



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY-MARCH 2018

YMCA at Schilling Farms

GROUP EXERCISE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am		BodyPump® Jen (AR)	BodyPump® 5:15am Jen (AR)	BodyPump® Blair (AR)			
6:00am	Y Cycle - 30 min Angela (CS)		Y Cycle (Angela (CS) (30 min)		Y Cycle Angela (CS) (30 min)		
6:30am			Boot Camp \$\$\$ Austin (AR) (30 min)		Boot Camp \$\$\$ Austin (AR) (30 min)		
8:00am	Zumba® 8:15am Sam S. (AR)	SS® Classic Tish (AR) (45 min)	Zumba® 8:15am Sam S. (AR)	SS® Classic Jen (AR) (45 min) Pilates Yoga Fusion Cindy (YS)	Zumba® Answorth (AR)	Vinyasa Yoga Leanna (YS) BodyPump® 8:15am Jill (AR)	
9:00am		Y Barre Jen (AR) (45 min)		Y Barre Linda W (AR) (45 min)		TRX® Boot Camp \$\$\$ Rita (YS)	
9:15am	Gentle Yoga Heidi (YS) Jazzercise® Dance Mixx Katie (AR)	Y Cycle Linda (CS) Pilates Yoga Fusion Cindy (YS)	PIYo® LIVE Linda P (YS) Jazzercise® Dance Mixx Katie (AR)	Y Cycle Margret (CS) TRX® \$\$\$ ★ Rita (YS)	Gentle Yoga Heidi (YS) Jazzercise® Fusion Katie (AR)		
9:30am	Y Cycle Margret (CS)		Y Cycle/Y Power Combo Margret (CS)		Y Cycle Angela (CS)	Y Cycle Jill/Susan (CS) Jazzercise® Dance Mixx Ann (AR)	
10:00am		BodyPump® Sara (AR)		Y Core/Y Power Combo Linda W (AR)			
10:15am	Kickboxing 10:20am Blair (AR)	Gentle Yoga Andrea (YS)	Y Step 10:20am Blair (AR)	Gentle Yoga Andrea (YS)			
10:30am	TRX® \$\$\$ Rita (YS)		Y Barre Linda (YS) (45 min)			Zumba® Sam S. (AR)	
11:00am		Y Core 11:15am Linda W (AR)(30 min)		HIIT Blair (AR)			
11:30am	BodyPump® Blair (AR)	Vinyasa Yoga Cedahlia (YS)	BodyPump® Blair (AR)	Vinyasa Yoga Cedahlia (YS)	BodyPump® Sara (AR)		
12:00pm		Endurance Heavy Bag Sam (AR)	Pilates Linda W (YS)	Endurance Heavy Bag Chris (AR)	Pilates Linda W (YS)	Endurance Heavy Bag Sam (AR)	
12:45pm	SS® Circuit Sara (AR)		SS® Yoga Jen (AR)		SS® Circuit Sara (AR)		
1:00pm						Krav Maga 1,2,3 \$\$\$ Sam (AR)	Gentle Yoga 1:15pm Andrea (YS)
2:30pm							Yin Yoga Cedahlia (YS)
4:30pm	Endurance Fitness		Endurance Fitness		Endurance Fitness		
5:30pm	BodyPump® Jen(AR)	Jazzercise® Dance Mixx Ann (AR) Pilates Yoga Fusion Cindy (YS) Y Cycle Jill (CS)	TRX® \$\$\$ Shannon (YS)	Jazzercise® Dance Mixx Ann (AR) Y Cycle Jill (CS)	Gentle Yoga Sharon (YS)		
6:00pm	Y Cycle 5:45pm Jill (CS)		Y Cycle 5:45pm Jill (CS) Zumba® Tracy (AR)	Y Barre Cindy (YS) (30 min)			
6:30pm	Y Yoga Leanna (YS) Krav Maga 1 \$\$\$ Crystal (AR)	BodyPump® Jill (AR) Yin Yoga Heidi (YS)	Y Yoga Cedahlia (YS)	BodyPump® Jill (AR) Krav Maga 2 \$\$\$ Sam (YS)			
7:00pm			Krav Maga 1 \$\$\$ Trevor (AR)				
7:30pm	Endurance Heavy Bag Sam (AR)			Krav Maga 3 \$\$\$ Sam (AR)			
8:00pm			Endurance Heavy Bag Sam (AR)				

Class Location:

AR Aerobics Room CS Cycle Studio YS Yoga Studio
Classes are 60 minutes unless otherwise noted

\$\$\$ Denotes a fee

★ Denotes a change in class from previous month

GROUP EXERCISE CLASS DESCRIPTIONS

Land Exercise (10-14 allowed with parent)

BodyPump®: The full-body weights workout. Bodypump is for anyone looking to get lean, toned and fit – fast.

Boot Camp: A high-intensity total body workout program that includes sports conditioning drills, strength training, intervals and traditional endurance cardio drills. Each workout will offer a variety of different exercises to keep you and your body guessing and promote change over the course of the program.

Endurance Heavy Bag: High energy, high intensity bag workout incorporating punches, kicks, and combinations. It will help improve technique and build endurance. This class combines cardiovascular training, interval training, and strength training aspects.

Endurance Fitness: Moderate to High Intensity workouts utilizing a mix of body weight movements, weights, jump ropes, cycles and medicine balls.

Gentle Yoga: A slow moving yoga practice designed to help with stability and balance. Students will work on standing and balancing poses first and then come to the floor for seated stretches and core work. This class is presented as a restorative practice that encourages healing and reduces stress.

HIIT: High Intensity Interval Training—is an exercise strategy alternating periods of short intense anaerobic exercise with less intense recovery periods. This workout provides an intense workout for improved athletic capacity and condition, improved metabolism, and improved fat burning.

Jazzercise Dance Mixx®: This high-intensity dance workout mixes modern moves with strength training. Set to Top 40 music, Dance Mixx targets the 3 major muscle groups for a full body work out.

Jazzercise Fusion®: This total body workout is a circuit-based High Intensity Interval Training (HiiT) class that fuses high-octane dance moves with muscle work to rev up your results.

Kickboxing: Combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn.

Krav Maga: This is a modern and effective system of self defense and hand to hand combat that was initially developed for the Israeli Defense Force and subsequently adapted for civilian use. \$-Fee required.

Pilates: A low-impact workout emphasizing core strength, balance & flexibility, posture, and body awareness by utilizing body weight & light props.

Pilates Yoga Fusion: Combines the range of motion and strength training of Yoga with Pilates breath and core body work. Participants are encouraged to work at their own level. Bring a mat and water.

PIYo® LIVE: This class introduces dynamic, flowing sequences that burns serious calories while lengthening and toning muscles and increasing flexibility.

SilverSneakers® Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

SilverSneakers® Classic: Have fun & move to music thru exercises designed to increase muscular strength, range of movement, & activity for living skills. Weights, elastic tubing with handles, & balls used for resistance; chairs used for seated and/or standing support.

SilverSneakers® Yoga: It will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

TRX®: The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises.

TRX® Boot Camp: A total body workout program fused with the TRX Suspension Trainer that leverages gravity and your bodyweight and will offer a variety of different exercises to keep you and your body guessing to promote change over the course of the program.

TRX® Senior: The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises for Active Older Adults.

Vinyasa Yoga: Focuses on flexibility, strength, and cardio, as well as breath and movement.

Y Barre: A non-impact class inspired by Ballet, Pilates, and Yoga, that is designed to strengthen, tone & balance the entire body utilizing the ballet barre, chair, and/or light props.

Y Core: A functional core strength workout. Fire up your abs, lower back, and glutes to build a stable, stronger, and more powerful core.

Y Core/Y Power Combo: A functional core strength workout fused with a total body strength training workout. Fire up your abs, lower back, and glutes to build a stable, stronger, and more powerful core while also toning all of the muscles of the body.

Y Cycle: A high-intensity workout with low-impact on your body. Chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training.

Y Cycle / Y Power Combo: A high-intensity workout with low-impact on your body fused with a total body strength training workout. Chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training.

Y Power: A challenging total body strength training workout utilizing various forms of equipment to tone & develop various muscles of the body.

Y Step: An energetic, full-body workout using the STEP to train agility, coordination, and strength.

Y Yoga: An alternative way to improve balance & flexibility utilizing a variety of traditional yoga poses & approaches appealing to all fitness levels unless suggested otherwise.

Yin Yoga: This yoga goes deeper into your muscle groups targeting the connective tissue. It is the perfect complement to cardio and strength workouts.

Zumba®: Mixes low and high intensity moves for an interval style dance fitness party through Latin and World rhythms.