

Important Information

ALL CLASSES ARE 55 MINUTES IN LENGTH
UNLESS OTHERWISE STATED

- Please arrive to class on time.
- Participants must be at least 13 years old and actively participate in the class.
- Please do not use cell phones during class.
- Please be aware of your own fitness level, and do not over exert yourself.
- Please bring a water to class.

For schedule updates and cancellations call 315-755-9622 or check our website, Facebook page at: Watertown Family YMCA, or download our FREE APP: Watertown YMCA



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Financial Assistance Program

Fulfilling our goal to provide service for youth and families, the Y with the support of the United Way of Northern New York and the Northern New York Community Foundation provides Financial Assistance to those who cannot afford our memberships or programs fees. Assistance is based upon the applicants income and expenses and confidentiality is an important part of the process.



DOWNTOWN YMCA
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DOWNTOWN YMCA Fall Group Fitness



Free with membership!

FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

Group Fitness Descriptions

Body Burn: Body burn combines both strength and conditioning exercises to a well rounded workout.

Boot Camp- This class is about improving your strength and stamina through a rugged workout. Class consists of sports drills, weights, jumping rope, boxing, circuits, and Interval training.

Les Mills Body Pump-This class challenges all your major muscle groups using the best weight room exercises: squats, lunges, presses, and curls. It exhausts muscles using light weights, while performing high repetitions.

Gentle Yoga- Gentle Yoga is geared to beginners, with slower paced movements in simple flowing sequences to warm up the body.

RIP - A 60 minute barbell workout where music is matched to movement. All fitness levels welcome. Expect a complete full body workout.

Spin - In this class, you will climb, jump, and spring up and downhills. If you think stationary bikes are boring, think again! This fun new format has added some abdominal workout to an already challenging combination. Members 18 and over welcome.

Tai Chi-Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. (Classes begin October 5th.

Pilates -Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

Vinyasa Yoga- Vinyasa Yoga is a more modern form or practice style of yoga that allows poses to flow together with a synchronization of breath and movement. Typically in vinyasa style classes, asana's (poses) move from one to the next fairly seamlessly in a series of movements with one building on top of another, mildly increasing intensity as the class progresses. Classes are commonly quite creative and often no two classes are identical.

Zumba -This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout. Interval training sessions will help sculpt your body while burning fat.

Fall Schedule 2021

Monday		
9:00 AM	Spin	Laura
10:30 AM	Gentle Yoga	Athena
Tuesday		
8:00 AM	RIP	Michelle
11:00 AM	Tai Chi (Begins Oct. 5)	Laurie
5:00 PM	Zumba	Nadia
Wednesday		
5:30 AM	Boot Camp	
9:00 AM	Spin	Marci
10:30 AM	Yoga	Nadia
5:30 PM	Les Mills Body PUMP	Jason
Thursday		
8:00 AM	RIP	Michelle
10:30 AM	Pilates (Oct. 7-Nov. 19)	Maria
5:30 PM	Vinyasa Yoga	Athena
Friday		
9:00 AM	Body Burn	Marci
10:30 AM	Yoga	Nadia

* No child watch available

**Meets in Fitness Center