



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Community Room/Gym Class Schedule

November 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>7am</u></b>	PCC	PCC	PCC	PCC		
<b><u>8 am</u></b>	<b><u>Y- Senior Cardio</u></b> <b><u>Fit Jeanne</u></b>		<b><u>Y- Senior Cardio</u></b> <b><u>Fit Jeanne</u></b>			
<b><u>8:30-10 am</u></b>		<b><u>Yoga</u></b> <b><u>Mary</u></b>		<b><u>Yoga</u></b> <b><u>Alyssa</u></b>		
<b><u>9-am</u></b>	<b><u>Yoga</u></b> <b><u>Nicole</u></b>		<b><u>Yoga</u></b> <b><u>Alyssa</u></b>		<b><u>Chair Yoga</u></b> <b><u>Nicole</u></b>	9-10 am Karate Intermediate
<b><u>10 am</u></b>	YMCA Programs	<b><u>Silver Sneakers</u></b> <b><u>Classic Olga</u></b> 10:10am <b><u>Class in Gym</u></b>	YMCA Programs	<b><u>Silver Sneakers</u></b> <b><u>Classic Olga</u></b> 10:10am <b><u>Class in Gym</u></b>		10-11am Karate Beginner
<b><u>11 am</u></b>	<b><u>Weight</u></b> <b><u>Watchers</u></b> 11:30-12:30	<b><u>Silver Sneakers</u></b> <b><u>Circuit Olga</u></b> 11:10am <b><u>Class in Gym</u></b>		<b><u>Silver Sneakers</u></b> <b><u>Circuit Olga</u></b> 11:10am <b><u>Class in Gym</u></b>	YAH Potluck 2nd Friday of Month  Bingo 3 <sup>rd</sup> Friday	11 am-12pm Karate Advanced 1
<b><u>12:10 pm</u></b>		<b><u>Chair Yoga</u></b> <b><u>Nicole E.</u></b> 12:10pm <b><u>Class in Gym</u></b>		<b><u>Chair Yoga</u></b> <b><u>Nicole E.</u></b> 12:10pm <b><u>Class in Gym</u></b>		
<b><u>1 pm</u></b>	PCC	PCC Classes (1:15-4:15 pm)	PCC	PCC Classes (1:15-4:15 pm)		
<b><u>2 pm</u></b>		PCC		PCC	YMCA Programs	
<b><u>3:00</u></b>	<b><u>Calm &amp; Centered</u></b> <b><u>Nicole</u></b>	PCC		PCC		
<b><u>4 pm</u></b>	<b><u>Yoga</u></b> <b><u>Nicole</u></b>	PCC (until 4:15)		PCC (until 4:15)		
<b><u>5 pm</u></b>	<b><u>Y Teen Programs</u></b>	5:30-6:30 pm Karate Advanced II	Karate Beginner	5:30-6:30 pm Karate Advanced II	5:30-6:30 pm Karate Advanced II	
<b><u>6 pm</u></b>	<b><u>Y Teen Programs</u></b>	6:30-7:30 pm Karate Advanced III	Karate Intermediate	6:30-7:30 pm Karate Advanced III	<b><u>YMCA</u></b> <b><u>Programming</u></b>	
<b><u>7 pm</u></b>	<b><u>Y Teen Programs</u></b>	7:30-8:30 pm Adult Karate	Karate Advanced I	7:30-8:30 pm Adult Karate	<b><u>YMCA</u></b> <b><u>Programming</u></b>	

## ***\*\*Classes and/or times subject to change.***

- All classes are open to YMCA facility members, their registered guests, and individuals on a day pass.
- Classes are 50 minutes unless otherwise indicated.
- Classes have a maximum of 30 participants.
- Classes are on a first come first serve basis.
- Please wear appropriate exercise attire and footwear.

- Drinking water only in an enclosed container. No food or other beverages and please no chewing gum.
- Children between the ages of 8-15 must be supervised by their parent or guardian in class. Some classes may require 9 yrs. and up. Please see instructor prior to class.
- PCC Classes are for registered Pima Community College students only.

# Community Room Class Descriptions



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**SilverSneakers Classic®:** Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball offered for resistance, and a chair is used for seated and/or standing support. ***(Class takes place in gym)***

**SilverSneakers Circuit®:** Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position. ***(Class takes place in gym)***

**Calm & Centered:** Improve your mind and body. Stretch with simple yoga postures. Energy focus and balance with tai chi. Learn breath work for stress and tension.

**Chair Yoga:** This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. ***(12:10 pm Tuesday & Thursday class takes place in the gym.)***

**Y Senior Cardio Fit:** Get up and go with an aerobics class for you safe, heart healthy and easy on the joints. The workout includes easy to follow low impact movements, upper body strength work, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle

**YOGA:** The YMCA Yoga classes are designed to work with many people at varying levels of experience in a way that is meditative, relaxing, safe and strengthening. Classes are on- going so that anyone at any time may join and practice within his or her own level of comfort. Please join us for a mind, body & spirit experience. Ages 9 and up.

**Youth in Government:** (Time & Date TBD) This program will prepare teens for moral and political leadership through training in theory and practice of developing public policy. (time & date TBD)

**Northwest YMCA Pima County Community Center**

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