eliminating racism
empowering women
ywca
cortland ny

Land Schedule

Effective September 8-December 23

YWCA IS ON A MISSION

Everything on the Land Schedule is included in the monthly Land Package. If you have the Land & Water Combo Package, you get everything on this schedule and everything on the Water Schedule! Class descriptions are available at the front desk and on our website.

STRENGTH & CARDIO

All programs take place in the Multipurpose Room.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mash-up Monday *Laurie* **9:00-10:00a**	**Functional Motion** *Cindy* **9:00-10:00a**	**Kickboxing** *Laurie* **9:00-10:00a**	**Balanced & Strong** *Cindy* **9:00-10:00a**	**Get Fit Fridays** *Rotating Instructor* **9:00-10:00a**	**Your Weekend Workout** *Rotating Instructor* **9:00-10:00a**
Boomer Nation *Laurie* **10:15-11:15a**	**SilverSneakers® Classic** *Laurie* **10:30-11:30a**	**Boomer Nation** *Laurie* **10:15-11:15a**	**SilverSneakers® Classic** *Laurie* **10:30-11:30a**	**Boomer Nation** *Rotating Instructor* **10:15-11:15a**	
SilverSneakers® BOOM MOVE *Kendra* **11:30a-12:30p**		**Senior Fit 101** *Laurie* **11:30a-12:30p**		**Heavy Lifting for Active Agers** *Debi* **11:30a-12:30p**	
		SilverSneakers® BOOM MOVE *Betsy* **4:00-5:00p**			
Cardio Pump *Cassie* **5:15-6:15p**		**Cardio Pump** *Cassie* **5:15-6:15p**			

GYM & RECREATION

All programs take place in the gym and are participant led.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Indoor Walking 7:00-9:00a		**Indoor Walking** 7:00-9:00a	**Pickleball Beginner/Inter** 7:00-9:00a	**Indoor Walking** 7:00-9:00a	
Pickleball Intermed/Adv 9:00-11:00a		**Pickleball Intermed/Adv** 9:00-11:00a		**Pickleball Intermed/Adv** 9:00-11:00a	**Pickleball Intermed/Adv** 9:00-11:00a
	Goodminton 10:30-11:30a		**Badminton** 10:30-11:30a		
Indoor Walking 11:30a-12:30p	**Indoor Walking** 11:30a-12:30p	**Indoor Walking** 11:30a-12:30p	**Indoor Walking** 11:30a-12:30p	**Indoor Walking** 11:30a-12:30p	**Indoor Walking** 11:30a-12:30p
Open Gym 1:30-3:00p	**Open Gym** 1:30-3:00p	**Open Gym** 1:30-3:00p	**Open Gym** 1:30-3:00p	**Open Gym** 1:30-3:00p	
	Pickleball Beginner/Inter 4:00-6:00p				
			Pickleball Beginner/Inter 6:00-8:00p		

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MIND BODY & SPIRIT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Gentle Yoga *Kaelee* **7:30-8:30a** Wellness Room			
	Tai Chi for Life *Betsy* **9:00-10:00a** Wellness Room		**Restorative Yoga** *Brenna* **9:00-10:00a** Wellness Room		
Mobility Fusion *Debi* **10:15-11:15a** Wellness Room					
			Tai Chi Community *Participant Led* **12:00-1:00p** Wellness Room	**Crafting Community** *Participant Led* **12:00-1:00p** Osborn Room	
Yin Yoga *Brenna* **4:00-5:00p** Wellness Room					
	Mat Pilates *Cassie* **5:15-6:15p** Wellness Room		**Barre Pilates** *Courtney* **5:15-6:15p** Wellness Room	**Mat Pilates** *Courtney* **5:15-6:15p** Wellness Room	
		Barre Pilates *Courtney* **6:00-7:00p** Wellness Room			

WEIGHT ROOM

The weight room will stay open through December 31 except during building closures.

We have certified personal trainers! A free orientation is also available for those new to using gym equipment.

Monday-Thursday	**7AM-8PM**
Friday	**7AM-7PM**
Saturday	**8AM-2PM**

DROP-IN RATES

SPECIALTY PROGRAMS