



Something for Everyone!

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP FITNESS SCHEDULE

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   |
|---|--|--|--|---|--|
| 5:00-6:00 AM<br>Cycling (Y Thtr)<br>Kim                       | 5:00-6:00 AM<br>Yoga (1)<br>Teresa                 | 5:00-6:00 AM<br>Cycling (Y Thtr)<br>Kim                          | 5:00-6:00 AM<br>Yoga (1)<br>Rebecca                | 5:00-6:00 AM<br>Cycling (Y Thtr)<br>Kim                       |  |
|   | 5:30-6:30 AM<br>Strength & Conditioning<br>Jim (2) | 5:00-6:00 AM<br>TRX (2)<br>Kim                                   | 5:30-6:30 AM<br>Strength & Conditioning<br>Jim (2) |   |  |
| 5:10-5:55 AM<br>Sculpting (1) - Kelly                         |  | 5:10-5:55 AM<br>Sculpting (1)<br>Kelly                           |  |   |  |
| 6:10-7:00 AM<br>Step (1)<br>Mary                              |  | 6:10-7:00 AM<br>Step (1)<br>Mary                                 |  |   |  |
| 8:15-9:00 AM<br>HIIT Cycle (Y Thtr)<br>Christa                | 8:30-9:30 AM<br>Total Body Workout (1)<br>Annie    | 8:15-9:00 AM<br>HIIT Cycle (Y Thtr)<br>Christa                   | 8:30-9:30 AM<br>Total Body Workout (1)<br>Annie    |   | 8:00-8:50 AM<br>Strength & Conditioning (1)<br>Jen             |
| 8:30-9:30 AM<br>Zumba (1)<br>Elissa                           | 9:35-10:35 AM<br>PiYo (1)<br>Kim Z                 | 8:30-9:30 AM<br>Zumba/Zumba Gold (1)<br>(SILVER & FIT)<br>Elissa | 9:35-10:35 AM<br>PiYo (1)<br>Annie                 | 8:30-9:30 AM<br>Zumba (1)<br>Elissa                           | 9:00-9:55 AM<br>Yoga (1)<br>Sarah/Robert                       |
| 10-11:00 AM<br>Enhance Fitness<br>(SILVER & FIT)<br>Carol (1) | 10-10:55 AM<br>Stretch & Movement<br>Kathy (2)     | 10-11:00 AM<br>Enhance Fitness<br>(SILVER & FIT)<br>Carol (1)    | 10-10:55 AM<br>Stretch & Movement<br>Kathy (2)     | 10-11:00 AM<br>Enhance Fitness<br>(SILVER & FIT)<br>Carol (1) | 10-11:00 AM<br>Zumba/Zumba Gold (1)<br>(SILVER & FIT)<br>Renee |
| 11:30-12:30 PM<br>Yoga (2)<br>Rebecca                         | 11-12:00 PM<br>Advanced Tai Chi - Howard (1)       | 10-11:00 AM<br>Yoga<br>Robert (2)                                | 11-12:00 PM<br>Advanced Tai Chi - Howard (1)       |   |  |
|   | 12-1:00 PM<br>Intro to Tai Chi<br>Leo (1)          |  | 12-1:00 PM<br>Intro to Tai Chi<br>Leo (1)          |   |  |
|   | 12:15-1:00 PM<br>Cycling (Y Thtr)<br>Melissa Y     |  | 12:15-1:00 PM<br>Cycling (Y Thtr)<br>Melissa Y     |   |  |
| 5:30-6:30 PM<br>Yoga<br>Teresa (2)                            | 5:30-6:30 PM<br>Turbo Kick (2)<br>Sheila/Ericka    | 4:20-5:15 PM<br>Yoga<br>Teresa (2)                               | 5:30-6:30 PM<br>Yoga 101<br>Sarah (2)              |   |  |
| 5:30-6:30 PM<br>Cardio Dance Party - Annie (1)                | 5:30-6:30 PM<br>Cycling (Y Thtr)<br>Mike           | 5:30-6:30 PM<br>Zumba (1)<br>Renee                               | 5:30-6:30 PM<br>Cycling (Y Thtr)<br>Mike           |   |  |
|   | 5:30-7:00 PM<br>*Karate (1)<br>Sensei Betty        | 6:30-7:30 PM<br>Multi-Level Yoga<br>Sarah (2)                    | 5:30-7:00 PM<br>*Karate (1)<br>Sensei Betty        |   |  |

**Fitness Center Hours:**

**M-Fri** 4:45 AM - 9 PM

**Sat** 7 AM - 4 PM

**Sun** 8 AM - 2 PM

**Child Watch Hours:**

**M-Sat** 8 - 11 AM

**M-Fri** 5 - 7 PM

*Childwatch is on a first-come, first-served basis.*

*Studio locations for classes noted in parentheses.*

*Youth 10 years and older are encouraged to participate in all YMCA Fitness classes!*

*(Supervision not required for ages 10 & up in fitness classes.)*

**Note:**  
*\*Specialty Program - fee based, and over a certain time period.*

Updated 2/27/2019

## Class Descriptions

### **Cardio Emphasis**

Cycling – An overall cardio and fitness workout including strength training using stationary bicycles. This class offers varying levels of intensity for the different needs of participants. Beginners to advanced students are encouraged to attend and will benefit from this class. HIIT Cycle includes bursts of high-impact interval training through sprints and increased resistance; all fitness levels welcome.

Cardio Dance Party – A high-intensity aerobic dance party workout, similar to Zumba, but with musical variety, to push your fitness level while having fun! This 60 minute class includes toning exercises. Modifications shown; all fitness levels are welcome and encouraged to attend.

Turbo Kick – Sport specific techniques of boxing and martial arts are incorporated in this interval-based workout by Beachbody. With fierce cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you'll get ultra-lean and toned—and have a blast doing it!

Step – Excellent cardio workout using steps to increase cardiovascular endurance and overall body conditioning. Free weight components are incorporated to offer additional upper-body strengthening. This quick paced class in 50 minutes will give you the workout you need to start your day!

Zumba – Fuses Latin rhythms and easy to follow aerobic dance moves to create a dynamic fitness class blending cardio and muscle-toning. All fitness levels are welcome and encouraged. Ditch the workout and join the party! Zumba Gold offers adjustments for those needing modifications in exercise routine, or for those just beginning an exercise program. Combination classes offer extra modification support, while pushing those who want to go to the max.

### **Strength Emphasis**

Sculpting – A condensed version of Total Body Workout this class targets all major muscle groups while incorporating cardio components in a targeted workout all in 45 minutes! A variety of resistance components are used including free weights, bars, bands and balls. All fitness levels welcome and encouraged to attend.

Strength & Conditioning – A one hour full body workout focused on multiple repetitions using light weights, dumb bells and bar bells to work major muscle groups. This class is interval based with cardio components intermixed. Routines cater to all fitness levels with traditional and non-traditional athletic movements.

Enhance Fitness – A specialty class to allow individuals to train for improvement in everyday activities, and for those dealing with chronic illness. Real life functional movement patterns such as twisting, bending, pushing, pulling, lunging and squatting are done in a safe, fun and creative way. Core training, balance and flexibility are all included to provide a well-rounded program. You will walk away feeling more confident to take on daily activities with more energy. This class is appropriate for all ages and fitness levels, and especially for those just starting an exercise program.

Total Body Workout – This class offers a variety of strength and endurance exercises. Includes a full body warm-up, strength training using body weight, free weights, bars, bands, balls, and steps, and finishes with core work and stretching. Total body incorporates bursts of cardio into movements intended to help you increase intensity and maximize your workout. Modifications available for all fitness levels.

TRX – TRX Suspension Training utilizes functional movements, used in everyday life, with major emphasis on stability, proprioception, strength and body weight-driven exercises. Suspension Training is all about core strength and precise execution of the exercise being performed, and every class offers a different instructing style and format so that boredom is never an option. Challenge yourself to something new!

### **Yoga/Pilates/Tai Chi/Gentle Stretch**

PiYo – This class takes the fun and effective movements from Pilates and yoga and fuses it with all of the core (ab & back) strengthening exercises you could think of! You will be in a constant state of motion during this class, including the dynamic warm up and cool down. Additional focus will be on using your own body weight to create strong and lean arms and legs.

Stretch & Movement – This class combines slow movement with dynamic and static stretching. The goal is to increase flexibility and range of motion. Students need be able to sit on the floor. We will practice safe ways of getting up and down from a floor seated position.

Tai Chi – A class that combines martial arts movements with circulation, breathing, and stretching techniques. Tai Chi has been tested and proven to be effective in decreasing the number of falls, the risk of falling, the fear of falling, and improving functional balance and physical performance. It's a targeted class that will teach the various forms of Tai Chi that lead to increased fitness and balance for the individual. This class is appropriate for all ages and all fitness levels, and especially for Seniors.

Yoga – Classes consist of traditional standing and seated postures that focus on strength, alignment, balance, and opening. Breath awareness and control are integral and therefore emphasized. All levels are welcome and encouraged.

Multi-level Yoga – A one hour practice with a short meditation, pranayama-breathing, warm up of gentle stretching, a brief vinyasa flow, and poses for strength, balance and flexibility ending with a traditional savasana restorative pose. This class is especially good for those who like to personalize their practice or accommodate special needs. Comfortable for beginners to experienced. Props & mats available.

Yoga 101 – Easy, slow pace for beginners or those wanting a refresher on the basics. Detailed instruction on poses (asana), breathing techniques (pranayama) and simple mindfulness meditation techniques. Mats and props available, or bring your own.