



JOIN US FOR THE
#travelingY

FREE YOGA



JULY 9

Blazin' Hot Yoga

MacArthur Center Green | 10:30am–11:30am

Text travelingY to 33733

ymcashr.org/travelingY

#travelingY Summer 2016 Schedule

The Traveling Y takes healthy living outside the walls of the Y and into the community to better serve our neighbors. All classes/events are **FREE** and will take place at the MacArthur Center Green on the northwest side of the mall. Here is our schedule for Summer 2016.

Saturday, May 14, 10:30am–12:30pm **Training Circuit | MacArthur Center Green**

Check out this total-body program that incorporates strength training, cardio, core work and flexibility. It challenges your entire body with high intensity, short duration exercises. This is the workout fitness experts have been raving about with 30–40 second intervals of extreme exercise, followed by 10 seconds of rest. The bursts of intense work will torch calories and strengthen your entire body. Modifications available for all circuits to suit all levels of fitness. Class will be held 11am–noon, with activities held before and after the class.

Saturday, June 4, 10:30–11:30am **Hip Hop | MacArthur Center Green**

Get your groove on in this fun, multi-level cardiovascular workout using hip hop inspired dance moves set to high-energy music. Modifications available to suit all levels of fitness ability.

Saturday, June 18, 10:30am–12:30pm **Family Fitness | MacArthur Center Green**

Bring the entire family out for fitness fun, together. Enjoy family karate, Zumba®, yoga, and more—all packed in to an hour of fun. Modifications available to suit all levels of fitness ability. Children must be 8+ to participate in the class. Class will be held 11am–noon, with activities held before and after the class.

Saturday, July 9, 10:30–11:30am **Blazin' Hot Yoga | MacArthur Center Green**

Concentrate on improving balance, flexibility, relaxation, and breathing techniques. This is a great way to learn how to manage and relieve stress. And, it'll be a bit hot in Hampton Roads in July so you'll experience a natural "hot yoga" class as the day heats up. Modifications available to suit all levels of fitness ability.

Saturday, July 23, 10:30am–12:30pm **Mystery Fitness | MacArthur Center Green**

Bring yourself, friends and family for a mystery workout that promises to deliver an awesome workout. Modifications available to suit all levels of fitness ability. Class will be held 11am–noon, with activities held before and after the class.

Saturday, August 6, 10:30am–11:30am **Total Fitness | MacArthur Center Green**

A gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, this class will combine cutting-edge moves with thrilling music. This electric experience is addictive and exclusive to the Y. Modifications available to suit all levels of fitness ability.

Saturday, August 20, 10:30am–12:30pm **Tai Chi & Chai Tea | MacArthur Center Green**

Find your focus in an ancient Chinese discipline focused on slow fluid movements for balance, control, precision, strength and flexibility. At the completion of the class, join your fellow Tai Chi participants for a spot of Chai Tea. Class will be held 11am–noon, with activities held before and after the class.

Text travelingY to 33733 to stay informed.