



## GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			5:15-6:00 Cycling				
<b>New Phase 3 2020 (beginning September 8<sup>th</sup>)</b>					5:30-6:15 Cardio Mix		
Schedule subject to change		8:30-9:15 Cardio Cuts	8:30-9:15 Boot Camp	8:30-9:15 Cardio Cuts			
3 participants for a class to make	8:30-9:15 Zumba Multipurpose Room				8:30-9:15 Zumba Multipurpose Room	8:10-8:55 Extreme Step	
Full Facility members: free		9:25-9:50 Basic Step		9:25-9:50 Basic Step			
Basic members: \$30 punch card/15 classes		10:00-10:45 Sr. Chair Exercise		10:00-10:45 Sr. Chair Exercise	9:30-10:30 Yoga	9:10-9:55 Zumba	
Non-members: \$75 punch card/15 classes		11:00-11:30 Chair Yoga		11:00-11:30 Chair Yoga			
		12:15-12:45 Cycling					
Play & Stay for YMCA members only							
Consult Play & Stay for times of operation	5:30-6:15 Boot Camp	5:30-6:20 Zumba	5:30-6:15 HIIT	5:30-6:00 Basic STEP			
**fee required		6:30-7:30 Tai-Chi	6:30-7:30 Yoga				

**\*\*\*Please remember all this is Temporary as state restrictions are lifted, as will ours also be lifted**

## 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.

**BODY AWAKE:** Formerly known as Boot Camp. Combination of cardio, strength, and stretching. All fitness levels welcomed.

**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@** is the world's first 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