

# AOA/WATER EXERCISE Class Schedule

Janesville YMCA Effective July 7 – September 6



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM			8:30 – Strength & Stretch Studio B	8:00 – Intro to Qigong Yoga Studio 8:30 – Let's Ride Cycling Studio	8:30 – Strength & Stretch Studio B	8:30 – Friday Fever Studio B	
9:00AM		9:05 – Aqua Zumba Aquatic Center 9:45 – Silver Sneakers Studio B	9:05 – Splash! Aquatic Center 9:45 – Chair Yoga Yoga Studio	9:05 – Splash! Aquatic Center 9:15 – Stand Strong TRX JP Cullen 9:45 – Flow Yoga Yoga Studio	9:05 – Aqua Zumba Aquatic Center (bi-weekly) 9:45 – Chair Yoga Yoga Studio	9:05 – Splash! Aquatic Center 9:45 – Silver Sneakers Studio B	9:15 – CIRCL Mobility Yoga Studio
10:00AM							
11:00AM			11:00 – Yoga Yoga Studio		11:00 – Yoga Yoga Studio		
			12PM–4PM NO CLASSES				
5:00PM			5:00 – Beginner Cycling Cycling Studio			5:05 – Aqua Zumba Aquatic Center	
6:00PM		6:05 – Aqua Cardio Aquatic Center	6:05 – Aqua Tone Aquatic Center	6:05 – Aqua Cardio Aquatic Center	6:05 – Aqua Balance Aquatic Center		
7:00PM	7:00 – Yoga R&R Virtual		7:10 – Aqua Balance Aquatic Center		7:00 – Aqua Tone Aquatic Center		

NOT SURE WHERE TO START?

For a full list of class descriptions,  
please visit [ymcanrc.org](http://ymcanrc.org) or  
use the QR Code on the right.



## CLASS DESCRIPTIONS – JANESVILLE

### Beginner Cycling

This class is the perfect introduction to cycling! Our experienced cycling instructor will guide you through getting the perfect fit on the bikes before taking you through an introductory cycling workout. You'll learn cycling positions and terminology in a non-intimidating slower paced environment, while still getting a great workout!

### Chair Yoga

Level I, AOA – Set aside any preconceived ideas about Yoga and pull up a chair! No matter your age, physical abilities or experience level, adapting your practice to include a chair matches poses to your personal needs.

### CIRCL Mobility

CIRCL Mobility is not your typical exercise program; it truly focuses on actively taking your body through movement patterns using macro and micro joint movers to improve range of motion + flexibility.

### Friday Fever

20 mins of low impact cardio, a small break, followed by 20 more mins of low impact cardio. We end on the floor with a variety of core and back exercises. Class ends with a light stretch.

### Intro to Qigong

Qigong 气功 (pronounced chi gong) is a Chinese healing practice that combines posture, movement, breathing and focused intent. It is a subtle, gentle practice of moving and balancing our Qi 气 (life energy) which is considered to be the vital force of life.

In Qigong the movements are soft, circular and smooth; the breathing is slow, long, yet natural, and our attention is focused.

### Restorative Stretch Yoga

In this class we practice deep relaxation that emphasizes the meditative aspect of yoga – the union of body and mind. Through the use of props for support, many of the postures are held almost effortlessly. When your body enters a state of relaxation, your mind can also consciously relax so your tension melts away.

### SilverSneakers Classic

This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

### Stand Strong TRX

Did you know that TRX focuses on building functional fitness? This class will help you see positive effects in the areas of flexibility, strength, bone health, cognitive health and balance all while standing!

### Strength & Stretch

Starts with 10 mins of low impact cardio, laughs and friendship followed by a light stretch. Using weights, we isolate each body part: legs, arms, back, shoulders chest, glutes and abs, followed by light stretching between each one. This gives you a full body muscle toning work out. Modifications are always available.

### Yoga

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. Yoga was developed as a spiritual practice thousands of years ago. Yoga helps bring balance into your life, reduce stress, helps to increase flexibility, strength, and clarity.

### Splash!

Activate your aqua exercise urge for variety! Silver Sneaker Splash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special Silver Sneaker® kickboard is used to develop strength, balance and coordination. Silver Sneaker Splash provides a friendly and supportive group atmosphere to help you decrease pain and stiffness associated with limited mobility. You will learn exercises that can help increase your joint range of motion and strengthen muscles without putting excess stress on joints.



## WATER EXERCISE CLASSES

### Aqua Balance

A unique holistic class targeting flexibility, balance, range of motion, and relaxation set to soothing music.

### Aqua Tone

Full-body cardio and weight designed for all ages and fitness levels. This class uses a variety of equipment to keep your workout fun and interesting.

### Aqua Cardio

Make a splash with Aqua Cardio! A fun, high energy, water workout designed to boost your heart rate, burn calories and improve overall fitness, all while being easy on your joints!

Jump in and feel the difference!