



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA GROUP EXERCISE SCHEDULE

Effective January 2- May 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
Cycling Jim 5:30-6:15am CS	Barre/Pilates Stacey 5:45-6:30am MBS	Cycling Jim 5:30-6:15am CS		Cycling Jim 5:30-6:15am CS	BODYPUMP® Stacey 7:00-8:00am GXS			
Yoga Stephanie 5:30-6:30am MBS		Yoga Stephanie 5:30-6:30am MBS		Yoga Abbie 5:45-6:45am MBS				
BODYATTACK® Katie 5:45-6:30am GXS		BODYATTACK® Katie/Beth 5:45-6:30am GXS		Total Body Conditioning (TBC) - Dan 5:45-6:45am GXS				
Aqua Zumba® Cathi 6:00-6:45am	BODYPUMP® Diane 6:00-7:00am GXS	Aqua Zumba® Cathi 6:00-6:45am	BODYPUMP® Diane 6:00-7:00am GXS		HIIT Emily 8:15-9:00am GXS			
SilverSneakers® Classic Danielle 9:00-10:00am GXS	Step Interval Payton 8:00-8:45am GXS	SilverSneakers® Classic Danielle 9:00-10:00am GXS	Step Interval Payton 8:00-8:45am GXS	SilverSneakers® Classic Payton 9:00-10:00am GXS	Core and More Dan 8:15am-9:00am MBS			
	Aqua Zumba® Nilah 11:15am-12:00pm		Aqua Zumba® Nilah 11:15am-12:00pm					
BODYPUMP® Kirsten 11:45am-12:45pm GXS	Cycling Donna 11:45-12:30pm CS	BODYPUMP® Mary 11:45am-12:45pm GXS	Cycling Payton 11:45-12:30pm CS	BODYPUMP® Jim 11:45am-12:45pm GXS	Cycling * Angela 9:15-10:00am CS			
	Yoga Amber 12:00-1:00pm MBS		Yoga Kelly 12:00-1:00pm MBS		Yoga Kelly 9:15-10:15am MBS			
Cycling Bill 12:15-1:00pm CS	Total Body Conditioning (TBC) Rowan 12:15-1:00pm GXS	Cycling Bill 12:15-1:00pm CS	Total Body Conditioning (TBC) Rowan 12:15-1:00pm GXS	Cycling Mary 12:15-1:00pm CS	MixedFit® Maria 9:15-10:15am GXS			
Cycling * David 4:30-5:15pm CS	Cardio Intensity Payton 4:30-5:15pm	Cycling * Bill/Kelly 4:30-5:15pm CS	Cardio Intensity Payton 4:30-5:15pm		<table border="1"> <thead> <tr> <th>SUNDAY</th> </tr> </thead> <tbody> <tr> <td>Total Toning Payton 8:15-9:00am GXS</td> </tr> <tr> <td>Cycle Payton 9:15-10:00am CS</td> </tr> </tbody> </table>	SUNDAY	Total Toning Payton 8:15-9:00am GXS	Cycle Payton 9:15-10:00am CS
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Total Toning Payton 8:15-9:00am GXS								
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HIIT Melissa 5:20-6:00pm GXS	Aquacise 5:00-5:45pm	HIIT Melissa 5:20-6:00pm GXS	Deep Water Jennifer 5:00-5:45pm					
Cycling & Core David 5:30-6:30pm CS	Pilates Jamie 5:15-6:15pm MBS	Cycling Bill 5:30-6:15pm CS	Barre Jamie 5:15-6:15pm MBS					
Yoga Abbie 6:00-7:00pm MBS	Total Body Conditioning (TBC) - Dan 5:30-6:30pm GXS	Yoga Kelly 6:00-7:00pm MBS	Total Body Conditioning (TBC) - Dan 5:30-6:30pm GXS					
BODYPUMP® Diane 6:15-7:15pm GXS	DanceFit Maria 6:45-7:45pm GXS	BODYPUMP® Diane 6:15-7:15pm GXS	MixedFit® Maria 6:45-7:45pm GXS					

LEGEND	CS Cycling Studio Floor 2	POOL Floor 2 	MBS Mind Body Studio Floor 3	GXS Group Exercise Studio Floor 3	NEW INSTRUCTOR NEW CLASS NEW TIME	*Seasonal class. Ending March 17 th
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DOWNTOWN YMCA – Class Descriptions

AQUA CLASSES

Aquacise: a moderately high aerobics workout without traumatic impact to the joints. The instructor will try a variety of different aerobics workouts. No swimming experience required.

Aqua Zumba®: a challenging, water-based workout that's cardio conditioning, body toning and exhilarating. This workout features the same Latin-style dancing found in Zumba and adds in extra resistance as participants move through the water, making the workout more intense. Instructor can modify for individuals that would like a less intense workout.

Deep Water: Workout is a moderate intensity water workout with no impact on your joints. Must be comfortable in the deep water. Noodles or belts are used during class. Take your marathon, triathlon and cycling to the next level!

ACTIVE OLDER ADULT CLASSES

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

CARDIO CLASSES

BODYATTACK®: is a high-energy interval training class combining athletic aerobic movements with strength and stabilization exercises.

Cardio Intensity: This cardio focused class will provide you the opportunity to increase your heart rate and burn calories. Athletic cardio moves that can be modified for any fitness level will let you work at the intensity that is right for you.

Cycling: Get an aerobic workout that's easy on your joints with Cycle class. Our indoor Cycle classes simulate outdoor riding with sprinting, hill climbing and other techniques. Classes may include core work too, to strengthen your abdomen and lower back. All levels are welcome, and workouts can be adapted to fit your goals and needs.

Cycling Circuit: Traditional cycling class format broken up into intervals incorporating, strength and plyometric work off of the bike. Wear tennis shoes to accommodate all exercises.

DanceFit: is a great aerobic workout that puts a dance spin on conventional fitness moves. Whether you have two left feet or are a seasoned dancer, this addictive workout is a great way to have fun and get in shape. This class is designed to bring you the best all over body workout while moving to a mix of old-school jams and the latest chart-topping hits to get your heart pumping. The intensity can be adjusted by modifying moves to fit your body's needs and abilities. Get fit, get toned, make friends and have fun.

MixedFit®: is a people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive.

MIND BODY CLASSES

Barre: Barre is a blend of low impact, high intensity cardio moves and strength training focusing on long, lean muscle building. Inspired by traditional ballet, yoga and Pilates, each class will focus on your core, glutes, thighs and arms. Bare feet or sticky socks are ideal for full extension. Dance experience NOT required.

Barre/Pilates: This class will be a fusion of Barre technique and traditional Pilates. Other equipment will be incorporated: barre, large and small stability balls, weights, bands, Pilates circles, and blocks.

Pilates: This is a conditioning program that improves muscle control, flexibility, coordination, strength and tone. Based on proper breathing, good posture and intense concentration, the exercises are performed on a mat.

Yoga: builds a strong body, mind and spirit. This class incorporates yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Chair support or yoga props are offered to safely perform exercises. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

STRENGTH CLASSES

BODYPUMP® is designed for all fitness levels. This barbell class delivers real results, real fast. This athletic based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, this class strengthens, tones and defines the body as nothing else can.

Core and More: a quick and effective workout designed to get your core in shape. Selected equipment may be used including stability ball, bands, or weights. Lower back exercises may be implemented. All levels are welcome.

Total Toning: Total Toning uses a variety of equipment to strengthen and tone the entire body. Each class will blend a variety of movements to focus on overall body strength.

STRENGTH CARDIO COMBO CLASSES

HIIT: High Intensity Interval Training has participants working through challenging cardio intervals while actively recovering with strength moves.

Step Interval: Step Interval utilizes a platform bench for cardiovascular interval conditioning and free weights or resistance tubing to strengthen and tone. Options will be shown to increase/decrease intensity level.

Total Body Conditioning (TBC): Participants can expect intervals of high intensity cardio and strength training to create a fitness training experience. This class will improve participants overall fitness, agility, speed and athleticism in this high intensity class. Modifications can be made for all fitness levels but be prepared to push yourself!