



# GROUP EXERCISE SCHEDULE

## Summer 2022

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Land</b>		Fusion Fitness 5:15am Studio A		Fusion Fitness 5:15am Studio A		
	Body Blast 8:15 AM Studio A	Fitness Ball 8:15 AM Studio A	Zumba 8:15 AM Studio A	Fitness Ball 8:15 AM Studio A	Body Blast 8:15 AM Studio A	
			Yoga 9:15 AM Studio A	Chair Fit 9:15 AM Studio B		
	Yoga 9:30 AM Studio B		Line Dancing 10:00 AM Studio A		Yoga 9:30 AM Studio B	
		Lunch Yoga 12:15 PM Studio B		Lunch Yoga 12:15 PM Studio B	Tai Chi 10:30 AM Studio B	Yoga* 10:15 AM Studio B
	Step Interval 5:30pm Studio A	Yoga 5:00 PM Studio B	Step Interval 5:30 PM Studio A	Yoga 5:00 PM Studio B		
	Boot Camp 6:30 PM Studio A	Pilates 6:30 PM Studio A	Boot Camp 6:30 PM Studio A			
<b>Cycle</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Studio Cycle 8:00 AM		Studio Cycle 8:00 AM		Studio Cycle* 9:30 AM
	Studio Cycle 12:15 PM		Studio Cycle 12:15 PM			
<b>Water</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Deep Water Aerobics 6:45 AM		Deep Water Aerobics 6:45 AM		
	Rusty Hinges 9:00 AM		Rusty Hinges 9:00 AM		Rusty Hinges 9:00 AM	
	Deep Water Aerobics 5:30 PM	Aqua Zumba 5:30 PM	Rogue H2O 10:30 AM	Aqua Zumba 5:30 PM		

**Classes:**

Group Exercise class are an valued added benefit for YMCA Members only. Classes are held based on instructor availability. Classes may be cancelled at

## GROUP EXERCISE:

### **BODY BLAST**

- \* High intensity interval training
- \* Cardio segments, resistance training & intense core work

### **BOOT CAMP**

- \* High intensity workout using a combination of military-style calisthenics, athletic drills & low-level plyometrics

### **FITNESS BALL**

- \* Helps develop your major muscle groups and help increase your kinesthetic awareness.
- \* Incorporates a lot of functional movements that will help strengthen your core and improve stability muscles

### **FUSION FITNESS**

- \* High intensity, short burst circuit training
- \* Exert energy, work together, get blood pumping
- \* Stations of cardio, strength, plyometric and core training focus

### **PILATES**

- \* Similar to Yoga but with more of an emphasis on developing strength
- \* Utilizes whole-body movements that develop flexibility, core stability, balance and coordination

### **POUND (pop up sessions coming soon)**

- \* Modern day fusion of movement and music
- \* Ripstix weighted drumsticks designed to transform drumming into an intense, fat burning, full body interval workout
- \* Workout is easily modifiable

### **STEP INTERVAL**

- \* Incorporates intervals of movements on and around a step
- \* Enhances your cardio endurance, strength, coordination and balance
- \* Each interval provides a new challenge

### **YOGA**

- \* Combines posture, breathing and focus \*Promotes strength, flexibility, stamina, balance, and deep relaxation of mind & body
- \* Each instructor will bring their own unique style to their class

### **ZUMBA**

- \* Latin inspired Dance Fitness with Salsa, Merengue & more
- \* Integrates easy-to-follow dance & fitness movements

## GROUP CYCLING:

Cycling is a great way to exercise and improve your cardiovascular endurance. We offer classes for all fitness levels (all classes are 30-45 minutes in length). Each 30-45 min session can burn anywhere from 250-350 calories!

## GROUP WATER:

### **AQUA ZUMBA**

- \* Low impact, high-energy aquatic exercise
- \* Aqua Zumba blends the Zumba philosophy with water resistance
- \* Less impact on your joints
- \* Water creates natural resistance, which helps tone muscles

### **DEEP WATER AEROBICS**

- \* Invigorating class to increase your sense of well-being through muscle toning
- \* Zero impact class due to being in the deep water
- \* Must be comfortable in the water to participate in this

### **RUSTY HINGES**

- \* Shallow water workout
- \* Focuses on range of motion, flexibility and light cardio
- \* Non-impact with resistance
- \* Great for arthritis and joint pain and/or recovering from an injury

### **ROGUE H2O (to be determined)**

- \* Boot Camp style
- \* RH2O combines core strengthening muscle, toning, flexibility and cardio exercise