


# GROUP EXERCISE SCHEDULE

NOVEMBER 2021

Monday				
Time	Class	Location	Instructor	
5:30 am	Intermediate Run Group	Outside	Crede	
8:00 am	CSF	Group Ex. Studio	Katherine	
9:00 am	Y fit	Group Ex. Studio	Dawn	11/29-Stephanie
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	
12:00 pm	Power Cut	Group Ex. Studio	Tiffany	
1:00 pm	Line Dancing	Group Ex. Studio	Sharon	
4:30 pm	Tabata*	Studio/Outside	Beth	11/1-Heather
5:30 pm	Les Mills - Body Pump™	Group Ex Studio	Tracie/Stephanie	
5:30 pm	YOGA	Mind/Body Studio	Ellen	
6:00 pm	Cycle	Cycle room	Beth	11/1-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	Group Ex. Studio	Dawn	11/30-Stephanie
10:00 am	Water Fitness	Pool	Kathy	
10:00 am	Silver Sneakers Circuit 	Group Ex. Studio	Charis	
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	
<b>5:30 pm</b>	<b>Body Combat™</b>	<b>Group Ex. Studio</b>	<b>Heather</b>	<b>New Class</b>
<b>6:15 pm</b>	<b>Les Mills Core™</b>	<b>Group Ex. Studio</b>	<b>Heather</b>	<b>New Class</b>
6:00 pm	Zumba®	Mind, Body Studio	Pam	
Wednesday NO CLASSES - WEDNESDAY, NOVEMBER 24				
5:30 am	Intermediate Run Group	Outside	Crede	
6:00 am	HIIT Boot Camp	Group Ex.	Madison	
8:00 am	CSF	Group Ex. Studio	Katherine	
9:00 am	Cycle	Cycle Room	Beth	
9:00 am	HIIT	Group Ex. Studio	Dawn	November 24 BASTE THE BEAST 90 MINUTE PRE TURKEY BURN 8:30-10:00 (\$5.00 non-members)
9:00 am	Water Fitness	Pool	Kathy	
10:05 am	Silver Sneakers Circuit 	Group Ex Studio	Charis	
10:00 am	Water Fitness	Pool	Mona	
12:00 pm	Les Mills - Body Pump™	Group Ex Studio	Stephanie	
4:30 pm	TRX/Hit the road	TRX room	Brooke MW	
<b>5:30 pm</b>	<b>Body Pump™</b>	<b>Group Ex. Studio</b>	<b>Heather</b>	<b>New Class</b>
<b>6:15 pm</b>	<b>Body Combat™</b>	<b>Group Ex. Studio</b>	<b>Heather</b>	<b>New class</b>
5:30 pm	YOGA	Mind/Body Studio	Ellen	
5:45 pm	Aqua Zumba	Pool	Pam	
Thursday NO CLASSES --THURSDAY, NOVEMBER 25				
5:15 am	HIIT	Group Ex. Studio	Brooke MW	
9:00 am	Deep Water Fitness	Pool	Lisa	
9:30 am	Cycle HIIT	Cycle	Gail	
10:00 am	Gentle Yoga	Mind Body Studio	Gail	
10:00am	Water Fitness	Pool	Mona	
<b>12:00 pm</b>	<b>Pilates</b>	<b>Mind Body Studio</b>	<b>Wendy</b>	<b>New Class</b>
4:30 pm	HIIT/Sculpt	Outside/Group ex.	Brooke MW	
<b>5:30pm</b>	<b>GRIT</b>	<b>Group Ex.</b>	<b>Heather</b>	<b>New Class</b>
5:45pm	Warm Yoga	Mind Body Studio	Gail	
6:15 pm	Zumba Toning®	Group Ex. Studio	Pam	
Friday NO CLASSES -- FRIDAY, NOVEMBER 26				
6:00 am	HIIT Boot Camp	Group Ex Studio	Madison	11/19-NO CLASS
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	11/5-Dawn
9:00 am	Deep Water Fitness	Pool	Lisa	
10:00 am	Senior Fit 	Group Ex Studio	Charis	
10:00 am	Water Fitness	Pool	Mona	
12:00 pm	Powercut	Group Ex Studio	Beth	
Saturday				
9:30 am	Saturday Sizzler (Les Mills combo classes)	Group Ex.	Heather	11/27--Turkey Burn
10:00 am	Water Fitness/Zumba	Pool	11/6 Zumba- Pam 11/13 Water Fit- Ashley 11/20 Zumba- Pam 11/27 Water Fit- Ashley	

**\*\*\*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
- 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 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, 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.