



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

FALL 2019: SCHEDULE EFFECTIVE OCTOBER 9, 2019

YMCA Hours of Operation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monday-Friday 5:30 a.m.-9:00 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 Begins 10/31	8:00-9:00 Enhance® Fitness Gym w/Merrilee	8:00-9:00 Weekend Warrior WS w/Teresa
Saturday 8:00 a.m.-12:00 p.m.	9:00-10:00 BODYPUMP® WS w/ Jana	9:15-10:15 Step Interval WS w/Bonnie	8:00-9:00 *Classic Yoga WS w/Justin	9:15-10:15 Step Interval WS w/Bonnie	9:15-10:15 Cardio HIIT WS w/Shannon	9:00-10:00 Body/Mind Medley WS w/Various
Sunday 12:00 p.m.-5:00 p.m.	9:15-10:15 Gentle Yoga Gym w/Merrilee	9:15-10:15 SilverSneakers® Yoga - Gym w/Ann	9:15-10:15 Muscle Pump WS w/Suzy	9:15-10:15 SilverSneakers® Yoga -Gym w/Ann	9:15-10:15 Gentle Yoga Gym w/Merrilee	1 st Body Shred 2 nd Kettlebells/BOSU 3 rd BODYFLOW® 4 th Zumba® 5 th BODYCOMBAT®
Child Watch Hours of Operation (For 3 months to 12 years old)	10:15-11:15 BODYFLOW® WS w/Jana	10:30-11:15 SilverSneakers® Classic - Gym w/Pam & Ann	9:15-10:15 Yogalates Gym w/Cindy	10:30-11:15 SilverSneakers® Classic - Gym w/Pam & Ann	10:30-11:30 BOOM™ MUSCLE & MIND WS w/Shannon	10:00-11:00 AOA Variety Hour WS w/Ann & Pam
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)	10:30-11:15 SilverSneakers® Classic - Gym w/Pam	10:30-11:30 R.I.P.P.E.D. ® WS w/Erika	10:30-11:00 Muscle Length & Strength C1 w/Suzy	10:30-11:30 R.I.P.P.E.D. ® WS w/Erika		
Saturday 8:00 a.m.-Noon		11:30-12:30 Fit Fun Kids Gym w/Michelle Ages 3-6		11:30-12:30 Fit Fun Kids Gym w/Michelle Ages 3-6		
FREE Group Ex classes to members ages 11+						
Please REGISTER at the Member Service Desk.	5:00-6:00 Tai Chi 12 week Session C1 Begins 10/28	5:30-6:15 R.I.P.P.E.D. WS w/Erika	5:00-6:00 Step Interval WS w/Teresa	5:15-6:00 YouthFUNCTIONal Fitness Ages 8-11 WS w/Pam	5:00-5:45 Hi/Lo Cardio WS w/Teresa	
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/Carrie	6:00-7:00 *CORE Strength WS w/Cindy Begins 9/9		6:00-7:00 POUND® 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 Tabata WS w/Bonnie	6:15-7:00 POUND® WS w/Michelle	7:10-8:10 Zumba® Fitness Gym w/Michelle	6:15-7:15 BODYPUMP® WS w/Jana		
	6:00-7:00 Kettlebells C2 w/Teresa	7:30-8:30 BODYFLOW® WS w/Jana		7:30-8:15 BODYFLOW® WS w/Jana		
	7:00-8:00 *BODYCOMBAT Gym w/Andrea					

9/30/2019

***NEW* AOA VARIETY HOUR**

Enjoy a great workout every Saturday morning with Ann and Pam! Enjoy Enhance®Fitness, SilverSneakers®, or the new SilverSneakers® Enerchi!

BODY MIND MEDLEY

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

***BODYCOMBAT®**

This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. You will strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYFLOW®

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

BODYPUMP®

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!

Cardio HIIT

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.

***NEW* CORE STRENGTH**

A blend of weights and Barre movements with emphasis on form, alignment and core engagement. Participants hold their bodies still while contracting specific, targeted sets of muscles in isometric exercises. Repetitions tend to be high, range-of-motion small, and weights, when used, light. Floor workouts will also target the upper and lower body. Modifications will be offered.

ENHANCE®FITNESS

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

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

GENTLE YOGA

Increase balance, coordination, flexibility and relaxation by practicing standing, seated and balanced postures with the assistance of a chair.

HI/LO CARDIO

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

KETTLEBELLS

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

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

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

POUND®

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!

PILATES

Pilates is a form of low-impact exercise that strengthens and stabilizes your core body, which is your foundation, so that you can move efficiently while improving your posture, flexibility, and mobility.

R.I.P.P.E.D.™

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

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

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. A chair is available if needed for support.

SilverSneakers® YOGA

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

Burn fat and calories and build muscle, using hi/lo impact aerobics, steppers, and lightweights for toning upper and lower body. All levels.

TABATA

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 12 Week Sessions:

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.

YOUTH FUNCTIONAL FITNESS

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

WEEKEND WARRIOR

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.

***NEW* CLASSIC YOGA**

Move your body into various positions in order to become more fit, more flexible, and to improve your breathing and relax your mind.

YOGALATES

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.

ZUMBA® FITNESS

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.