



2019 GROUP EXERCISE SCHEDULE

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|---|---|---|--|---|
| <p>5:45am-6:30am Cycling (Nick)</p> <p>6:15am-7am Movers and Shakers (Rose)</p> <p>*9am-9:45am Deep Water Fitness (Crystal)</p> <p>9:15am-10am Kettlebells (Carrie)</p> <p>9:15am-10am Stroller Strong (Kelly)</p> <p>*9:45am-10:30am Water Fitness for Health (Crystal)</p> <p>*10:30am-11:15am No Impact (Dina)</p> <p>*11:15am-12pm No Impact (Dina)</p> <p>12:15pm-12:45pm Lunch Crunch (Crystal)</p> <p>*12:45pm-1:30pm Splash (Joy)</p> <p>5:30pm-6:15pm Kettlebells (Brandi)</p> <p>5:30pm-6:15pm Kid's Fit (Allen)</p> <p>6pm-6:45pm Cycling (Cat)</p> <p>6:30pm-7:30pm Zumba (Julie)</p> <p>6:30-7:30pm Deep Water Fitness (Dina)</p> | <p>5:45am-6:45am Yoga All Levels (Bill)</p> <p>9:15am-10am Cycling (Carrie)</p> <p>10:10am-10:40am Deep Stretch (Payton)</p> <p>10:15am-11am Cycling (Misty)</p> <p>9:45am-10:30am Silver Sneakers® Classic (Brandi)</p> <p>10:45am-11:30am Cardio Flex (Cindy)</p> <p>12:15pm-1pm Cycling (Brandi)</p> <p>1:15pm-2:15pm Senior Chair Yoga (Brenda)</p> <p>4:30-5:15 Pump (Cindy)</p> <p>6pm-6:45pm Boot Camp (Linda)</p> <p>6pm-6:45pm Cycling (Cat)</p> <p>7pm-8pm Yoga All Levels (Bill)</p> | <p>5:45am-6:30am Cycling (Nick)</p> <p>6:15am-7am Movers and Shakers (Rose)</p> <p>*9:00am-9:45am Deep Water Fitness (Crystal)</p> <p>9:15am-10am Kickin' Cardio (Genevieve)</p> <p>*9:45am-10:30am Water Fitness for Health (Crystal)</p> <p>*10:30am-11:15am No Impact (Dina)</p> <p>*11:15am-12pm No Impact (Dina)</p> <p>12:15pm-1:00pm Wacky Wednesday (Crystal)</p> <p>*12:45pm-1:30pm Splash (Joy)</p> <p>6:00pm-6:45pm Cross Train (Nick S.)</p> <p>*6:30pm-7:30pm Water Fitness for Health (Dina)</p> | <p>5:45am-6:45am Yoga All Levels (Toni)</p> <p>9:15am-10am Cycling (Kelly)</p> <p>9:45am-10:30am Silver Circuit (Genevieve)</p> <p>12:15pm-1pm Cycling (Dina)</p> <p>1:15pm-2:05pm Silver Stretch (Joy)</p> <p>4:30- 5:15 Pump (Misty)</p> <p>5:30pm-6:15pm Boot Camp (Linda)</p> <p>5:30 pm - 6:15pm Baby Yoga (Murielle)</p> <p>6:15pm-7pm Kid's Fitness (Payton)</p> <p>6:15pm-7pm Cycling (Brandi)</p> <p>6:30pm-7:30pm Zumba (Julie)</p> <p>7:15pm-8:15pm Yoga All Levels (Rob)</p> | <p>5:45am-6:30am Cycling (Nick)</p> <p>*9:00am-9:45am Deep Water Fitness (Crystal)</p> <p>9:15am-10am Kettlebells (Brandi)</p> <p>*9:45am-10:30am Water Fitness for Health (Crystal)</p> <p>10:15am-11am Silver Sneakers® Classic (Brandi)</p> <p>*10:30am-11:15am No Impact (Dina)</p> <p>*11:15am-12pm No Impact (Dina)</p> <p>*12:45pm-1:30pm Splash (Joy)</p> |
| <p>Saturday</p> <p>9:15am-10am Cycling (Brandi)</p> <p>9:15am-10am Fit Moms (Kelly/Misty)</p> <p>10:05- 11:05am Yoga Variety (Rob/Murielle)</p> <p>11am-12pm Zumba (Julie)</p> | | | | |
| <p>All classes can be modified for individual needs if the instructor is made aware prior to class. Kid's Fitness is designed for children ages 6 to 12. Members age 11 and 12 years old may participate in group exercise classes when accompanied by a parent or guardian. Members age 13 and up may participate unaccompanied. Height requirement for 11 and 12 year old participants in group cycle classes is 54 inches and participant must demonstrate the ability to comfortably work through an entire pedal stroke as judged by the instructor.</p> | | | | |

water classes

COST: YMCA Members Free / Program Participants \$50/month / Senior Program Participants \$44/month



EXERCISE CLASS DESCRIPTIONS

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Yoga

Baby Yoga: This class is perfect for babies who can hold their heads up and their caregivers! Come improve your flexibility and strength while bonding with your little one!

Yoga All Levels: In Vinyasa Flow, postures or asanas are connected through breath for a transformative, balancing effect. Classes build endurance, flexibility, and strength through sequencing build around surya namaskar (sun salutations). Instructors inspire physical, energetic, mental and Intuitive states of consciousness.

Yoga Foundations: Covers alignment principles and foundations so the student learns how their body moves through the physical yoga postures. No previous experience necessary.

Senior Chair Yoga: In this introductory level class we focus on slow and easy movements to loosen the joints, increase mobility and muscle strength, improve breathing and help focus the mind to enhance cognitive function.

Cycling

The bike allows you to select your own resistance level while the instructor is there to challenge and encourage you. Group cycling is a great cardiovascular workout that will revitalize your personal fitness program.

Floor Exercise

Boot Camp: Challenging, high-intensity whole-body workout focused on building strength and endurance through a variety of different exercises.

Cardio Flex: High and low-impact cardio class focused on strengthening major muscles.

Cross Train: Weighted exercises selected to build long, strong, and lean muscles coupled with balance, agility and core coordination drills to leave you light and nimble.

Deep Stretch: Relax and lengthen your muscles with this floor-based class designed to help you gain flexibility and prevent injury.

Kettlebells: Known as bowling balls with handles, kettlebells burn fat, build lean muscle, increase range of motion and flexibility, improve overall conditioning and stamina.

Kickin' Cardio: A high intensity cardio class that will focus on metabolic conditioning through kickboxing, weights and a variety of other exercises.

Lunch Crunch: Focuses on strengthening core muscles - targeting transverse, obliques and rectus. Most exercises will be done on the floor. Open to all levels of ability.

Stroller Strong: A total fitness program that includes cardio training and toning exercises for pregnant women, moms, and their babies/stroller-aged children!

Movers & Shakers: An early morning exercise smorgasbord using kettlebells, stability balls, medicine balls, step aerobics, resistance bands, core work and old favorites.

Fit Moms: Our trained instructors will help you build endurance and strengthen key muscle groups to safely prepare your body for the changes of pregnancy!

Pump: Total body workout using barbells, dumbbells, kettlebells, and bands! This class is designed to burn calories while building beautiful lean muscle and increasing strength.

Silver Circuit: No-impact choreography and standing upper body work using hand-held weights, elastic tubing and exercise balls. A chair is used for standing support.

SilverSneakers® Classic: Class designed to increase muscular strength, range of movement and improve daily living skill activities.

Silver Stretch: Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Wacky Wednesday: Moves to get your heart rate soaring! This class will keep you on your toes, and don't be surprised to go old school with Step Aerobics and Kickboxing!

Zumba: Dance routines with fast and slow rhythms tone and sculpt the body! The class is set to a fusion of Latin and International music that will keep you moving!

Water

Water Fitness for Health: A combination of cardiovascular and strength training exercises to provide a fun and invigorating workout. Upper and lower body strengthening exercises complete this total body workout. The evening class may use the deep end of the pool at times.

No Impact: Incorporates water walking and exercises that concentrate on joint movements, range of motion, mobility, flexibility, balance, and endurance. Great class for beginners!

Deep Water Fitness: Our most cardio-intensive water exercise class. This class includes full-body movements such as swimming, jogging, and running and using resistance barbells. Try this class for the ultimate water exercise challenge!

Splash: Offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special kickboard can be used to develop strength, balance, and coordination.

Kid's Fit

Our Kid Fitness classes are open to all kids ages 6—12 and are designed to introduce exercise in a FUN way. Participants can improve cardio endurance, speed and strength through all kinds of fun activities!