

YWCA 2020 Group X Class Schedule

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
9:00-10:00	Cardio Pump Multi-Purpose		KickBoxing Multi-Purpose		
10:30-11:30	Boomer Nation Multi-Purpose	Silver Sneakers Classic Multi-Purpose	Boomer Nation Multi-Purpose	Silver Sneakers Classic Multi-Purpose	Boomer Nation Multi-Purpose

New York State Department of Health mandates require a limit of 18 in any group x class. Please call to reserve a spot in your class. Wearing a face covering is required in all classes.

Boomer Nation: Low-intensity aerobics and exercises with a focus on functional fitness, balance, and core.

Cardio Pump: Tone your body with weights, fitness balls and more! A great class for any fitness level. any fitness level.

Kickboxing: Simple punches and kicks in combinations and muscle conditioning that give a great workout! For variety, an energizing Step Aerobics class may be substituted.

Silver Sneakers Classic®: Have fun and move to the music with a variety of exercises designed to increase Muscular Strength, Range Of Movement and activities for daily living.

Due to the COVID-19 pandemic, YWCA Cortland will need to alter programming at times to comply with New York State guidelines as they evolve, and to ensure the health and safety of our staff and the families that we serve. We are making every effort to resume our operations following requirements in the [New York Forward plan](#), and we will communicate any programming changes in a timely manner. We remain committed to the Cortland community and to our mission to empower women and eliminate racism.