

MON	TUES	WED	THURS	FRI	SAT
Forever Young 8:45am-9:30am Laurie	Cardio Surprise 8:00am–8:45am Linda	Forever Young 8:45am-9:30am Laurie	Cardio Surprise 8:00am–8:45am Linda	Forever Young 8:45am-9:30am Laurie	Step & Strength 8:45am-10am Maria
HIIT It! 9:15am-10:15am Crystal (TRX Studio)	TRX Fusion 8:30am-9:00am Trish (TRX Studio)	HIIT It! 9:15am-10:15am Crystal (TRX Studio)	TRX Fusion 8:30am-9:00am Trish (TRX Studio)	HIIT It! 9:15am-10:15am Katie (TRX Studio)	The Breakfast Club 9:15am–10:15am Sherri (Boxing Room)
Boxing 9:30am-10:30am Dustin (Pre-Registration)	Y Cuts 9:00am-10:00am Linda	Boxing 9:30am-10:30am Dustin (Pre-Registration)	Y Cuts 9:00am-10:00am Linda	Zumba® 9:45am–10:45am Brandy & Julie	Strong By Zumba® 10:15am-11am Karen & Stephanie *Starts 5/6
Soul Hooping 9:45am-10:45am Heather	AOA Strength & Flexibility 9:15am-10:15am Trish B. (Fitness Center)	Zumba® 9:45am–10:45am Brandy & Julie	AOA Strength & Flexibility 9:15am-10:15am Trish B. (Fitness Center)	Silver Sneakers 11:00am-12:00pm Cathy	Zumba® 11:00am-12:00pm Jennifer
	Kick Boxing 9:30am-10:30am Billy & Steve (pre-registration)		Kick Boxing 9:30am-10:30am Billy & Steve (pre-registration)	<p><b>What's Going On</b></p>  <p><b>Strong By Zumba</b> High Intensity Interval Training (HIIT) moves synced with music to push you past your perceived limits-reaching your fitness goals faster! Saturdays, 10:15am Wednesdays, 6:30pm Classes Start May 6th &amp; May 10th</p> <p><b>The Breakfast Club</b> Circuits, intervals &amp; high energy workouts to get your Saturdays off to a strong start! Saturdays 9:15am</p> <p><b>Boot Camp Registration</b> Taking your workout outside! Join us for interval training fun in Breitbeck Park T/TH 7am &amp; 9:15am FREE to members \$60 per month non-members Starts May 30th Pre-Registration required.</p> <p><b>NEW! Y Fit Starting Soon</b> Join Sean Fox CrossFit Level 1 Trainer in the Y's Ringside Barbell Club. Using the methodology of this functional movement workout at high intensity that incorporates moves from several sports and types of exercise. Must complete an</p>	
Silver Sneakers 11:00am-12:00pm Cathy	Booty Ballet Blast 10:15am-11:15am Jade	Silver Sneakers 11:00am-12:00pm Cathy	Booty Ballet Blast 10:15am-11:15am Jade		
	RSVP Osteo Exercise 1:00pm-2:00pm		RSVP Osteo Exercise 1:00pm-2:00pm		
Zumba TONE® 4:15pm - 5:00pm Brandy & Julie	Step Surprise 4:15pm-5:00pm Maria		Strength & Core 4:15pm-5:00pm Maria		
			On the Ball 5:30pm-6:15pm Sarah *Starts 5/18		
Total Abs Class 5:15pm-6:00pm Jenn	Boxing 6pm & 7:15pm (registration required)	Circuit Strength 5:30pm-6:15pm Sarah	Boxing 6pm & 7:15pm (registration required)		
	Zumba® 6:30pm–7:30pm Brandy & Julie	Strong By Zumba® 6:30pm-7:30pm Karen & Stephanie *Starts 5/10	Zumba® 6:30pm-7:30pm Brandy & Julie		

MON	TUES	WED	THURS	SAT	SUN
9:00-9:45am Amy	9:15am-9:45am Sprint Cycle Trish	9:00-9:45am Amy	9:15am-9:45am Sprint Cycle Trish	8:00am–9:30am Ride On Alan	8:30am–10:00am Ride & Relax Maria *No Class 5/7 & 5/14
4:15–5:00pm Stephanie	5:30–6:15pm Helen	4:15–5:00pm Maria			

PLEASE NO STREET

SHOES IN CYCLE ROOM

Arrive 10 minutes prior to class time for proper bike set up. Wear comfortable workout clothes, bring a water bottle, sneakers with a stiffer mid sole or SPD cycle shoes.

# BODY, MIND & SPIRIT

MON	TUES	WED	THURS	FRI	SAT
Yoga 8:15am-9:30am Maria	Pilates 7:30am-8:15am Trish * Starting 5/30 in the Park @ 8:15am	Yoga 8:15am-9:30am Maria	Pilates 7:30am-8:15am Trish	Yoga, Meditation w/ Essential Oils 8:15am-9:30am Maria	Restore & Renew Yoga 10:15am–10:45am Maria
	PIYo 9:45am-10:45am Pam		PIYo 9:45am-10:45am Pam		<b>SUN</b>
Yoga 5:00pm-6:00pm Trinity	Total Body Fitness 5:15pm-6:15pm Jen	Yoga 5:00pm-6:00pm Trinity	Total Body Fitness 5:15pm-6:15pm Jen		Ride & Relax 8:30am–10:00am Maria *No Class 5/7 & 5/14

Classes may be cancelled at any time due to lack of enrollment and/or instructor availability.

**Teen Fitness Center:** Ages 11-13. Teens learn how to safely and effectively use the Fitness Center. A 90 minute orientation is required. Must wear a blue wristband.

**Family Wellness Hours:** Ages 8-10. Fri 4-6pm, Sat 12-2pm, Sun 9am-12pm Cardio

**Kids Club:** FREE with your Oswego YMCA family membership while you take classes or workout in the Y! Additional fees apply if you leave the Building or are a non-member.  
Ages 3months to 12 years

Mon/Wed/Fri & Sat 8:45am-12pm Tues & Thurs 8:30am-12pm

Oswego YMCA • 265 W. First Street • Oswego, NY 13126