

Winter 2025 Swim, Gym & Recreation Adult Programs January 2 – May 17, 2025

New Member Discount! Become a member today and get **20% off** one 10-punch pass to use for any land health & fitness class. Stretch it out in *Yin Yoga* or *Restorative Yoga*, pump it up with *Cardio Pump* or *Kickboxing*, or find your center in *Balanced & Strong*.

Call (607) 753-9651 or visit the YWCA for more information on how to take advantage of this fantastic deal and start feeling your best today! Offer ends February 25, 2025.

Adult Programs:

Personal Training: Get fit and stay motivated with a personal training session in the YWCA weight room. Our certified trainers will work with you to achieve the results you desire. Call us at (607)753-9651 or stop by to get started!

Pricing: 20 sessions: \$550 • 10 sessions: \$300 • 5 sessions: \$160 • 3 sessions: \$105 • 1 session: \$38

Open Pickleball: Play pickleball with friends to work on your skills or compete in some friendly competition!

Schedule:

Time	Tues	Wed	Fri
9:00-9:30 am			Open Pickleball
9:30-10:00 am			
10:00-10:30 am			
10:30-11:00 am			
2:00-2:30 pm		Open Pickleball	
2:30-3:00 pm			
3:00-3:30 pm			
3:30-4:00 pm			
4:00-4:30 pm		Open Pickleball	
4:30-5:00 pm	Beginner Open Pickleball		
5:00-5:30 pm			
5:30-6:00 pm			
6:00-6:30 pm			

Pricing:

Type	Single	10 punches	1 month	3 months
Member	\$7	\$50	\$42	\$115
Not-yet Member	\$9	\$75	\$57	\$130
Sr Insurance	\$0	\$0	\$0	\$0

New! Restorative Yoga: Starting January 9 there will be a new addition to our Group Ex schedule. This gentle passive form of yoga focuses on relaxation and comfort. It involves holding reclined and restorative poses for long periods and relies on the help of props like blocks and bolsters.

Classes: Thursday, 5:15-6:15 pm

Price: Included in land fitness packages and 10 punch passes

Social Seniors: An opportunity to meet, play games, and socialize every Wednesday in the Osborn room from 12:00-2:00 pm. Every first Wednesday of the month there will be a speaker/special program.

January Social Seniors: New year, new workouts! Join Laurie Greene for Social Seniors on Wednesday, January 8, for a free lunch and informative talk about starting or changing your exercise routine and the benefits of exercise for seniors.

February Social Seniors: Join us for Social Seniors on Wednesday, February 5, for a free lunch and informative discussion on the "10 Warning Signs of Alzheimer's" presented by Stephanie D'Amico of the Alzheimer's Association. Learn the difference between normal aging and Alzheimer's, the common warning signs to look out for, and the importance of early detection.

Yin Yoga: Join instructor Brenna Ricci in one of the only Yin Yoga classes offered in Cortland. Balance out the high-energy exercises or "yang" yoga practice with this yin yoga class. Yin Yoga focuses on long held meditative, seated poses while working deeper into the tissues and joints.

Classes: Tuesdays, 5:15-6:15 pm

Price: Included in land fitness packages and 10 punch passes

Mindfulness Meditation: Learn to manage stress with new tools. This eight-week meditation class with certified Yoga instructor Brenna Ricci, is a guided gentle approach to create body awareness through mindful movement. Students will learn how to do a body scan in 30 minutes or less. Research shows that by practicing body scanning pathways in your brain can be rewired to be more compassionate with yourself and others.

Classes: Tuesday, 6:30-7:00 pm, January 7 – February 25 **Pre-registration:** December 16- January 7

Price: For members and not-yet-members, \$7 per class or \$40 for the entire eight-week session

Prenatal Yoga: This six-week class with Brenna Ricci, RYT, RPYT, and YACEP is catered specifically for pregnant people to improve strength, flexibility, and endurance and reduce general back and sciatic nerve pain through safe yoga poses with prenatal health benefits. Connect with others who are expecting in a supportive environment to address the physical challenges that come with being pregnant and calm the mind to improve mental strength.

This class is not meant to address the needs of those who are postpartum.

Classes: Saturday, 10:00 – 11:30 am, January 18 – February 22. **Pre-registration:** December 16 – January 15

Price: Members \$80 / Not-yet-members \$90

Intro to Tai Chi & Qi Gong: Join instructor Mike Kniffen for a seven-week session of Tai Chi and Qi Gong. This ancient form of exercise, developed in China, is a series of movement and breathing techniques designed to connect the mind and body. It improves balance, reduces stress, and can improve cognitive function.

Classes: Tuesday and Thursday, 12:00-1:00 pm, January 7-February 20

Pre-registration: December 16 – January 6 **Price:** Members \$110 / Not-yet-members \$120

For more information or to sign up for classes please call (607) 753-9651.