



GROUP FITNESS SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| FALL/WINTER 2019 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 Play & Stay for YMCA members only Consult Play & Stay for times of operation **fee required | 5:15-6:00 Cardio Cuts | | | | | | |
| | | 5:30-6:15 Cycle-Strength | 5:30-6:15 Body Awake | 5:30-6:15 Cycling | 5:30-6:15 Cardio Mix | | |
| | | 8:30-9:15 Cardio Cuts | 8:30-9:15 Boot Camp | 8:30-9:15 Cardio Cuts | 8:30-9:15 Boot Camp | | |
| | | 8:30-9:15 Zumba Multipurpose Room | | | 8:30-9:15 Zumba Multipurpose Room | 8:10-9:20 Cycling | |
| | | 9:25-9:55 Sr. Dance | 9:25-9:50 Basic Step | | 9:25-9:50 Basic Step | | |
| | | 9:35-9:55 Core Express | 10:00-10:45 Sr. Chair Exercise | 9:30-10:30 Yoga | 10:00-10:45 Sr. Chair Exercise | 9:30-10:30 Yoga | 9:30-10:15 Zumba |
| | | 10:00-10:30 Chair Yoga | 11:00-11:30 Chair Yoga | | 11:00-11:30 Chair Yoga | | 10:30-11:15 Pound |
| | | | 12:15-12:45 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 | 5:30-6:20 Zumba | 5:30-6:15 HIIT | 5:30-6:00 Basic STEP | | |
| | | | | | 6:05-6:30 Cardio Cuts | 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.

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