



COUNTRYSIDE YMCA | LANDEN CLASS DESCRIPTIONS 2017

FACILITY HOURS OF OPERATION

Monday - Thursday: 5AM-10PM

Friday: 5AM – 8PM

Saturday: 7AM – 7PM

Sunday: 12:00PM – 6:00PM

KIDS CLUB HOURS OF OPERATION

Monday - Wednesday: 8:30AM-8:00PM

Thursday: 9:00AM-8:00PM

Friday: 9:00AM – 7:00PM

Saturday: 9:00AM – 12:00PM

FLEX CARD: Your pass to all of our specialty fitness classes. Each class has limited space so arrive early. No pre-registration required.

5 class punch card: **Members \$20, Program Members \$41.**

20 class punch card: **Members \$74, Program Members \$158.**

ABS & GLUTES (Ages 13+): 30 minutes of exercise targeting only the glutes and core. **FREE for Members.**

ARCHERY (Ages 9-16): **Equipment provided. Cost is \$40 per Member, \$52 per Program Member** per 5 week session.

BARRE CORE (Ages 13+): Barre Core will use ballet inspired isometric movements, Pilates and functional training elements to sculpt, strengthen, slim and stretch your entire body. Class will focus more specifically on a strong core, improved balance, increased flexibility and done regularly will achieve rapid results. Class will work muscles to fatigue. Class is high energy and low impact modification for every age and level. **Members and Program Members FLEX Card: 1 punch per class.**

BIBLE STUDY (Ages 13+): “If you are ready to naturally create room for spiritual conversations to happen in your everyday life, join us for reading, discussing and discovering God’s word.” **FREE**

BOOT CAMP (Ages 13+): Incorporates traditional boot camp training, drills and intervals. **FREE for Members.**

CARDIO CORE (Ages 13+): Use the stability ball to tone and strengthen the whole body. Increase core strength for better balance and stability. Added cardio will strengthen heart and lungs, and burn more calories. For the advanced or intense exerciser. **FREE for Members.**

CARDIO MIX (Ages 13+): Enjoy a mix of different types of cardio workouts. You will experience pieces of Cardio Kick, Power Core, Low Impact Cardio and more! A different class each week! **FREE for Members.**

CYCLE SPIN (Ages 13+): Improve cardiovascular endurance and strength by varying intensity levels. Intervals designed by increasing or decreasing tension and speed. **Members and Program Members FLEX Card: 1 punch per class.**

HIT BARRE (Ages 13+): Get ready to sweat, feel the burn and tone your body from head to toe. HIT (High Intensity Training) Barre uses isometric strength training with the barre and mat work + upbeat energetic music, mixed in cardio sequences. Class designed to keep your heart rate high, muscles burning and metabolism boosted well after your workout had finished. **Members and Program Members FLEX Card: 1 punch per class.**

INTERVALS (Ages 13+): Cardio and strength interval training in a group fitness setting. **FREE for Members.**

INSANITY LIVE (Ages 13+): Is a group-focused cardio-conditioning and total-body strength-training class. It’s designed to help people of all fitness levels get in the best shape of their lives.

KIDS CARDIO CLUB (Ages 7-12): While Mom and Dad workout, participate in fun games and activities that will get you moving! Be sure to bring a water bottle. **FREE for Members.**

KID FIT (Ages 3-6): Start getting fit at an early age! Experience interactive games set to music that will keep your child moving! **FREE for Members.**

KINDERMUSIK (Ages 2-3) Parent/child class & KINDERMUSIK (Ages 4-5): These music-filled classes celebrate the unique joys of your growing child. Each week your child will love singing, dancing and playing instruments. They will practice a wide variety of abilities such as gross and fine motor skills, turn taking, social skills and active listening.

MASSAGE THERAPY: Massage therapy has many benefits that include tissue regeneration, increase in joint flexibility, improved circulation and more. Massage Therapy available by appointment only.

DEEP TISSUE 1hr: \$71 Members, \$114 Program Members

RELAXATION 1 hr: \$69 Members, \$101 Program Members; RELAXATION 30 minute \$37 Members, \$70 Program Packages are available see the front desk for details.

MOPS: International support network of women who share the common bond of preschool age children. Contact Jess@mamamease@gmail.com **FEE**

MUSCLE MAX (Ages 13+): Great class for anybody who wants to add strength training to their aerobic workout. You will tone and condition every muscle. Muscle Max is a great starting point to develop strength and confidence. Great music and compelling choreography keep you going through each class. **FREE for Members.**

PERSONAL TRAINING (Ages 12+): Personal Training is a great way to get in shape. Each training session will challenge your mind and body. You will truly see the potential that resides within yourself. Incorporating strength, flexibility and muscle confusion, your body will have no choice but to react. Talk to one of our certified personal trainers, or at the front desk, and get started today! You will be glad you did.

PRESCHOOL ENRICHMENT YMCA LANDEN: We use the Creative Curriculum with weekly individual lesson plans and assessments. We also have low teacher to child ratios. Our Certified Teacher provides a structured environment that provides kindergarten readiness and self-help skills to our students. Program follows Kings School District schedule. We offer both AM and PM sessions. Each session will last approximately 2 1/2 hours. AM session is from 9:15AM till 11:45AM and PM session is from 12:15PM till 2:45PM. There is a \$58 non-refundable registration fee. Cost: 4-5 year old= M, W, F \$152.00/month. 3 year old= T, TH, \$110.00/month (**No Summer Preschool Classes**).

POWER CORE (Ages 13+): Effectively tone, strengthen, and stretch the whole body using the Resist-A-Ball (large rubber ball). **FREE for Members.**

SAFARI CLUB (Ages 5+): Kids will hike trails & paths behind the Landen Y and visit neighboring ponds and Landen Lake. Kids need to dress for the weather (sunscreen, hat, raincoat, proper shoes and jacket). Severe weather class will be canceled. Bring water bottle.

SELF DEFENSE (Ages 10-15): Instructed by Dr. Larry Bobbert, **No Nonsense Self Defense** teaches kids how to react and evade dangerous situations without years of training by using simple effective techniques taken from Tai Chi, Aikido and street fighting. No special uniform or equipment is needed. **Cost is \$26 per Member, \$37 per Program Member per 5 week session.**

TABATA (Ages 13+): 30 minute class consisting of short, high intensity exercise intervals with short rest times in between. **FREE for Members.**

TAI CHI (Ages 13+): Tai Chi is a system of gentle exercises that improve balance, coordination and breathing which renews and invigorates the body, mind and spirit. Doctors described Tai Chi as *meditation in motion* because it loosens and strengthens muscles, tendons and joints. People any age can practice Tai Chi, It is especially healthy for people over 35. You learn a system for physical and mental self-development. The smooth movements massage the organs, improve blood circulation and promote diaphragmatic breathing. **Cost is \$26 per Member, \$37 per Program Member per 5 week session.**

TOTAL BODY BARRE (Ages 13+): Reclaim an hour for yourself to refresh your body, mind and spirit! Work up a sweat as you listen to uplifting music, strengthen your core and build strong, toned muscles. Class will combine barre and yoga to focus on specific areas of your body for the ultimate toning and strengthening. Finish out each session with deep stretching and a short relaxation. **Members and Program Members FLEX CARD: 1 punch per class.**

TRX SUSPENSION TRAINING (Ages 13+): Use your own body weight and gravity to build strength, balance, coordination, flexibility, core and joint stability. This class is for all fitness levels. **Members and Program Members FLEX CARD: 1 punch per class.**

VERSA TRAINING (Ages 16+): Personal Training in a small group setting. Versa Training is not your everyday barbell and dumbbell training session. Each training session will incorporate a unique variety of strength and flexibility exercises that will utilize your own body weight or a partner for resistance. 16 sessions: **\$285 per Member.**

YOGA (Ages 13+): Mixed level class that will focus on core strength, flexibility and relaxation. This class also helps with body awareness and reducing stress and tension. **Members and Program Members FLEX CARD: 1 punch per class.**

YOGA HOT OR WARM (Ages 13+): We will practice several types of Yoga in our Spirit Studio Warm Yoga will be heated between 75-80 degrees, and HOT Yoga will be heated between 95-105 degrees. The heat will warm your muscles for greater flexibility. Benefits of both Hot & Warm Yoga are to improve efficiency of the immune system, burn upwards of 600-1,000 calories per session, improve circulation, increase flexibility and improve endurance. Don't forget to drink plenty of water throughout the day before attending class! **Members and Program Members FLEX CARD: 1 punch per class.**

WARM YOGA 20 (Ages 13+): A 60 minute Yoga class that consist of the same series of 20 postures practiced in a heated warm studio. This class will help strengthen muscles, improve flexibility, and strengthen your core. **Members and Program Members FLEX CARD: 1 punch per class.**

ZUMBA (Ages 13+): Dance routines featuring aerobic interval training with fast and slow rhythms that tone and sculpt. Includes fun, energizing music that makes you want to get-up and move! All fitness levels are welcome. **Members FREE and Program Members FLEX CARD: 1 punch per class.**

ZUMBA Toning (Ages 13+): Zumba toning take the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol and the additional of lightweight toning sticks or dumbbells. The class combines cardio and dynamic resistive exercises. **Members FREE and Program Members FLEX CARD: 1 punch per class.**

Class types and schedules are subject to change