





SPECIALTY CALENDAR

MAY 2012

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SCHEDULED TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30AM	YOGA Nikki (RC)	EASY DOES IT Florence (GYM)	YOGA Nikki (RC)	EASY DOES IT John (GYM)	YOGA Nikki (RC)	
9:30AM	PULL-UP A CHAIR Florence (GYM)	 SilverSneakers Fitness Program	PULL-UP A CHAIR Jenny (GYM)	 SilverSneakers Fitness Program		BEGINNER YOGA Sheri/Nikki (BOARD ROOM)
10:30/11:00 AM		MSROM John (GYM) 10:30		CARDIO-FIT John (GYM) 10:30		POWER YOGA Cynthia/Sheri/ Nikki/Ashley (AR)
4:30PM					CARDIO FUSION Sheri (AR)	
5:30PM	PILATES Cynthia (DANCE ROOM)	POWER FIT YOGA Sheri (AR)	PILATES Cynthia (DANCE ROOM)	POWER FIT YOGA Sheri (BOARD ROOM)		
6:30PM		POWER YOGA Cynthia (BOARD ROOM)		POWER YOGA Cynthia (AR)		
7:00PM						

Yolanda Allen
Health & Wellness Director
yallen@lawtonfamilyymca.org
580.355.9622



SPECIALTY CALENDAR CLASS DESCRIPTIONS

HIP-HOP DANCE:

Aerobic class based on the newest hip-hop moves to urban beats.

PULL UP A CHAIR:

A resistance based workout that includes free weights and flexibility training as well as relaxation techniques all done in your chair.

E-Z DOES IT:

This class is recommended for seniors and anyone wanting a 45 minute lighter cardio exercise class.

PILATES:

Combines stability, core, strength and flexibility. This class is great for toning and tightening your mid-section. A rewarding and relaxing workout for all fitness levels

POWER YOGA:

Power Yoga integrates the body and mind for a total body experience and is effective in achieving body and mind health. Power Yoga is strength, cardiovascular conditioning and flexibility all in one. Power Yoga is designed specifically for the intermediate and advance yogi.

POWER FIT YOGA FLOW:

This class combines classic yoga fit poses flowing harmoniously from one pose to the next. This is an incredible mind and body workout while still building strength and flexibility. Yoga Flow is designed for beginning, intermediate and advanced yogis.

BEGINNER YOGA:

Basic Yoga moves designed specifically for the beginner yogi.

MSROM:

Muscle Strength and Range of Motion-seniors or beginners seeking a lighter workout.

CARDIO CIRCUIT:

A faster pace workout for seniors designed to bring the heart rate up and burn fat.