



# GROUP EXERCISE SCHEDULE

## Fall 2021

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Land	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Fusion Fitness 5:15am		Fusion Fitness 5:15am		
		Hot Yoga 5:15 AM		Hot Yoga 5:15 AM		
	Body Blast 8:15 AM Studio A	Fitness Ball 8:15 AM Studio A	Zumba 8:15 AM Studio A	Fitness Ball 8:15 AM Studio A	Body Blast 8:15 AM StudioA	
			Yoga 9:15 AM Studio A			Pound 9:00 AM Studio TBD
	Yoga 9:30 AM Studio B		Line Dancing 10:00 AM Studio A		Yoga 9:30 AM Studio B	
		Lunch Yoga 12:15 PM Studio B		Lunch Yoga 12:15 PM Studio B		
	Step Interval 5:30pm Studio A	Yoga 5:00 PM Studio B	Step Interval 5:30 PM Studio A	Yoga 5:00 PM Studio B		
Boot Camp 6:30 PM Studio A	Pilates 6:30 PM Studio A	Boot Camp 6:30 PM Studio A				

Cycle	Monday	Tuesday	Wednesday	Thursday	Friday
	Cycle Level III 12:15 PM		Cycle Level III 12:15 PM		
		Cycle Level III 4:30 PM			

Water	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Deep Water Aerobics 6:45 AM		Deep Water Aerobics 6:45 AM		
	Rusty Hinges 9:00 AM	Rogue H2O 9:00 AM	Rusty Hinges 9:00 AM	Rogue H2O 9:00 AM	Rusty Hinges 9:00 AM	Rogue H2O 9:00 AM
Deep Water Aerobics 5:30 PM	Aqua Zumba 5:30 PM		Aqua Zumba 5:30 PM			

**Classes:**

Group Exercise class are an valued added benefit for YMCA Members only. Classes are held based on instructor availability. Classes may be cancelled at any time due to illness or vacation.

For class descriptions, please visit our website at [www.saltforkymca.org](http://www.saltforkymca.org), Wellness tab, then Group Exercise.

9/2/2021

## GROUP EXERCISE:

### BODY BLAST

- \* High intensity interval training
- \* Cardio segments, resistance training & intense core work

### BOOT CAMP

- \* High intensity workout using a combination of military-style calisthenics, athletic drills & low-level plyometrics

### FITNESS BALL

- \* Helps develop your major muscle groups and help increase your kinesthetic awareness.
- \* Incorporates a lot of functional movements that will help strengthen your core and improve stability muscles

### FUSION FITNESS

- \* High intensity, short burst circuit training
- \* Exert energy, work together, get blood pumping
- \* Stations of cardio, strength, plyometric and core training focus

### PILATES

- \* Similar to Yoga but with more of an emphasis on developing strength
- \* Utilizes whole-body movements that develop flexibility, core stability, balance and coordination

### POUND

- \* Modern day fusion of movement and music
- \* Ripstix weighted drumsticks designed to transform drumming into an intense, fat burning, full body interval workout
- \* Workout is easily modifiable

### STEP INTERVAL

- \* Incorporates intervals of movements on and around a step
- \* Enhances your cardio endurance, strength, coordination and balance
- \* Each interval provides a new challenge

### YOGA

- \* Combines posture, breathing and focus \*Promotes strength, flexibility, stamina, balance, and deep relaxation of mind & body
- \* Each instructor will bring their own unique style to their class

### HOT YOGA

- \* A form of yoga performed under hot conditions (80-90 Degrees). Bring a large towel!

### ZUMBA

- \* Latin inspired Dance Fitness with Salsa, Merengue & more
- \* Integrates easy-to-follow dance & fitness movements

## GROUP CYCLING:

Cycling is a great way to exercise and improve your cardiovascular endurance. We offer classes for all fitness levels (all classes are 30-45 minutes in length)

**LEVEL 1:** Beginner class for those new to cycling

**LEVEL II:** Intermediate class for those who want to get their heart rate up to the next level

**LEVEL III:** Advanced class is for those who want to challenge themselves and push it to the max

## GROUP WATER:

### AQUA ZUMBA

- \* Low impact, high-energy aquatic exercise
- \* Aqua Zumba blends the Zumba philosophy with water resistance
- \* Less impact on your joints
- \* Water creates natural resistance, which helps tone muscles

### DEEP WATER AEROBICS

- \* Invigorating class to increase your sense of well-being through muscle toning
- \* Zero impact class due to being in the deep water
- \* Must be comfortable in the water to participate in this class

### RUSTY HINGES

- \* Shallow water workout
- \* Focuses on range of motion, flexibility and light cardio
- \* Non-impact with resistance
- \* Great for arthritis and joint pain and/or recovering from an injury

### ROGUE H2O

- \* Boot Camp style
- \* RH2O combines core strengthening muscle, toning, flexibility and cardio exercise
- \* Swimming skill not necessary