



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

April 2019

YMCA at Schilling Farms

GROUP EXERCISE CLASSES							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am			BodyPump® 5:15am Jen (AR)				
	TRX@HIIT \$\$\$ 5:30am Rita (YS)	BodyPump® 5:45am Jen (AR)		BodyPump® 5:45am Blair (AR)			
6:00am	Y Cycle 6:00am Angela (CS) (30 min)		Y Cycle 6:00am Angela (CS) (30 min)		Y Cycle 6:00am Angela (CS) (30 min)		
	Body Attack 6:35am Angela (AR) (30 min)		Boot Camp 6:35am Angela (AR) (30 min)		Boot Camp 6:35am Angela (AR) (30 min)		
7:00am						Body Attack 7:15am Angela (AR) (45 min)	
8:00am	Zumba® 8:15am Sam S. (AR)	SS® Classic 8:00am Tish (AR) (45 min)	Zumba® 8:15am Sam S. (AR)	Pilates Yoga Fusion Cindy (YS) 8:00am	Zumba® 8:00am Answorth (AR)	Vinyasa Yoga 8:00am Jimmie/Jen (YS)	
				SS® Classic 8:00am Jen (AR) (45 min)		BodyPump® 8:15am Jill (AR)	
9:00am	Gentle Yoga 9:15am Heidi (YS)	Y Barre 9:00am Jen (YS) (45 min)	Y Barre 9:00am Jen (YS) (45 min)	Y Barre 9:00am Linda W (YS) (45 min)	Gentle Yoga 9:15am Lauren (YS)	TRX® Boot Camp \$\$\$ Rita (YS) 9:00am	
	Jazzercise® Dance Mixx Katie (AR) 9:15am		Jazzercise® Dance Mixx Katie (AR) 9:15am	Boot Camp 9:15am ★ Angela (AR) (45min)	Jazzercise® Fusion Katie (AR) 9:15am	Y Cycle 9:30am Jill/Susan (CS)	
	Y Cycle 9:15am Susan (CS) (45 min)	Y Cycle 9:15am ★ Nicole (CS) (45 min)	Y Cycle/Y Power Combo Margret (CS) 9:15am	Y Cycle 9:15am Margret (CS) (45 min)	Y Cycle 9:15am Angela (CS) (45 min)	Jazzercise® Dance Mixx Ann (AR) 9:30am	
10:00am	Kickboxing 10:20am Blair (AR)	BodyPump® 10:00am Sara (AR)		Y Core/Y Power Combo Linda W (AR) 10:00am			
		Gentle Yoga 10:15am Andrea (YS)	Body Attack 10:30am Blair (AR) (45 min)	Gentle Yoga 10:15am Andrea (YS)	Body Attack 10:30am Blair (AR) (45 min)	Zumba® 10:30am Sam S. (AR)	
11:00am		Y Core 11:15am Linda W (AR) (30 min)					
	BodyPump® Blair (AR) 11:30am	Vinyasa Yoga Cedahlia (YS) 11:30am	BodyPump® Blair (AR) 11:30am	Vinyasa Yoga Cedahlia (YS) 11:30am	BodyPump® Sara (AR) 11:30am		
12:00pm		Endurance Heavy Bag Sam (AR) 12:00pm	Pilates Linda W (YS) 12:00pm	Endurance Heavy Bag Chris (AR) 12:00pm	Pilates Linda W (YS) 12:00pm	Endurance Heavy Bag Sam (AR) 12:00pm	
	SS® Circuit Sara (AR) 12:45pm		SS® Yoga Jen (AR) 12:45pm		SS® Circuit Sara (AR) 12:45pm		
1:00pm						Krav Maga 1,2,3 \$\$\$ Sam (AR) 1:00pm	Y Yoga 1:15pm Cedahlia (AR)
2:00pm							Gentle/Yin Combo Cedahlia (AR) 2:30pm
4:00pm							
	Endurance Fitness Shannon (AR) 4:45pm		Endurance Fitness Shannon (AR) 4:45pm		Endurance Fitness Shannon (AR) 4:45pm		
5:00pm	BodyPump® Jen (AR) 5:30pm	Jazzercise® Dance Mixx Ann (AR) 5:30pm	TRX® HIIT \$\$\$ Shannon (YS) 5:30pm	Jazzercise® Dance Mixx Ann (AR) 5:30pm	Gentle Yoga Sharon (YS) 5:30pm		
	Y Cycle 5:45pm Jill (CS)	Y Cycle 5:30pm Jill (CS)	Y Cycle 5:45pm Jill/Don (CS)	Y Cycle 5:30pm Jill (CS)			
6:00pm			Zumba® Tracy (AR) 6:00pm				
	Y Yoga 6:30pm Leanna (YS)	Yin Yoga 6:30pm Heidi (YS)	Y Yoga 6:30pm Lauren (YS)	BodyPump® 6:30pm Jill (AR)			
	Krav Maga 1 \$\$\$ Crystal (AR) 6:30pm	BodyPump® Jill (AR) 6:30pm		Krav Maga 2 \$\$\$ Sam (YS) 6:30pm			
7:00pm			Krav Maga 1 \$\$\$ Trevor (AR) 7:00pm				
	Endurance Heavy Bag Sam (AR) 7:30pm		Y Barre 7:30pm Lauren (YS) (45 min)	Krav Maga 3 \$\$\$ Sam (YS) 7:30pm			
8:00pm			Endurance Heavy Bag Sam (AR) 8:00pm				

- Mind/Body
- Cardio
- Specialty
- Dance
- Strength
- Water

Class Location:

AR Aerobics Room CS Cycle Studio YS Yoga Studio

PTS Personal Training 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.

BodyAttack®: This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

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.

Gentle/Yin Combo: Blending Gentle Yoga with Yin Yoga, this class will focus on standing strength poses combined with longer stretches for muscular and connective tissue release.

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.

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® Active Recovery: Using the TRX Suspension Trainer work different muscle groups thus giving the worked muscles a well needed break so they can repair, rebuild and come back even stronger and bigger.

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® HIIT Using the TRX Suspension Trainer, leverage gravity and your bodyweight to perform hundreds of exercises in a high intensity interval training format to improve your metabolism, your fat burning, and athletic capacity and condition.

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: In Yin, participants hold yoga poses for 2-5 min. while seated on the mat. With stillness and time, Yin poses offer gentle stresses to the muscular skeletal system. These gentle stresses slowly release and care for ligaments, fascia, muscles, bones and joints.

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