



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

BOB HOFFMAN DOVER BRANCH YMCA

YMCA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours of Operation						
Monday-Friday 5:30 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 *On hold	8:00-9:00 Enhance® Fitness Gym w/Merrilee	8:00-9:00 Weekend Warrior WS w/Teresa
Saturday 8:00 a.m.-3:00 p.m.						
Sunday 1:00 p.m.-5:00 p.m.	9:00-10:00 BODYPUMP® WS w/ Jana	9:15-10:15 Step Interval WS w/Diana	9:15-10:15 Muscle Pump WS w/Suzy	9:15-10:15 Step Interval WS w/Bonnie	9:15-10:15 Ultimate Fitness WS w/Rhonda	9:00-10:00 *Body/Mind Medley WS w/Various
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. (closes at 7:00 p.m. the 3 rd Friday of the month)	10:15-11:15 BODYFLOW® WS w/Jana	10:30-11:15 SilverSneakers® Classic - Gym w/Rhonda	10:30-11:30 BOOM™ MUSCLE & MIND WS w/Rhonda	10:30-11:15 SilverSneakers® Classic - Gym w/Rhonda	10:30-11:30 BOOM™ MUSCLE & MIND WS w/Rhonda	5 th POUND®
Saturday 8:00 a.m.-Noon	10:30-11:15 SilverSneakers® Classic - Gym w/Rhonda	10:30-11:30 R.I.P.E.D.® WS w/Erika		10:30-11:30 R.I.P.E.D.® WS w/Erika		
FREE Group Ex classes to members ages 11+	5:00-6:00 Tai Chi 12 week Session C1 W/Marci *On hold	11:30-12:30 Fit Fun Kids Gym w/Rhonda Ages 3-6		11:30-12:30 Fit Fun Kids Gym w/Rhonda Ages 3-6		
Please REGISTER at the Member Service Desk.		5:30-6:15 Tabata WS w/Rhonda				
MINIMUM of 5 participants required to run class.	5:00-6:00 Step Interval WS w/ Teresa	6:15-7:00 Youth FUNctional Fitness Ages 8-11 C1 w/Rhonda	5:00-6:00 Step Interval WS w/Teresa	5:15-6:00 Youth FUNctional Fitness Ages 8-11 WS w/Rhonda	5:00-5:45 Hi/Lo Cardio WS w/Teresa	
Key to room usage: WS-Wellness Studio C1-Classroom 1 LL-Lower Level	6:00-7:00 Triple Threat WS w/Bonnie	6:15-7:00 POUND® WS w/Michelle	6:00-7:00 Muscle Pump WS w/Bonnie	6:00-6:45 Tabata WS w/Rhonda	6:00-7:00 POUND® WS w/Michelle	
12/14/2018	6:00-7:00 Kettlebells C2 w/Teresa *begins 1/7	7:00-7:30 GENERATION POUND® Ages 6-12 WS w/Michelle *begins 1/8	7:10-8:10 Zumba® Fitness Gym w/Michelle	6:45-7:45 BODYPUMP® WS w/Jana		
		7:30-8:30 BODYFLOW® WS w/Jana				

*BODY MIND MEDLEY

Sat 9:00-10:00 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®!

ENHANCE®FITNESS

Mon, Wed & Fri 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 reducing 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 3-6

Tues/Thurs 11:30 AM-12:30 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 5:00-5:45 PM

This 45 minute cardio program mixes high and low intensity exercises to increase your endurance and fitness level.

KETTLEBELLS

Mon 6:00-7:00 PM

Whole-body movement exercises using kettlebells that deliver cardio, strength, and flexibility benefits and can be beneficial for anyone no matter the level of fitness.

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 9:15-10:15 AM

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 9:15-10:15 AM/6:00-7:00 PM

Join this strength workout targeting all major muscle groups using a variety of equipment. Build endurance and burn more calories. Suitable for beginner to advanced.

POUND®

Tues 6:15-7:00 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!

NEW!!

GENERATION POUND® Ages 6-12

Tues 7:00-7:30

A youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills. Kids will learn new ways to explore movement, embrace their creativity and ROCK OUT—ultimately building strength, confidence and self-awareness.

R.I.P.P.E.D.™

Tues/Thurs 10:30-11:30 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

Thurs 10:30-11:30 AM

Fri 10:30-11:30 AM

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

Mon, 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 support.

SilverSneakers® YOGA

Tues/Thurs 9:15-10:15 AM

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. Class starts with breath work followed by standing or seated chair assisted postures, then seated cool down and relaxation.

STEP INTERVAL

Mon/Wed 5:00-6:00 PM

Tues/Thurs 9:15-10:15 AM

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

Thurs 6:00-6:45 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.

TAI CHI Fall Sessions:

Mon 5-6 PM 12/3 - 2/18/19

Thurs 8-9 AM 12/6 - 2/21/19

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 6:00-7:00 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. Varying intensities and exercises create intervals that shock your body into getting more fit. All levels.

ULTIMATE FITNESS

Fri 9:15-10:15 AM

Focuses on interval exercises for cardiovascular endurance, body weight exercises for strength, plyometrics for power, balance, agility and core conditioning. Intermediate to advanced.

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.

YOUTH FUNCTIONAL FITNESS

Tues 6:15 - 7:00 PM

Thurs 5:15-6:00 PM

Kids 8-11 are invited to enjoy a fun, active atmosphere with their peers. Join us in competitive games, obstacles and challenges for all abilities.

WEEKEND WARRIOR

Sat 8:00-8:55 AM

Burn calories and build muscle through this active step workout. Floor work and stability ball exercises will help you kick your weekend off right! Suitable for all fitness levels.

ZUMBA® FITNESS

Wed 7:10-8:10 PM

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.