

GET OUTSIDE BETTER TOGETHER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN US FOR A COMBINATION OF LIVE AND VIRTUAL CLASSES YMCA OF THE BLUE WATER AREA



Just because we aren't in the same room doesn't mean we can't be here for each other, together. A combination of virtual, live and virtual, and live classes are being offered this summer. There is something for everyone. Register for these classes online at bluwaterymca.com/programs.

KEY TO CLASS TYPES
 Live and Virtual
 Virtual Only
 Live Only
LIVESTRONG®

MONDAYS

6:30-7:15 AM
 8:15-9:00 AM
 9:15-10:00 AM
 10:00-10:30 AM
 10:15-11:00 AM
 1:00-1:30 PM
 5:30-6:15 PM
 6:30-7:15 PM

Boot Camp
 HIIT It Hard
 Core Workout
 Active Older Adult
 Yoga
 Senior Fit as a Fiddle
 Hip Hop Cardio
 HIIT

TUESDAYS

9:45-10:15 AM
 11:00-11:30 AM
 11:00-11:45 AM
 12:00-12:30 PM
 12:30-1:15 PM
 1:00-1:30 PM
 4:00-4:30 PM
 6:00-7:00 PM
 7:00-7:30 PM

Step & Strength
 Gentle On Joints
 YBox - Youth Kickboxing
LIVESTRONG®
 Kid's Circuit
 Steady Seniors
 Body Weight Workout
 Couch to 5K
 Yoga



WEDNESDAYS

6:30-7:15 AM
 8:15-9:00 AM
 9:15-10:00 AM
 10:00-10:30 AM
 10:15-11:00 AM
 11:00-11:30 AM
 11:00-11:45 AM
 1:00-1:30 PM
 6:30-7:15 PM

Boot Camp
 HIIT It Hard
 Core Workout
 Active Older Adult
 Yoga
 Qi Gong & Meditation
 Sports of All Sorts
 Senior Fit as a Fiddle
 HIIT



THURSDAYS

9:45-10:15 AM
 11:00-11:30 AM
 11:00-11:45 AM
 12:00-12:30 PM
 1:00-1:30 PM
 4:00-4:30 PM
 5:30-6:15 PM
 6:00-7:00 PM
 7:00-7:30 PM

Step & Strength
 Gentle On Joints
 Youth Book Club
LIVESTRONG®
 Steady Seniors
 Body Weight Workout
 Hip Hop Cardio
 Couch to 5K
 Yoga

FRIDAYS

6:30-7:15 AM
 8:15-9:00 AM
 9:15-10:00 AM
 10:00-10:30 AM
 10:15-11:00 AM
 11:00-11:30 AM
 1:00-1:30 PM

Boot Camp
 HIIT It Hard
 Core Workout
 Active Older Adult
 Yoga
 Qi Gong & Meditation
 Senior Fit as a Fiddle

SATURDAYS

9:00-9:30 AM
 9:00-10:00 AM
 10:00-10:30 AM

Core Workout
 Couch to 5K
 Strength Training

Y ON THE FLY/SPORT PORT

Monday/Wednesday

10:30 AM - NOON:
 2:00 - 3:30 PM

Optimist Park
 Garfield Elementary

Tuesday/Thursday

10:30 AM - NOON
 2:00 - 3:30 PM

Knox Park
 Woodrow Wilson Elementary

Friday

1:00-2:30 PM

Morton Elementary
 920 Lynwood



Active Older Adult - Recall your younger years with movements from head to toe safely and effectively to develop greater range of motion.

Body Weight Workout - Engage every muscle in your body using your own body weight. Gain confidence, strength and mobility while being motivated to be the best you.

Boot Camp - Be a part of something truly amazing- Come to Boot Camp AM and let Tina motivate you to find your inner athlete. Focus on speed, strength and endurance through drills and team building exercises.

Core Workout - Let the music move you! This super fun, high energy cardio & toning class that embraces all fitness levels with big body moves designed to increase your cardio endurance level, strengthen core and develop greater balance.

Gentle on Joints - Gentle exercise for the whole body to maintain health and wellness.

HIIT - Rev it up, recover, repeat. That's High Intensity Interval Training. Expect to be encouraged to push yourself towards serious strength gains as you move through work and then rest intervals.

Hip Hop Cardio - Get your dance on and sweat out your stress to today's top pop and hip hop music. The lights are turned down low, but the music is turned up high. From teens to seniors, all ages belong where it's fun to get fit.

Kids Circuit - Learn about healthy living while rotating through stations with jump ropes, steps, cones, exercise bands and agility games (push-ups, jumping jacks, sit-ups, and more). Kids will have fun warming up and training in basic fitness skills.

LIVESTRONG at the YMCA - LIVESTRONG at the YMCA, a small-group program developed and established in partnership with the LIVESTRONG Foundation, assists those who are living with, through, or beyond cancer to strengthen their spirit, mind and body.

Qi Gong & Meditation - Qi Gong is a mind, body and spirit practice that improves one's mental & physical health by integrating posture, movement, breath, self-massage and focused intent.

Senior Fit As a Fiddle - Exercise designed to be done seated or standing. Light equipment like hand weights are used.

Sports of All Sorts - Give your child his or her first shot at some of the most popular sports around. Children will get an introduction to their favorite sports with the teaching of fundamentals, rules of the game, and teamwork.

Steady Seniors - Balance - using chair for stability, maintain and develop your ability to stay balanced and reduce the risk of falling.

Step & Strength - Step UP and step INTO a high energy step class with intervals of core & strength training. Every journey starts with the first step.

Strength Training - Build muscular strength and endurance using body weight, dumbbells and bands working at your own pace.

YBox - Youth Kickboxing - Our Youth "YBOX" is a total-body workout featuring the basics of boxing, from punching and elbow strikes to footwork and defense!

Yoga - Find your inner strength, deepen your breath, link your mind and body. Strength and flexibility are not required - they will be increased through regular attendance.

Youth Book Club - Each week we will unpack what we have read through activities and questions and prepare for the next chapter of quest! Please read two chapters each week prior to the class meeting. Book selection: American Girl Luciana - Book 1 by Erin Teagan

For program details or to register, visit www.bluewaterymca.com/programs