




GROUP EXERCISE

J. Smith Young YMCA
December 2021

Monday				
Time	Class	Location	Instructor	
8:00 am	CSF	Group Ex. Studio	Katherine	12/6-Dawn
9:00 am	Y fit (lower body)	Group Ex. Studio	Dawn	
9:00 am	Water Fitness	Pool	Kathy	
10:00 am	Water Fitness	Pool	Mona	
10:05 am	Silver Sneakers Group Fitness 	Group Ex. Studio	Kathy	
12:05 pm	Power Cut	Group Ex. Studio	Tiffany	12/13-Stephanie
1:00 pm	Line Dancing	Group Ex. Studio	Sharon	
4:30 pm	Tabata*	Studio/Outside	Beth	12/6-Heather
5:30 pm	Les Mills - Body Pump™	Group Ex Studio	Tracie/Stephanie	12/27-Heather
5:30 pm	YOGA	Mind/Body Studio	Ellen	12/6-Gail
6:00 pm	Cycle	Cycle room	Beth	12/6-Heather
Tuesday				
5:15 am	TRX/Hit the road	TRX room	Brooke MW	
9:00 am	Deep Water Fitness	Pool	Lisa	
9:00 am	Y fit (upper body)	Group Ex. Studio	Dawn	
10:00 am	Water Fitness	Pool	Kendall	
10:00 am	Silver Sneakers Circuit 	Group EX. studio	Charis	12/14-Stephanie
11:00am	Chair Yoga	Group Ex. Studio	Whitney	
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	
4:30 pm	Tabata	Group Ex. Studio	Brooke MW	
5:30 pm	Body Combat™	Group Ex. Studio	Heather	
6:15 pm	Les Mills Core™	Group Ex. Studio	Heather	
6:00 pm	Zumba®	Mind, Body Studio	Pam	
Wednesday				
6:00 am	HIIT Boot Camp	Group Ex.	Madison	12/29-Cancelled
8:00 am	CSF	Group Ex. Studio	Katherine	12/8-Dawn
9:00 am	Cycle	Cycle Room	Beth	12/29-Allen
9:00 am	Y fit (Full Body)	Group Ex. Studio	Dawn	
9:00 am	Water Fitness	Pool	Kathy	
10:05 am	Silver Sneakers Circuit 	Group Ex Studio	Charis	12/15-Kathy
10:00 am	Water Fitness	Pool	Mona	
12:05 pm	Les Mills - Body Pump™	Group Ex Studio	Stephanie	12/29-Heather
4:30 pm	TRX/Hit the road	TRX room	Brooke MW	
5:30 pm	Body Pump™	Group Ex. Studio	Heather	12/1-Tracie
6:15 pm	Body Combat™	Group Ex. Studio	Heather	
5:30 pm	YOGA	Mind/Body Studio	Ellen	12/8-Cancelled
5:15 pm	Aqua Zumba	Pool	Pam	
Thursday				
5:15 am	HIIT	Group Ex. Studio	Brooke MW	
9:00 am	Deep Water Fitness	Pool	Lisa	
9:30 am	Cycle HIIT	Cycle Room	Gail	
10:00 am	Gentle Yoga	Mind Body Studio	Gail	
10:00am	Water Fitness	Pool	Mona	
12:00 pm	Pilates	Mind Body Studio	Wendy	
4:30 pm	HIIT/Sculpt	Outside/Group ex.	Brooke MW	
5:20 pm	Cycle HIIT	Cycle Room	Gail	new class
6:00 pm	Warm Yoga	Mind Body Studio	Gail	
6:15 pm	Zumba Toning®	Group Ex. Studio	Pam	
Friday NO CLASSES -----DECEMBER 24 & DECEMBER 31				
6:00 am	HIIT Boot Camp	Group Ex Studio	Madison	
8:00 am	CSF	Group Ex. Studio	Katherine	
9:00 am	Power Cycle 	Cycle Room	Beth	

9:00 am	Metabolic Effect	Group Ex Studio	Stephanie	12/3-Dawn
9:00 am	Deep Water Fitness	Pool	Lisa	
10:00 am	Senior Fit 	Group Ex Studio	Charis	12/17-Kathy
10:00 am	Water Fitness	Pool	Mona	
12:05 pm	Powercut	Group Ex Studio	Beth	
Saturday		NO CLASSES ----- DECEMBER 25		
9:30 am	Saturday Sizzler (Les Mills combo classes)	Group Ex.	Heather	
10:00 am	Water Fitness/Aqua Zumba	Pool	Rotation	

*****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 8-1; Monday-Thursday 4-7; Saturday 9-11
- 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

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.

Les Mills Body Combat - This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. Our highly-trained expert instructors will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

Les Mills BODYPUMP™ -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.

Les Mills GRIT™ is a **30-minute high-intensity interval training (HIIT) workout**, designed to improve strength, cardiovascular fitness and build lean muscle.

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

Powercut - A weight lifting class designed to give you a full body workout

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.

Sprint™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

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.

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, plyometric training, and core 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.