TC)		Tennis Fun & Fit (TC)	
1:00	U-Can Gym 'til 3:00 (HW)		U-Can Gym 'til 3:00 (HW)		U-Can Gym 'til 3:00 (HW)
4:15	Abs/Back 15 min	Abs/Back 15 min	Abs/Back 15 min	Abs/Back 15 min	Abs/Back 15 min
4:30	Body Sculpt	Turbo Kick™	Body Sculpt	Turbo Kick™	Body Sculpt + Cardio
5:35	Aerobics Mix	<b>Zumba</b>	Aerobics Mix	<b>Nia</b>	
6:40	<b>Zumba</b>	<b>Dance Fusion</b>	<b>Nia</b>	<b>Karate</b>	
6:45	Tennis Fun & Fit 'til 8 (TC)		Tennis Fun & Fit 6:45-8 (TC)		

### Yoga, Tai Chi, Pilates, Etc... (All of these classes are in the Meading Room, unless specified.)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00	Aikido (SC)	Adv. Aikido (SC)	Aikido (SC)	Adv. Aikido (SC)	Aikido (SC)
6:30	Kundalini Yoga		Kundalini Yoga	Gentle Yoga 7:30-8:30	Kundalini Yoga
8:00	Tai Chi (MC) (108 Long Form)	Tai Chi (MC) (Beg. And Qigong)	Tai Chi (MC) (108 Long Form)	Tai Chi (MC) (member led)	Tai Chi (MC) (member led)
			Edgu		
9:00	Pilates	Gentle Yoga	Pilates	Gentle Yoga	Pilates
10:15		Gentle Yoga			
4:30	Pilates			Pilates	
5:00		<b>Kids Aikido (SC)</b>		<b>Kids Aikido (SC)</b>	
5:35	Gentle Yoga	Kundalini Yoga	Gentle Yoga	Kundalini Yoga	Gentle Yoga
6:00		<b>Adult Aikido (SC)</b>		<b>Adult Aikido (SC)</b>	
6:40	Hatha Yoga	Mindful Motion	Hatha Yoga	Hatha Yoga	Hatha Yoga

### Weekends

TIME	Saturday	TIME	Sunday
7:30	Kundalini Yoga (MR)	10 am	Hatha Yoga (MR)
8:00	Adult Aikido (SC)	4:00-5:15	Hatha Yoga (MR)
9:00	<b>Kid's Aikido (SC)</b>	6:45 pm	<b>Family Tennis Fun &amp; Fit (TC)</b>
	Cardio & Sculpt 'til 10:25 (MC)		
10	<b>Hatha Yoga 'til 11:15 (MR)</b>		
10:30	<b>Family Karate 'til 12 (MC)</b>		

- (HW)** Health and Wellness Center
- (MC)** Movement Center, across the hall from the Gym
- (MR)** Meading Room, upstairs from lobby
- (SC)** Squash Court, near Racquetball Courts
- (TC)** Tennis Center
- Shaded** These classes welcome 10 yr olds+ and their family.
- All classes are free with your membership, are designed for ages 15 years and older and are 1 hour, unless specified.
- Please bring your own sticky mat to Pilates and Yoga.



## EUGENE FAMILY YMCA

2055 Patterson

Eugene, OR 97405

686-9622

www.eugeneymca.org

Strong kids, strong families, strong communities.

## Aerobics...

**Abs/Back:** Strengthen, firm and tone muscles of the abdominals, obliques and low back; those good posture muscles!

**Aerobics Mix:** Get a great workout with a mix of floor, step and strength all in one high energy hour.

**Body Sculpt:** Enjoy a total body sculpting and toning work-out with hand weights, bands, stability balls, medicine balls, and your body weight.

**Cardio & Sculpt:** Enjoy this high-energy cardio and sculpting workout. Each week you're in for a treat with changing staff and changing class formats. No matter what, we aim to deliver a great cardio work-out and fun strength and endurance work. Please join us, all levels welcome!

**Dance Fusion:** A fusion of world dance, with a touch of Belly Dance, African, Ballet & Jazz; shoes are optional.

**Nia:** Transformational movement designed to free your mind, invigorate your body and unleash your creative fire! Shoes optional.

**Step:** A high energy, low/mid impact workout to improve cardiovascular conditioning, coordination, and agility.

**Step & Sculpt:** Throughout class enjoy step choreography and weight training intervals.

**Turbo Kick™:** Move and groove your way into shape with this pre-designed and choreographed kickboxing class. It's a blast – try it once and you'll be hooked.

**Zumba:** Combines Latin and International rhythms for an interval-based cardio dance workout. For all levels of fitness. Ditch the workout and join the Party! (Shoes are required).

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## Yoga, Tai Chi, Pilates... *Please bring your own sticky mat.*

**Gentle Yoga:** Gentle stretch, increased range of motion, deep breathing and balance work: wonderful for beginners and all ages.

**Hatha Yoga:** Explores breathwork, stretching, balance, postures, and focused relaxation to increase flexibility and strength.

**Kundalini Yoga:** Revitalize, relax, stretch and strengthen in this class, designed to balance body, mind and soul.

**Mindul Motion:** Combine the benefits of Pilates with a touch of strength, balance, and yoga to enhance your mind-body connection.

**Pilates:** This is a mat based class. Pilates creates a wonderful mind-body connection that will tone your "power house" muscles (abdominals, back, obliques) as well as improve your posture, balance and body-awareness.

**Tai Chi:** "The art of conscious movement." All ages and fitness levels can benefit from this movement meditation. M & W practices 108 Long Form, T is Beg/Qigong, Th & F is member led.

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## Specialty...

**Family Tennis Fun & Fitness: Family Fun and Fitness:** Designed for the Beginner and Adv. Beginner. Players will hit lots of balls using drills and games. All levels, ages 4 and up welcome. All YMCA members welcome.

**Fun and Fitness:** You'll get a great workout in a fun, social setting. There will be a whole lot of moving, hitting, competition and of course, fun. Designed for the intermediate and advanced level player. All YMCA members welcome.

**U-Can Gym:** This adaptive program is in the Health and Wellness Center and is designed for anyone with mobility limitations. A YMCA Wellness Coach present at all times. If full time assistance is needed, please provide a personal attendant.

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## Martial Arts...

**Aikido\*:** (13-Adult) Builds poise, confidence, self-expression and leadership through self-defense techniques.

**Kid's Aikido\*:** (6-12 years) Learn coordination of mind and body, discipline, confidence, and respect for others. Parents are welcome to participate. Drop-ins okay. \*

**Edgu:** A moving meditation workout. Great for back, neck, shoulders. Promotes spinal flexibility, balance and well-being on all levels.

**Family Karate\*:** Kata, self defense and movement techniques are all combined for a great workout. Karate is an excellent skill for everyone in the family to learn. Come practice the skill of Karate as a family, or as an individual. (Age 8+)

*\*Promotions, testing and Aikido or Karate club membership is optional and has separate membership.*

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## Active Older Adult Classes...

**Gentle Yoga:** Gentle stretch, increased range of motion, deep breathing and balance work.

**Tai Chi:** "The art of conscious movement." All ages and fitness levels can benefit from this movement meditation. M & W practices 108 Long Form, T is Beg/Qigong, Th & F is member led.

**Low Impact Aerobics:** Step it up with 45-minutes of heart healthy exercise. End class with 45 minutes of strength, flexibility & balance.

**Strength & Stretch:** Progressive exercises to strengthen, stretch & balance your body. You will utilize the HWC for a portion of this class.

**Strong & Balanced:** Increase your balance, agility, strength and coordination. You will utilize the HWC for a portion of this class.

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## Wellness Coaches...

**Wellness Appointment (Free):** This is your first appointment with a Wellness Coach. The Wellness Appointment includes health history, goals, program wishes, orientation and tour.

**Personal Program (Free):** Our Wellness Coaches create a program designed specifically for you: your needs, goals, limitations and ambitions; it's unique, just like you. Please complete a Wellness Appointment before your Personal Program appointment.

**Fitness Assessment (1<sup>st</sup> one Free, then \$10.00):** Discover your current fitness level: recovery heart rate, strength, endurance, flexibility and more. YMCA Assessment (18 – 59 years) or Senior Fitness Test (60+ years).

**Teen Training (Free):** Youth 12-15 years old require two sessions with a YMCA Wellness Coach before using Health and Wellness Center on his or her own. Parent's permission required.

**Family Training (Free):** Parent and child (8+) sign up for one Family Training session with a YMCA Wellness Coach, learn how to workout safely and effectively together.

**Fit For You (fee based):** Meet with a Wellness Coach for twelve 1-hour sessions of personalized training, program design, motivation and guidance to keep you fit and healthy. \$250.00 for 12 sessions.

**Nutrition Discussion (Free)** Discuss nutrition in an environment that promotes well-being, balance, and an increase in knowledge. Our staff are not nutritionist or dieticians, so we will not do menu planning, but we can be very helpful. 18 and older