



GROUP EXERCISE SCHEDULE

Winter 2019

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Land	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Fusion Fitness 5:15am		Fusion Fitness 5:15am		
	Dance Fitness 8:15 AM	Fitness Ball 8:15 AM	Zumba 8:15 AM	Fitness Ball 8:15 AM	Dance Fitness 8:15 AM	
		PoundFit 9:00 AM	Yoga 9:15 AM	PoundFit 9:00 AM		Step Interval 9:30 AM
	Beginner Zumba 10:00 AM		Line Dancing 10:00 AM		Beginner Zumba 10:00 AM	Yoga 10:15 AM
		Express Yoga 12:15pm		Express Yoga 12:15pm		
	Body Blast 5:00 PM	Express Yoga Sculpt 5:00	Body Blast 5:00 PM	Express Yoga Sculpt 5:00		
	Step Interval 5:30pm	PoundFit 5:30 PM	Step Interval 5:30 PM	PoundFit 5:30 PM	Zumba 5:30 PM	
	Boot Camp 6:30 PM		Boot Camp 6:30 PM			

Cycle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Level II—III 8:15 AM		Level II—III 8:15 AM		Level II—III 8:30 AM
	Cycle Level III 12:15 PM		Cycle III 12:15 PM			
		Level II—III 5:00 PM		Level II—III 5:00 PM		
Cycle Level I-II 5:30 PM		Cycle Level I-II 5:30 PM				

Water	Monday	Tuesday	Wednesday	Thursday	Friday
		Deep Water Aerobics 6:45 AM		Deep Water Aerobics 6:45 AM	
	Water Aerobics 8:00 AM		Water Aerobics 8:00 AM		Water Aerobics 8:00 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
Deep Water Aerobics 5:30 PM	Aqua Zumba 5:30 PM	Deep Water Aerobics 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.

GROUP EXERCISE:

POUNDFIT

- * 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

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

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

ZUMBA

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

BEGINNING ZUMBA

- * Just like Zumba but with a slower beat
- * Great for members who are just beginning their fitness journey or who are new to the Zumba beat

BOOT CAMP

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

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

FUSION FITNESS

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

DANCE FITNESS

- * Incorporates dance moves with some lower body work as well
- * Stay for an additional 30 minutes of upper body strength training that consists of low weight/high reps using dumbbells & barbells

BODY BLAST

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

GROUP CYCLING:

Cycling is a great way to exercise and improve your cardiovascular endurance. We offer classes for all fitness levels (all classes are 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
- * While suspended in the deep water with your buoyancy equipment, you can perform almost any activity in the water that you do on land
- * Zero impact class due to being in the deep water
- * Must be comfortable in the water to participate in this class

WATER AEROBICS

- * Increase your strength, endurance, and flexibility
- * Enjoy the water's buoyancy and resistance throughout this easy-impact workout

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

- * Class for any fitness level
- * Vigorous aerobic exercise with little joint impact
- * Improves your cardio level while strengthening your muscles