

GROUP EXERCISE SCHEDULE

BOB HOFFMAN DOVER BRANCH YMCA

YMCA Hours of Operation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monday-Friday 6:00 a.m.-10:00 p.m.	8:00-9:00 Enhance® Fitness Gym w/ Merrilee	8:00-9:00 BOOM™ MOVE IT & MUSCLE Gym w/Bonnie	8:00-9:00 Enhance® Fitness Gym w/Bonnie	8:00-9:00 Tai Chi 12 week Session WS w/Marci	8:00-9:00 Enhance® Fitness Gym w/Merrilee	8:00-9:00 Weekend Warrior WS w/Teresa
Saturday 8:00 a.m.-5:00 p.m.	9:00-10:00 BODYPUMP® WS w/ Jana	9:15-10:15 Step Interval WS w/Diana	9:00-10:00 Muscle Pump WS w/Suzy		9:15-10:15 Ultimate Fitness WS w/Rhonda	9:00-10:00 *Body/Mind Medley WS w/Various
Sunday 1:00 p.m.-5:00 p.m.						
Child Watch Hours of Operation (For 3 months to 12 years old)	9:15-10:15 Gentle Yoga Gym w/Merrilee	9:15-10:15 SilverSneakers® Yoga - Gym w/Rhonda	9:15-10:15 Yogalates Gym w/Cindy	9:15-10:15 SilverSneakers® Yoga Gym w/Rhonda	9:15-10:15 Gentle Yoga Gym w/Merrilee	1 st Body Shred 2 nd Kettlebells/BOSU 3 rd BODYFLOW® 4 th Zumba®
Monday-Friday 8:30 a.m.-Noon 5:00 p.m.-8:30 p.m.	10:15-11:15 BODYFLOW® WS w/Jana	10:30-11:15 SilverSneakers® Classic - Gym w/Rhonda	10:30-11:15am Body In Motion W/Cindy	10:30-11:15 SilverSneakers® Classic - Gym w/Rhonda	10:30-11:30 BOOM™ MUSCLE & MIND Gym w/Rhonda	5 th Varied
(closes at 7:00 p.m. the 3 rd Friday of the month)		10:45-11:45 R.I.P.P.E.D.® WS w/Erika	11:30-12:15 Fit Fun Kids Gym w/Rhonda & Michelle	10:45-11:45 R.I.P.P.E.D.® WS w/Erika		
Saturday 8:00 a.m.-Noon						
FREE Group Ex classes to members ages 11+	5:00-6:00 Tai Chi 12 week Session C1 W/Marci		5:00-6:00 Step Interval WS w/Teresa		5:00-5:45 Hi/Lo Cardio WS w/Teresa	
Please REGISTER at the Member Service Desk.	5:00-6:00 Step Interval WS w/ Teresa	5:30-6:15 Tabata WS w/Bonnie	5:00-6:00 BOOM™ MOVE IT & MUSCLE Gym w/Bonnie	5:15-6:00 SilverSneakers® Yoga WS w/Rhonda		
MINIMUM of 5 participants required to run class.	6:00-7:00 Triple Threat WS w/Bonnie	6:15-7:00 BORN TO MOVE™ Ages 8-12 C1 w/Michelle S	6:00-7:00 Muscle Pump WS w/Bonnie	6:00-6:45 Ultimate Kids Ages 4-12 WS w/Rhonda		
Key to room usage: WS-Wellness Studio C1-Classroom 1 LL-Lower Level	7:00-8:00 Pilates WS w/Amanda	6:20-7:20 POUND® WS w/Erika	7:00-8:00 Turbo Kick® WS w/Michelle B (beginning Mar. 7)	6:45-7:45 BODYPUMP® WS w/Jana		
	7:15-8:15 BODYPUMP® Gym w/Crystal	7:30-8:30 BODYFLOW® WS w/Jana	7:00-8:00 Zumba® Fitness Gym w/Jennifer			

*BODY MIND MEDLEY

Sat 9-10:00 AM

Different instructors each Saturday will rotate between different types of exercise such as Body Shred™, Kettlebells & BOSU, BODYFLOW®, and Zumba!

ENHANCE®FITNESS

Monday, Wednesday, Friday
8:00-9:00 AM

Join us for Enhance®Fitness, a proven senior fitness and arthritis management program that improves your endurance, strength, balance and flexibility. It reduces your arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship and smiles.

FIT FUN KIDS

Ages 3-5

Wed 1:30 AM-12:15 PM

Children will discover just how much their bodies can do while having fun using a variety of equipment and props in a safe environment.

GENTLE YOGA

Mon/Fri 9:15-10:15 AM Enjoy the benefits of a typical Yoga class including warm-up and proper breathing while being guided thru standing, seated and balancing postures with the assistance of a chair.

HI/LO CARDIO

Fri 5-5:45 PM Class format changes from week to week to offer variety.

BORN TO MOVE™

Ages 8 - 12

Tues 6:15 - 7:00 PM

Les Mills BORN TO MOVE™ is a fun new fitness program created by and for young people just like you. It uses music, movement and the power of group fitness to boost your energy, increase your skill level and generally make you feel awesome. The music and choreography change regularly, so there's always new stuff to look forward to.

R.I.P.P.E.D.™

Tues/Thurs 10:45-11:45

Resistance. Interval. Power. Plyometrics. Endurance. Diet. This class offers high cardio, weight training and Mixed Martial Arts, forming a non-plateau, high intensity workout.

LES MILLS BODYFLOW®

Mon 10:15-11:15 AM

Thurs 7:30-8:30 PM

A Yoga, Tai Chi, and Pilates workout that builds flexibility and strength leaving you feeling centered and calm.

LES MILLS BODYPUMP®

Mon/Wed 9-10:00 AM

6:20-7:20 PM

Thurs 6:45-7:45 PM

Challenge all of your major muscle groups while you squat, press, lift and curl. This barbell class will sculpt, tone and strengthen your entire body, fast!

MUSCLE PUMP

Wed 9-10:00 AM & 6-7:00 PM Join this strength workout targeting all major muscle groups using a variety of equipment.

PILATES

Mon 7-8:00 PM

Activate core muscles and develop a strong posture. Thursday class resumes September.

SilverSneakers™ BOOM

MUSCLE, MOVE IT, and MIND

Tues 8:00-9:00 AM / Fri 10:30-11:30

Have you hit a fitness plateau? Do you like fast-paced workouts that are done in 30 minutes? Can you handle a challenge? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required.

SilverSneakers® CLASSIC

Tues & Thurs 10:30-11:15 AM

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 Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® YOGA

Tues 9:15-10:15 AM

Thurs 5:15-6:00 PM

Takes you through variety of yoga postures with the assistance of a chair for safety and form, to improve posture, body alignment and range of motion. A typical class starts with breath work followed by seated postures, chair assisted standing postures, then seated cool down and relaxation.

STEP INTERVAL

Mon/Wed 5-6:00 PM

Tues 9:15-10:15 AM

This workout will help you burn fat and calories and build muscle, using hi/lo impact aerobics, steppers, and lightweights for toning upper and lower body. All levels.

TABATA

Tues 5:30-6:15 PM

Class format consists of high intensity interval training. It follows a specific format of 40 seconds active and 20 seconds rest, completing 4 rounds for a total of 4 minutes. Workouts offer more performance benefits in less time. Build endurance and burn more calories. Suitable for beginner to advanced.

TAI CHI

Fall/Winter Session:

Mon 5-6 PM 12/18-3/19/18

Thurs 8-9 AM 12/21-3/8/18

This graceful and relaxing form of exercise is low impact and puts minimal stress on muscles and joints. Helps to increase flexibility and balance. Also reduces pain and stiffness associated with arthritis. Classes run in 12-week sessions. Must sign up prior to week 3 of each session.

TRIPLE THREAT

Mon 6-7:00 PM This class offers three segments of different types of cardio, strength and core based formats that can change every week. Segments consist of 30 minutes cardio, 20 minutes strength & 10 minutes abs. Fusing together intensities and different types of exercises create intervals and variations that shock your body into getting more fit. All levels.

ULTIMATE FITNESS

Fri 9:15-10:00 AM Focuses on interval exercises for cardiovascular endurance, body weight exercises for strength, plyometrics for power, balance, agility and core conditioning. Intermediate to advanced.

ULTIMATE KIDS FITNESS

Ages 4-10

Thurs 6-6:45 PM Children will enjoy this energetic, fun workout held in our fitness studio. Parents are welcome to participate.

YOGALATES

Wed 9:15-10:15 AM

A fusion of the ancient discipline of Yoga with the modern Pilates techniques, the exercises mix both disciplines to develop core strength, help tone muscles, increase flexibility, and reduce stress. Low impact format changes weekly. Modified positions are provided. Class will conclude with a relaxation to calm your body.

WEEKEND WARRIOR

Sat 8-8:55 AM Step class ending with mat works or stability ball.

ZUMBA® FITNESS

Mon 10:30-11:30 AM & Wed 7-8PM

Fuses hypnotic musical rhythms & tantalizing moves to create a dynamic workout. Experience an exhilarating hour of caloric burning, heart racing, muscle pumping and body energizing movements.

NEW!!!!

Body In Motion

Wed 10:30-11:15 AM

Burn calories, increase stamina with this low-impact, multi-muscle workout! Have fun "walking" while you tone. Easy on your joints, no experience needed. Perfect for all levels of fitness. Two left feet welcome.

Beginning March 6th...

POUND®

Tues 6:20-7:20 PM

Instead of listening to music, you *become* the music while using Ripstix® in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. For men and women of all fitness levels, ages and abilities!

Coming in March...

Turbo Kick®

Wed 7-8 PM

The unique Turbo Kick® movement patterns, combinations and techniques work together to give YOU the ultimate cardiovascular workout. This class will **melt you down to size** and take you to new levels both physically and mentally.