



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

J. Smith Young YMCA

August 2021

Monday				
Time	Class	Location	Instructor	What to bring...
5:30 am	Intermediate Run Group	Outside	Crede	bring water
8:00 am	CSF	Group Ex. Studio	Katherine	bring water 8/2-Jen FA
9:00 am	Y fit	Group Ex. Studio	Dawn	bring water
9:00 am	Water Fitness	Pool	Kathy	bring water
10:00 am	Water Fitness	Pool	Mona	bring water
10:05 am	Silver Sneakers circuit 	Group Ex. Studio	Charis	bring water
12:05 pm	Powercut	Group Ex. Studio	Tiffany	bring water
1:00 pm	Line Dancing	Group Ex. Studio	Sharon	
4:30 pm	Tabata*	Studio/Outside	Beth	bring water 8/2-Stephanie
5:30 pm	Les Mills - Body Pump™	Group Ex Studio	Tracie/Stephanie'	bring water
5:30 pm	YOGA	Mind/Body Studio	Ellen	bring mat
6:00 pm	Cycle	Cycle room	Beth	bring water 8/2-Allen 8/16-Mark
Tuesday				
5:15 am	Bootcamp	Outside	Brooke MW	bring water
9:00 am	Deep Water Fitness	Pool	Lisa	bring water
9:00 am	Y fit	Group Ex. Studio	Dawn	bring water *NEW CLASS*
10:00 am	Water Fitness	Pool	Kendall	bring water
11:00am	Chair Yoga	Group Ex. Studio	Whitney	* NEW CLASS* 8/17-No class
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	bring water
4:30 pm	Tabata	Group Ex Studio	Brooke MW	bring water 8/3-Stephanie
5:35 pm	M.E.	Group Ex. Studio	Stephanie	bring water & towel
6:00 pm	Zumba®	Mind, Body Studio	Pam	bring water
Wednesday				
5:30 am	Intermediate Run Group	Outside	Crede	bring water
8:00 am	CSF	Group Ex. Studio	Katherine	bring water 8/4-Jen FA
9:00 am	Cycle	Cycle Room	Beth	bring water & towel 8/4-Allen
9:00 am	M.E.	Group Ex. Studio	Stephanie	bring water & towel
9:00 am	BARRE	Mind Body Studio	Meredith	bring water & towel
9:00 am	Water Fitness	Pool	Kathy	bring water
10:05 am	Silver Sneakers Cardio 	Group Ex Studio	Charis	bring water
10:00 am	Water Fitness	Pool	Mona	bring water
12:00 pm	Les Mills - Body Pump™	Group Ex Studio	Stephanie/Charis	bring water
4:30 pm	HIIT	Group Ex. Studio	Brooke MW	bring water & towel 8/4-Stephanie
5:00 pm	Aqua Zumba	Pool	Pam	bring water
5:30 pm	YOGA	Mind/Body Studio	Ellen	bring mat
6:00 pm	Cycle	Cycle Room	Ashley	bring water
Thursday				
5:15 am	HIIT	Group Ex. Studio	Brooke MW	bring water
9:00 am	Deep Water Fitness	Pool	Lisa	bring water
9:45 am	Gentle Yoga	Mind/Body Studio	Gail	bring mat
10:00am	Water Fitness	Pool	Mona	bring water
4:30 pm	HIIT/Sculpt	Group Ex. Studio	Brooke MW	bring water & towel 8/5-Tracie
5:30pm	Les Mills - Body Pump™	Group Ex Studio	Tracie/Stephanie	bring water
6:00 pm	Zumba®	Mind, Body, Studio	Pam	Bring water
Friday				
6:00 am	HIIT Boot Camp	Group Ex Studio	Madison	bring water
8:00 am	CSF	Group Ex. Studio	Katherine	bring water 8/6-Jen FA
9:00 am	Power Cycle 	Cycle Room	Beth	bring water
9:00 am	M.E.	Group Ex Studio	Stephanie	bring water
9:00 am	Deep Water Fitness	Pool	Lisa	bring water
10:00 am	Senior Fit 	Group Ex Studio	Charis	bring water
10:00 am	Water Fitness	Pool	Mona	bring water
Saturday				
9:00 am	Instructors Choice	Check Front Desk	Rotates	8/7-Spin/Ashley 8/14- Bootcamp/Kane 8/21-Spin-Ashley 8/31- Y-Fit/Stephanie
10:00 am	Water Fit/Aqua Zumba	Pool	Rotate	bring water

*****Please Note*** Classes are subject to change due to demand, participation & instructor availability. For your safety, it is recommended that you consult your physician prior to starting any exercise program. All classes averaging less than five (5) participants per class are subject to change or cancellation.**

RULES

- Childwatch is open: Monday-Friday 8-11; Monday-Thursday 4-7; Saturday 9-11
- Outdoor classes will be moved to the studio in the event of inclement weather (rain, thunder, lightning, temperatures exceeding 90 degrees).
- Participants are encouraged to bring a FULL water bottle to class.
- Classes open to J. Smith Young YMCA members aged 12+ (age 11 with a parent) only.

Class Descriptions

Body Blast – Burn fat and tone your body in this interval class which includes cardio, strength and core conditioning. A combination of exercises using equipment and bodyweight exercises will keep your heart pounding while strengthening all major muscle groups.

Cycle – This is a great cardio workout for the beginner or the older active adult. Take this class to watch your cardio performance increase!

HIIT – High Intensity Interval Training: This workout alternates between intense bursts of activity and fixed periods of less-intense activity or rest. You will constantly challenge your body and avoid plateauing with this flexible, ever-changing workout.

Intermediate Run Group – This group will depart from the Y and follow a route led by the instructor for 3-5 miles. The group will run the entire route.

Les Mills BODYPUMP™ is THE ORIGINAL BARBELL CLASS™-Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.. Instructors will coach you through the [scientifically-backed](#) moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

Line Dancing – This class will keep you moving with fun dance steps performed to a variety of music. Line dancing is both fun and great exercise.

Metabolic Effect- ME training is a unique type of exercise utilizing multiple joint movements and full body exercises to create a "ripple effect" on the **metabolism**. ME training provides results in less time by: Using full body exercises so you burn maximum calories in minimum time

Pilates – Move through your day with symmetry and grace. This body conditioning routine helps to build core strength as well as flexibility. Breathing control and core strengthening exercises restore balance and improve posture and body alignment.

Tabata – Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times for 5 rounds with various exercises. These bursts of intense work will torch calories and strengthen your entire body.

TurboKICK® - TurboKICK® is packed with real kickboxing moves, calorie-blasting HIIT training, and bodyweight exercises. You will leave every class dripping with sweat and ready to conquer anything!

Yoga – Relax and strengthen your body in this non-impact total body class focused on flexibility, strength, coordination and balance. Participants will move through various Yoga poses in order to build strength and flexibility.

Y-Fit – Push yourself to the limit in this strength and conditioning class that combines weights, sprinting, plyometric training, and much more.

Zumba® – This fun filled hi-lo impact cardio class combines Latin moves, hip hop, funk and belly dancing! This class is for all levels of dance and fitness ability.