



GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Winter 2019	5:15-6:00 Cardio Cuts						
Schedule subject to change		5:30-6:15 Cycle- Strength	5:30-6:15 Boot Camp	5:30-6:15 Indoor Cycling	5:30-6:15 Cardio Mix		
3 participants for a class to make	8:30-9:30 Yoga	8:30-9:15 Cardio Cuts	8:30-9:15 Boot Camp	8:30-9:15 Cardio Cuts	8:30-9:15 Boot Camp	8:10-9:20 Indoor Cycling	
Full Facility members: free	8:30-9:15 Zumba Multipurpose Room				8:30-9:15 Zumba Multipurpose Room		
Basic members: \$30 punch card/15 classes	9:25-9:55 Sr. Dance						
Non-members: \$75 punch card/15 classes	9:35-9:55 Core Express	9:25-9:50 Basic STEP	9:30-10:30 Yoga	9:25-9:50 Basic STEP	9:30-10:30 Yoga	9:30-10:20 Zumba	
Child Watch for YMCA members only	10:00-10:30 Sr. Chair Yoga	10:00-10:45 Sr. Chair Exercise		10:00-10:45 Sr. Chair Exercise		10:30-11:30 Pound	
No Child Watch for 5:30am, Wed 11:15am, & 12:15 Tues classes		12:15-12:45 Indoor Cycling		11:00-11:30 Sr. Chair Yoga			
**fee required	5:00-5:20 Strength Express	5:00-5:20 Core Express		5:00-5:20 Core Express			
	5:30-6:15 Boot Camp	5:30-6:20 Zumba	5:30-6:15 HIIT	5:30-6:00 Basic STEP			
				6:10-7:10 Pound	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.

BOOT CAMP: 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. 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 for some time afterwards.

CARDIO MIX: Zumba inspired cardio moves with resistance equipment for a complete workout.

CORE EXPRESS: Executing exercises using 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.**

POUND: A cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

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.

SR. DANCE: Similar to Zumba. Enjoy movement to music; with some strength training for a complete workout.

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 enhancing the class experience. All skill levels welcomed. Dress in layers. Mats & blocks provided.

ZUMBA: An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™

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