



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## BOB HOFFMAN DOVER BRANCH YMCA

YMCA Hours of Operation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monday-Friday 5:30 a.m.-10:00 p.m.	8:00-9:00 <b>Enhance® Fitness</b> Gym w/ Merrilee	8:00-9:00 <b>BOOM™ MOVE IT &amp; MUSCLE</b> Gym w/Bonnie	8:00-9:00 <b>Enhance® Fitness</b> Gym w/Bonnie	8:00-9:00 <b>Tai Chi</b> 12 week Session WS w/Marci (begins 6/21)	8:00-9:00 <b>Enhance® Fitness</b> Gym w/Merrilee	8:00-9:00 <b>Weekend Warrior</b> WS w/Teresa
Saturday 8:00 a.m.-5:00 p.m.						
Sunday 1:00 p.m.-5:00 p.m.	9:00-10:00 <b>BODYPUMP®</b> WS w/ Jana	9:15-10:15 <b>Step Interval</b> WS w/Diana	9:00-10:00 <b>Muscle Pump</b> WS w/Suzy	9:15-10:15 <b>Step Interval</b> WS w/Bonnie	9:15-10:15 <b>Ultimate Fitness</b> WS w/Rhonda	9:00-10:00 <b>*Body/Mind Medley</b> WS w/Various
<b>Child Watch</b> Hours of Operation (For 3 months to 12 years old)	9:15-10:15 <b>Gentle Yoga</b> Gym w/Merrilee	9:15-10:15 <b>SilverSneakers® Yoga</b> - Gym w/Rhonda	9:15-10:15 <b>Yogalates</b> Gym w/Cindy	9:15-10:15 <b>SilverSneakers® Yoga</b> Gym w/Rhonda	9:15-10:15 <b>Gentle Yoga</b> Gym w/Merrilee	1 <sup>st</sup> Body Shred 2 <sup>nd</sup> Kettlebells/BOSU 3 <sup>rd</sup> BODYFLOW® 4 <sup>th</sup> Zumba®
Monday-Friday 8:30 a.m.-Noon 5:00 p.m.-8:30 p.m.  (closes at 7:00 p.m. the 3 <sup>rd</sup> Friday of the month)	10:15-11:15 <b>BODYFLOW®</b> WS w/Jana	10:30-11:15 <b>SilverSneakers® Classic</b> - Gym w/Rhonda	10:30-11:15am <b>Body In Motion</b> WS w/Cindy	10:30-11:15 <b>SilverSneakers® Classic</b> - Gym w/Rhonda	10:30-11:30 <b>BOOM™ MUSCLE &amp; MIND</b> Gym w/Rhonda	5 <sup>th</sup> POUND®
	10:30-11:15am <b>Body In Motion</b> Gym w/Karen Begins 5/7	10:45-11:45 <b>R.I.P.P.E.D. ®</b> WS w/Erika		10:45-11:45 <b>R.I.P.P.E.D. ®</b> WS w/Erika		
Saturday 8:00 a.m.-Noon  <b>FREE</b> Group Ex classes to members ages 11+	5:00-6:00 <b>Tai Chi</b> 12 week Session C1 W/Marci Begins 6/18	11:30-12:30 <b>Fit Fun Kids</b> Gym w/Rhonda Ages 3-12 (begins 6/12)	5:00-6:00 <b>Step Interval</b> WS w/Teresa	11:30-12:30 <b>Fit Fun Kids</b> Gym w/Rhonda Ages 3-12 (begins 6/12)	5:00-5:45 <b>Hi/Lo Cardio</b> WS w/Teresa	
Please <b>REGISTER</b> at the Member Service Desk.	5:00-6:00 <b>Step Interval</b> WS w/ Teresa	5:30-6:15 <b>Tabata</b> WS w/Rhonda		5:15-6:00 <b>Ultimate Kids</b> Ages 4-12 WS w/Rhonda	6:00-7:00 <b>POUND®</b> WS w/Michelle	
<b>MINIMUM</b> of 5 participants required to run class.	6:00-7:00 <b>Triple Threat</b> WS w/Bonnie	6:15-7:00 <b>BORN TO MOVE™</b> Ages 8-12 C1 w/Michelle S	6:00-7:00 <b>Muscle Pump</b> WS w/Bonnie	6:00-6:45 <b>Intro to Martial Arts</b> 6 week session WS w/Marci 13 and up (begins 6/7)		
Key to room usage: WS-Wellness Studio C1-Classroom 1 LL-Lower Level	7:00-8:00 <b>Pilates</b> WS w/Cindy	6:20-7:20 <b>POUND®</b> WS w/Erika	7:00-8:00 <b>Turbo Kick®</b> WS w/Michelle B			
	7:15-8:15 <b>Sunset Yoga</b> Outside Field w/Evy (6/11)	7:30-8:30 <b>BODYFLOW®</b> WS w/Jana	7:00-8:00 <b>Zumba® Fitness</b> Gym w/Jennifer	6:45-7:45 <b>BODYPUMP®</b> WS w/Jana		

5/21/2018

### Body In Motion

**Mon 10:30-11:15 AM**

**Wed 10:30-11:15 AM**

Burn calories, increase stamina with this low-impact, multi-muscle workout! Have fun "walking" while you tone. This program is easy on your joints and no experience needed. All fitness levels are welcomed.

### \*BODY MIND MEDLEY

**Sat 9-10:00 AM**

Mix up your Saturday workout! Each weekend will host different will host different exercise programs such as Body Shred™, Kettlebells & BOSU, BODYFLOW®, POUND® and Zumba®!

### BORN TO MOVE™ Ages 8 - 12

**Tues 6:15 - 7:00 PM**

**Les Mills BORN TO MOVE™** is a fun fitness program created by and for young people. It uses music, movement and the power of group fitness to boost kids' energy, increase skill level and generally make you feel awesome. The music and choreography change regularly, keeping the program fresh and fun.

### ENHANCE®FITNESS

**Monday, Wednesday, Friday**

**8:00-9:00AM**

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 9:15-10:15AM** 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** This 45 minute cardio program mixes high and low intensity exercises to increase your endurance and fitness level.

### LES MILLS BODYFLOW®

**Mon 10:15-11:15 AM**

**Tues 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**

**7:15-8:15 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. endurance and burn more calories. Suitable for beginner to advanced.

### PILATES

**Mon 7-8:00 PM**

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

### POUND®

**Tues 6:20-7:20 PM**

**Fri 6:00 -7:00 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!

### R.I.P.P.E.D.™

**Tues/Thurs 10:45-11:45 AM**

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

### SilverSneakers™ BOOM

**MUSCLE, MOVE IT, and MIND**

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

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/Thurs 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

### Turbo Kick®

**Wed 7-8 PM**

The unique Turbo Kick® movement patterns, combinations and techniques work together to give participants the ultimate cardiovascular workout. This class burns calories and improves participant physical and mental health.

### TAI CHI Summer Session:

**Mon 5-6 PM**

**6/18 - 9/3/18**

**Thurs 8-9 AM**

**6/21 - 9/6/18**

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

**Thurs 6-6:45 PM**

Children ages 4-12 are invited to join in the fun of Ultimate Kids Fitness. Join us in competitive games, obstacles and challenges for all ages and abilities.

### 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.

### WEEKEND WARRIOR

**Sat 8-8:55 AM**

Step class ending with mat works or stability ball.

### ZUMBA® FITNESS

**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 CLASSES!!!

### INTRO TO MARTIAL ARTS

**Thurs 6:00-6:45 PM**

Gain a basic understanding of the function of kata and stance, distance, timing, body movement, footwork, angles, contact partner drills and applications, plus breathing and posture in this 6 week introductory course.

### SUNSET YOGA

**Mon 7:15-8:15 PM**

This power yoga class is designed to acclimate your body and soul to the setting sun. Sunset Yoga will teach you pranayama, mantras, mudras, and asanas, and then guide you through meditation to finish out your day.