



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.-9:00 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 *On hold	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.		9:00-10:00 <b>BODYPUMP®</b> WS w/ Jana	9:15-10:15 <b>Step Interval</b> WS w/Diana	9:15-10:15 <b>Muscle Pump</b> WS w/Suzy	9:15-10:15 <b>Step Interval</b> WS w/Bonnie	9:00-10:00 <b>Cardio HIIT</b> WS w/Shannon <b>Body/Mind Medley</b> WS w/Various
Sunday 12:00 p.m.-5:00 p.m.		9:15-10:15 <b>Gentle Yoga</b> Gym w/Merrilee	9:15-10:15 <b>SilverSneakers® Yoga</b> - Gym w/sub	10:30-11:00 <b>*Muscle Length &amp; Strength</b> Gym w/Suzy	9:15-10:15 <b>SilverSneakers® Yoga</b> -Gym w/sub	9:15-10:15 <b>Gentle Yoga</b> Gym w/Merrilee
<b>Child Watch</b> Hours of Operation (For 3 months to 12 years old)		10:30-11:15 <b>SilverSneakers® Classic</b> - Gym w/Pam	10:30-11:30 <b>Cardio HIIT</b> WS w/Shannon	10:30-11:15 <b>SilverSneakers® Classic</b> - Gym w/Pam	10:30-11:30 <b>BOOM™ MUSCLE &amp; MIND</b> WS w/sub	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/Pam	10:30-11:30 <b>R.I.P.P.E.D. ®</b> WS w/Erika	10:30-11:30 <b>R.I.P.P.E.D. ®</b> WS w/Erika		5 <sup>th</sup> POUND®
Saturday 8:00 a.m.-Noon		11:30-12:30 <b>Fit Fun Kids</b> Gym w/Michelle Ages 3-6		11:30-12:30 <b>Fit Fun Kids</b> Gym w/Michelle Ages 3-6		
<b>FREE</b> Group Ex classes to members ages 11+	5:00-6:00 <b>Tai Chi</b> 12 week Session C1 W/Marci *On hold	5:30-6:15 <b>R.I.P.P.E.D.</b> WS w/Erika				
Please <b>REGISTER</b> at the Member Service Desk.	5:00-6:00 <b>Step Interval</b> WS w/ Teresa	6:15-7:00 <b>Youth FUNctional Fitness</b> Ages 8-11 C1 w/Carrie	5:00-6:00 <b>Step Interval</b> WS w/Teresa	5:15-6:00 <b>Youth FUNctional Fitness</b> Ages 8-11 WS w/sub	5:00-5:45 <b>Hi/Lo Cardio</b> WS w/Teresa	
<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>POUND®</b> WS w/Michelle	6:00-7:00 <b>Muscle Pump</b> WS w/Bonnie	6:15-7:15 <b>BODYPUMP®</b> WS w/Jana	6:00-7:00 <b>POUND®</b> WS w/Michelle	
Key to room usage: WS-Wellness Studio C1-Classroom 1 C2-Classroom 2 LL-Lower Level *Pilot Class	6:00-7:00 <b>Kettlebells</b> C2 w/Teresa	7:00-7:30 <b>GENERATION POUND®</b> Ages 6-12 WS w/Michelle	7:10-8:10 <b>Zumba® Fitness</b> Gym w/Michelle	7:30-8:15 <b>BODYFLOW®</b> WS w/Jana		
		7:30-8:30 <b>BODYFLOW®</b> WS w/Jana				

1/17/2019

### **BODY MIND MEDLEY**

**Sat 9:00–10:00 AM**

Mix up your Saturday workout! Each weekend, a different exercise program will be highlighted, including as Body Shred™, Kettlebells & BOSU, BODYFLOW®, POUND and Zumba!

### **BODYFLOW®**

**Mon 10:15–11:15 AM**

**Tues 7:30–8:30 PM**

**Thurs 7:30–8:15 PM**

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

### **BODYPUMP®**

**Mon 9:15–10:15 AM**

**Thurs 6:15–7:15 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!

### **\*NEW!\* Cardio HIIT**

**Wed 10:30–11:30 AM**

**Fri 9:15–10:15 AM**

This workout will have you giving all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods, giving you training that gets and keeps your heart rate up and burns more fat in less time.

### **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**

Music, games, and energized activities for youth! Each class is jam-packed with cool music, foundation fitness moves, and fun games.

### **GENTLE YOGA**

**Mon/Fri 9:15–10:15 AM**

Increase balance, coordination, flexibility and relaxation by practicing standing, seated and balanced 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**

Improve strength, endurance and flexibility through whole-body movement exercises. Kettlebells and other fitness tools are used to add resistance, drive heart rate and develop fitness.

### **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.

### **MUSCLE LENGTH & STRENGTH \*pilot class**

**Wed 10:30–11:00 AM**

Slow, smooth and controlled movements that will lengthen, strengthen, and tone the entire muscle chain, providing great benefits for joint pain and stiffness.

### **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 10:30–11:30 AM & 5:30–6:15 PM**

**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.

### **YOUTH FUNCTIONAL FITNESS**

**Tues 6:15 – 7:00 PM**

**Thurs 5:15–6:00 PM**

Youth enjoy fun and challenging fitness activities by utilizing a variety of tools and completing bodyweight exercises. Ages 8–11.

### **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.