



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Group Fitness Schedule Effective

Fall 2017
 Schedule subject to
 change

3 participants for a
 class to make

Full Facility
 members: free

Basic members: \$30
 punch card/15
 classes

Non-members: \$75
 punch card/15
 classes

Child Watch for
 YMCA members
 only

No Child Watch for
 12:15 & 5:30am
 classes

**fee required

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30-6:15 Cycle- Strength	5:30-6:15 Boot Camp	5:30-6:15 Indoor Cycling			
						8:15-9:30 Indoor Cycling	
	8:30-9:15 Indoor Cycling & Zumba multipurpose room	8:30-9:15 Cardio Cuts	8:30-9:15 Boot Camp	8:30-9:15 Cardio Cuts	8:30-9:15 Boot Camp		
	9:25-9:45 Core Express	9:25-9:50 Basic STEP	9:30-10:30 Yoga	9:25-9:50 Basic STEP	9:30-10:30 Yoga		
	10:00-10:30 Sr. Chair Yoga	10:00-10:45 Sr. Chair Exercise		10:00-10:45 Sr. Chair Exercise		10:00-11:00 Zumba	
		12:15-12:45 Indoor Cycling					
	5:00-5:20 Strength Express	5:00-5:20 Core Express	5:00-5:20 Strength Express	5:00-5:20 Core Express			
	5:30-6:15 Boot Camp	5:30-6:15 Zumba	5:30-6:15 HIIT	5:25-5:55 Basic STEP			
				6:00-7:00 Zumba	6:00-7:00 Tai-Chi		
	6:30-7:30 Yoga	6:30-7:30 Tai-Chi	6:30-7:30 Yoga				
		7:30-8:30** Line Dancing					

CLASS DESCRIPTION

MINIMUM OF 3 PARTICIPANTS FOR A CLASS TO OCCUR.

CONTINUOUS LOW TURNOUT WILL RESULT IN CLASS TERMINATION

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

BASIC STEP: Class uses an elevated platform to increase the heart rate while executing basic moves on it. No fancy combinations or complicated choreography.

BOOTCAMP: Drills, skills, power, agility, speed and old fashion exercises are incorporated in this class to challenge the body and mind. Tabata Training, Rest Base Training, AMRAP & H.I.I.T will ensure the maximum amounts of calories are used. Let the group's dynamics push you to work at optimal level. A base-level of fitness is recommended.

CARDIO CUTS: Cardio & strength training taken to the next level. The intensity & intervals vary so you get the most out of your workout. Metabolism stays elevated up to

CORE EXPRESS: Executing exercises using a dumbbells, stability ball, BOSU, or gliders resulting in stronger abdominals/low back & obliques to increase in functional strength, and spinal stabilization.

CYCLE: Designed for all fitness levels, consists of riding intervals, hills, flats, and jumps. Participants decide how intense/fast they want to work. Beginners show up 10 min before class for set-up.

HIIT: High Intensity Interval Training. Alternating short periods of intense anaerobic exercise with less intense recovery periods. One performs a short burst of high-intensity (or max-intensity) exercise followed by a brief low-intensity activity, repeatedly, until too exhausted to continue.

LINE DANCING: A dance where individuals line up without partners & follow various step patterns to country music. **Fee based.**

SR. CHAIR YOGA: A chair version of the Yoga classes that addresses mindful breathing, stretching, strengthening, balancing & relaxing the mind & body. Excellent class for beginners & individuals with medical/balance issues.

SR. CHAIR EXERCISE: A chair version of the strength training classes that addresses balance, strength, endurance, range of motion, effective breathing and other areas to help with overall health.

STRENGTH EXPRESS: increase strength, tone, definition & fat loss with this complete workout in an abbreviated format. Train every muscle group with exercises that target a lot of muscles with one movement.

TAI-CHI: An ancient practice that incorporates slow breathing, mental concentration, and constant flow of controlled movements with various postures. Helps lower stress & blood pressure, & increases balance.

YOGA: Practice the basic yoga poses that stretch, relax, & improve flexibility & range of motion. Participants are encouraged to work at their comfort level. Mindful breathing will be practiced to enhance the class experience. All skill levels welcomed. Dress in layers. Mats & blocks provided.

ZUMBA: Are you ready to party yourself into shape? That's exactly what Zumba is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

It is recommended that you see your health care provider before starting any exercise program

