



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JAMAICA YMCA

ADULT GROUP EX

Fall 2023

CLASS NAME	START TIME	END TIME	ROOM	INSTRUCTOR	CLASS NAME	START TIME	END TIME	ROOM	INSTRUCTOR
MONDAY					THURSDAY				
Silver Sneakers Classic	10:00am	11:00am	Mills Gym	Donna	Silver Sneakers Circuit	10:00am	11:00am	Mills Gym	Donna
Core & More	6:00pm	7:00pm	Mills Gym	Donna	Water Aerobics	12:15pm	1:15pm	Pool	Jewel
TUESDAY					FRIDAY				
Silver Sneakers	10:00am	11:00am	Mills Gym	Jewel	Total Body Strength	10:00am	11:00am	Mills Gym	Donna
Water Aerobics	11:15am	12:15pm	Pool	Jewel	Water Aerobics	7:00pm	8:00pm	Pool	Jewel
Spin	6:00pm	7:00pm	TRX Room	Donna					
WEDNESDAY					SATURDAY				
					Zumba	10:00am	11:00am	Mills Gym	Dolma

ZUMBA@ Zumba@ takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. BEGINNER TO INTERMEDIATE

SILVER SNEAKERS @-Cardio/Low Impact Get Up & Go with an aerobics class, safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. BEGINNER

LOW IMPACT CARDIO Get a cardio challenge with minimal impact on bone and joints. BEGINNER TO INTERMEDIATE.

Kickboxing MMA total body conditioning. 13 and up.

Core Strength Learn movements that challenges and strengthen the muscles of the core. 13 and up

Kettle Ball Challenge your body with various exercises involving kettle balls. Beginner

Please discuss any physical limitations or medical conditions that might affect your workout with the instructor-this includes being new to the class or exercise form.

PLEASE ARRIVE TO CLASS ON TIME
Latecomers may be denied admittance to class after start time.

