


SUN	MON	TUE	WED	THU	FRI	SAT
26	27 <b>CLASS LOCATIONS</b> SA = Studio A SB = Studio B PL = Pool H2 = Health Care 2 PC = Pantops Classroom CL = Catered Living 2 Y = YMCA (OFFSITE) CA = Creative Arts 3 RR = Rotunda Room BR = Blue Ridge Room	28 <b>CLASS LEVELS</b> ■ = GOLD ■ = SILVER ■ = BRONZE ■ = ALL LEVELS * = NEW CLASS	29	30 CLASSES ARE 30 MINUTES LONG IN FEBRUARY UNLESS OTHERWISE NOTED IN CLASS DESCRIPTION	31 	1
2	3 7:30AM   Y   Aqua Intervals* 9AM   SB   Aerobics* 9AM   SA   Aerobics* 9AM   Y   Aqua Cardio Tone* 10:30AM   CL   CL Chair Ex* 11AM   SB   Balance 10:30AM   Y   LaBlast Splash* 12PM   SA   Boot Camp* 2PM   SB   Yoga 3PM   SB   Chair Soccer* 5PM   SB   Mattattack*  MASSAGES AVAILABLE	4 9:15AM   Y   Aqua Fitness* 10AM   SB   Functional Moves* 10:20AM   Y   Aqua Cardio Tone* 10:30AM   H2   HC Chair Ex 11:15AM   SB   Tai Chi 11:15AM   SA   Strength Training* 12PM   SA   Boot Camp* 2PM   SB   Core Strength* 3PM   SB   Square Dancing*  MASSAGES AVAILABLE	5 7:30AM   Y   Aqua Intervals* 9AM   SB   Cardio Drumming 9AM   SA   Kick Boxing* 9AM   Y   Aqua Cardio Tone* 10AM   SB   Move and Drum* 10:30AM   Y   LaBlast Splash* 10:30AM   CL   CL Chair Ex* 11AM   SB   Balance 12PM   SA   Boot Camp* 2PM   SB   Yoga 3PM   SB   Sports Challenge* 5PM   SB   Brittany Bash*	6 7AM   SA   Richard Rock* 9AM   SB   Balance 9AM   SA   Balance 9:15AM   Y   Aqua Fitness* 10AM   SB   Functional Moves* 10:20AM   Y   Aqua Cardio Tone* 10:30AM   H2   HC Chair Ex 11:15AM   SB   Strength Training* 12PM   SA   Boot Camp* 2PM   SB   Core Strength* 3PM   SB   Chair Dodgeball*  MASSAGES AVAILABLE	7 9AM   SB   Tabata 9AM   SA   Tabata 9:30AM   Y   Aqua Cardio Tone* 10AM   SB   Functional Circuit* 10:30AM   CL   CL Chair Ex* 11AM   SB   Balance 12PM   SA   Boot Camp* 2PM   SB   Yoga 3PM   SB   Chair Volleyball*	8
9	10 7:30AM   Y   Aqua Intervals* 9AM   SB   Aerobics* 9AM   SA   Aerobics* 9AM   Y   Aqua Cardio Tone* 10:30AM   CL   CL Chair Ex* 11AM   SB   Balance 10:30AM   Y   LaBlast Splash* 12PM   SA   Boot Camp* 2PM   SB   Yoga 3PM   SB   Chair Soccer* 5PM   SB   Mattattack*  MASSAGES AVAILABLE	11 7AM   SA   Sport Fit* 9AM   SB   Balance 9AM   SA   Balance 9:15AM   Y   Aqua Fitness* 10AM   SB   Functional Moves* 10:20AM   Y   Aqua Cardio Tone* 10:30AM   H2   HC Chair Ex 11:15AM   SB   Tai Chi 11:15AM   SA   Strength Training* 12PM   SA   Boot Camp* 2PM   SB   Core Strength* 3PM   SB   Square Dancing*  MASSAGES AVAILABLE	12 7:30AM   Y   Aqua Intervals* 9AM   SB   Cardio Drumming 9AM   SA   Kick Boxing* 9AM   Y   Aqua Cardio Tone* 10AM   SB   Move and Drum* 10:30AM   Y   LaBlast Splash* 10:30AM   CL   CL Chair Ex* 11AM   SB   Balance 12PM   SA   Boot Camp* 2PM   SB   Yoga 3PM   SB   Sports Challenge* 5PM   SB   Brittany Bash*	13 7AM   SA   Richard Rock* 9AM   SB   Balance 9AM   SA   Balance 9:15AM   Y   Aqua Fitness* 10AM   SB   Functional Moves* 10:20AM   Y   Aqua Cardio Tone* 10:30AM   H2   HC Chair Ex 11:15AM   SB   Strength Training* 12PM   SA   Boot Camp* 2PM   SB   Core Strength* 3PM   SB   Chair Dodgeball*  MASSAGES AVAILABLE	14 9AM   SB   Tabata 9AM   SA   Tabata 9:30AM   Y   Aqua Cardio Tone* 10AM   SB   Functional Circuit* 10:30AM   CL   CL Chair Ex* 11AM   SB   Balance 12PM   SA   Boot Camp* 2PM   SB   Yoga 3PM   SB   Chair Volleyball*	15
16	17 7:30AM   Y   Aqua Intervals* 9AM   SB   Aerobics* 9AM   SA   Aerobics* 9AM   Y   Aqua Cardio Tone* 10:30AM   CL   CL Chair Ex* 11AM   SB   Balance 10:30AM   Y   LaBlast Splash* 12PM   SA   Boot Camp* 2PM   SB   Yoga 3PM   SB   Chair Soccer* 5PM   SB   Mattattack*  MASSAGES AVAILABLE	18 7AM   SA   Sport Fit* 9AM   SB   Balance 9AM   SA   Balance 9:15AM   Y   Aqua Fitness* 10AM   SB   Functional Moves* 10:20AM   Y   Aqua Cardio Tone* 10:30AM   H2   HC Chair Ex 11:15AM   SB   Tai Chi 11:15AM   SA   Strength Training* 12PM   SA   Boot Camp* 2PM   SB   Core Strength* 3PM   SB   Square Dancing*  MASSAGES AVAILABLE	19 7:30AM   Y   Aqua Intervals* 9AM   SB   Cardio Drumming 9AM   SA   Kick Boxing* 9AM   Y   Aqua Cardio Tone* 10AM   SB   Move and Drum* 10:30AM   Y   LaBlast Splash* 10:30AM   CL   CL Chair Ex* 11AM   SB   Balance 12PM   SA   Boot Camp* 2PM   SB   Yoga 3PM   SB   Sports Challenge* 3:30PM   PC   Wellness Wed 5PM   SB   Brittany Bash*	20 7AM   SA   Richard Rock* 9AM   SB   Balance 9AM   SA   Balance 9:15AM   Y   Aqua Fitness* 10AM   SB   Functional Moves* 10:20AM   Y   Aqua Cardio Tone* 10:30AM   H2   HC Chair Ex 11:15AM   SB   Strength Training* 12PM   SA   Boot Camp* 2PM   SB   Core Strength* 3PM   SB   Chair Dodgeball*  MASSAGES AVAILABLE	21 9AM   SB   Tabata 9AM   SA   Tabata 9:30AM   Y   Aqua Cardio Tone* 10AM   SB   Functional Circuit* 10:30AM   CL   CL Chair Ex* 11AM   SB   Balance 12PM   SA   Boot Camp* 2PM   SB   Yoga 3PM   SB   Chair Volleyball*	22
23	24 7:30AM   Y   Aqua Intervals* 9AM   SB   Aerobics* 9AM   SA   Aerobics* 9AM   Y   Aqua Cardio Tone* 10:30AM   CL   CL Chair Ex* 11AM   SB   Balance 10:30AM   Y   LaBlast Splash* 12PM   SA   Boot Camp* 2PM   SB   Yoga 3PM   SB   Chair Soccer* 5PM   SB   Mattattack*  MASSAGES AVAILABLE	25 7AM   SA   Sport Fit* 9AM   SB   Balance 9AM   SA   Balance 9:15AM   Y   Aqua Fitness* 10AM   SB   Functional Moves* 10:20AM   Y   Aqua Cardio Tone* 10:30AM   H2   HC Chair Ex 11:15AM   SB   Tai Chi 11:15AM   SA   Strength Training* 12PM   SA   Boot Camp* 2PM   SB   Core Strength* 3PM   SB   Square Dancing*  MASSAGES AVAILABLE	26 7:30AM   Y   Aqua Intervals* 9AM   SB   Cardio Drumming 9AM   SA   Kick Boxing* 9AM   Y   Aqua Cardio Tone* 10AM   SB   Move and Drum* 10:30AM   Y   LaBlast Splash* 10:30AM   CL   CL Chair Ex* 11AM   SB   Balance 12PM   SA   Boot Camp* 2PM   SB   Yoga 3PM   SB   Sports Challenge* 5PM   SB   Brittany Bash*	27 7AM   SA   Richard Rock* 9AM   SB   Balance 9AM   SA   Balance 9:15AM   Y   Aqua Fitness* 10AM   SB   Functional Moves* 10:20AM   Y   Aqua Cardio Tone* 10:30AM   H2   HC Chair Ex 11:15AM   SB   Strength Training* 12PM   SA   Boot Camp* 2PM   SB   Core Strength* 3PM   SB   Chair Dodgeball*  MASSAGES AVAILABLE	28 9AM   SB   Tabata 9AM   SA   Tabata 9:30AM   Y   Aqua Cardio Tone* 10AM   SB   Functional Circuit* 10:30AM   CL   CL Chair Ex* 11AM   SB   Balance 12PM   SA   Boot Camp* 2PM   SB   Yoga 3PM   SB   Chair Volleyball*	29

## WCBR Fitness and Aquatics Center | February 2020 | Class Descriptions

**AEROBICS** - A traditional cardiovascular fitness class that uses rhythmic movements to challenge and exercise the whole body and raise the heart rate.

**AQUA CARDIO TONE - YMCA AQUA CLASS\*** - Uses the water and equipment as resistance with a combination of aerobics, interval and strength training, and flexibility/ROM exercises. This class works the heart, upper body, lower body and core for a satisfying full body work. Class is 1 hour long.

**AQUA FITNESS - YMCA AQUA CLASS\*** - Get fit in the water using a combination of equipment and movement sequences that will strengthen all parts of your body. Improve your endurance, coordination and core strength. Class is 1 hour long.

**AQUA INTERVALS - YMCA AQUA CLASS\*** - Combines simple athletic moves with intense intervals to burn calories and increase cardio fitness levels. Participants may participate in shallow or deep water for a fun, energetic less-impact water class! Class is 45 minutes long.

**BALANCE** - Strength and walking exercises are used in conjunction with balancing practice to build a strong and steady foundation. Please see posted guidelines to know which level class to attend. Gold and Silver level classes are 45 minutes long.

**BOOT CAMP** - Strength training and cardiovascular exercises combined for a total body workout. 20 minute, lunchtime class.

**CARDIO DRUMMING** - Using large drumsticks and exercise ball drums, participants play along to the beat in choreographed, instructor-led routines.

**CHAIR DODGEBALL / SOCCER / VOLLEYBALL** - A little friendly competition, playing some of our favorite sports and games while seated.

**CHAIR EXERCISE** - Chair exercise combines aerobics and strength training in a seated position.

**CORE STRENGTH** - This class builds strength and muscular endurance in the muscles from the pelvis to the shoulders.

**FUNCTIONAL CIRCUIT** - The core Functional Moves are applied in different ways using different stations to improve posture and balance.

**FUNCTIONAL MOVES** - A research-based program that offers a flexible and functional amplitude-focused exercise approach to improve strength and coordination while improving changes that come with aging and Parkinson's Disease. This 45 minute class is proven to benefit the aging population with and without Parkinson's.

**LaBLAST SPLASH - YMCA AQUA CLASS\*** - Celebrates the beauty of dance in water, which sets it apart from other water-aerobic formats. Learn the Cha Cha, Disco, Jive, and more through whole body movement in the water. Class is 50 minutes long.

**MATTATTACK / BRITTANY BASH / RICHARD ROCK** - A high-intensity variety class designed to build strength and aerobic fitness through multiple different exercise styles.

**MOVE and DRUM** - Strengthen postural muscles, improve balance, and have fun playing along to the beat. Class is designed for anyone who may experience balance issues with special considerations for people with Parkinson's disease

**SPORT FIT / SPORTS CHALLENGE** - Classic sports drills and games are used to give you a total body workout.

**STRENGTH TRAINING** - A class that focuses on building muscular strength using resistance training.

**SQUARE DANCE** - Learn traditional, square dances in a fun and relaxed environment. It is recommended that participants are able to dance without a walking aid to participate in this class.

**TABATA** - A high-intensity interval training class that mixes bursts of vigorous exercise with short rest to improve cardiovascular health.

**TAI CHI** - A traditional Chinese practice combining deep breathing and flowing moves in a 45 min class.

**WELLNESS WED.** - These hour-long educational sessions introduce a wide variety of health and wellness topics to attendees. The Fitness and Aquatics Team partners monthly with the WCBR Nutrition Care Team to present on interesting and relevant themes for the WCBR Community.

**YOGA** - Flowing movements and deep breathing are put together to improve strength, balance and flexibility. Participants can use a mat on the floor, use a chair for assistance with poses, or complete the entire class seated. Class is 45 minutes long.

**\*Must be a WCBR YMCA Aqua Member to attend YMCA AQUA CLASSES. YMCA AQUA CLASSES are taught by instructors from the YMCA, not by WCBR Staff.**