

GROUP EXERCISE

J. Smith Young YMCA

September 2021

Monday				
NO CLASSES ON SEPTEMBER 6 -- LABOR DAY				
Time	Class	Location	Instructor	Notes
5:30 am	Intermediate Run Group	Outside	Crede	
8:00 am	CSF	Group Ex. Studio	TBD	Instructors will rotate for September
9:00 am	Y fit	Group Ex. Studio	Dawn	
9:00 am	Water Fitness	Pool	Kathy	
10:00 am	Water Fitness	Pool	Mona	
10:05 am	Silver Sneakers Circuit 	Group Ex. Studio	Charis	
12:05 pm	Powercut	Group Ex. Studio	Tiffany	9/27-Stephanie
1:00 pm	Line Dancing	Group Ex. Studio	Sharon	9/13-No class
4:30 pm	Tabata*	Studio/Outside	Beth	
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	
Tuesday				
5:15 am	Bootcamp	Outside	Brooke MW	
9:00 am	Deep Water Fitness	Pool	Lisa	
9:00 am	Y fit	Group Ex. Studio	Dawn	
10:00 am	Water Fitness	Pool	Kendall	
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	
5:35 pm	M.E.	Group Ex. Studio	Stephanie	
6:00 pm	Zumba®	Mind, Body Studio	Pam	9/14-Barbi
Wednesday				
5:30 am	Intermediate Run Group	Outside	Crede	
6:00 am	HIIT Boot Camp	Group Ex.	Madison	
8:00 am	CSF	Group Ex. Studio	TBD	Instructors will rotate for September
9:00 am	Cycle	Cycle Room	Beth	
9:00 am	HIIT	Group Ex. Studio	Dawn	
9:00 am	BARRE	Mind Body Studio	Meredith	9/22-Cancelled
9:00 am	Water Fitness	Pool	Kathy	
10:05 am	Silver Sneakers Cardio 	Group Ex Studio	Charis	
10:00 am	Water Fitness	Pool	Mona	
12:00 pm	Les Mills - Body Pump™	Group Ex Studio	Stephanie/Charis	
4:30 pm	TRX	TRX room	Brooke MW	
5:00 pm	Aqua Zumba	Pool	Pam	
5:30 pm	YOGA	Mind/Body Studio	Ellen	
6:00 pm	Cycle	Cycle Room	Ashley	
Thursday				
5:15 am	HIIT	Group Ex. Studio	Brooke MW	
9:00 am	Deep Water Fitness	Pool	Lisa	
9:45 am	Gentle Yoga	Mind Body Studio	Gail	
10:00am	Water Fitness	Pool	Mona	
4:30 pm	HIIT/Sculpt	Group Ex. Studio	Brooke MW	
5:30pm	Les Mills - Body Pump™	Group Ex Studio	Tracie/Stephanie	
6:00 pm	Zumba®	Mind, Body, Studio	Pam	9/16-Jen R.
Friday				
6:00 am	HIIT Boot Camp	Group Ex Studio	Madison	
9:00 am	Power Cycle 	Cycle Room	Beth	9/17-Allen
9:00 am	M.E.	Group Ex Studio	Stephanie	9/3-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	
Saturday				

9:00 am	Instructors Choice	Check Front Desk	Rotates	9/4 - No Class 9/11--Spin/Ashley 9/18--Metabolic Effect 9/25--Spin-Ashley
10:00 am	Water Fit/Aqua Zumba	Pool	Rotate	

*****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

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.

CSF - This class is a combination of cardio and strength moves, options are given for all fitness levels.

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.