



Scottsbluff Family YMCA

Group Exercise/Group Cycling/Water Workout Schedule

February 13- March 24, 2017

Fitness

Cycling

Water Workout

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5:30 AM	Group Cycling Wendy	TRX I & II Stacia	Group Cycling Beth	TRX I & II Stacia	Group Cycling Roger	
8:00 AM		TRX I & II Stacia/Nancy		TRX II Orientation Stacia/Nancy		
8:15 AM	Water Workout	Water Workout	Water Workout	Water Workout	Water Workout	
8:30 AM	Pilates/Yoga Jackie	Power Pump Tracey	Pilates/Yoga Jackie	SpinJam Tracey/Daryl	Power Pump Amy	
8:30 AM	Fitness Confetti Amy					
9:00 AM						Intro Zumba Casey
9:30 AM TRX Room	Yoga Lisa					
9:45 AM	Senior Fitness Cheri	Senior Fitness Brenda	Senior Fitness Cheri	Senior Fitness Brenda		
10:00AM	Senior TRX Cheri		Senior Cycling Cheri			
4:30 PM	Y Cycling Orientation Miranda/Lola	Yoga Stretch Sheral	Y Cycling Orientation Lola	Yoga Stretch Sheral		
4:30 PM MPR	Sculpting JoAnn		Sculpting JoAnn			
5:30 PM	Group Cycling Jamie	Group Cycling Daryl	Group Cycling Jamie	Group Cycling Dana		
5:30 PM MPR	Jump & Pump Interval Jackie	Zumba Casey	Cardio Fit Mixx Jackie	Tabata Bootcamp™ Jackie		
5:30 PM	TRX I & II Beth	Pilates (TRX Room) Leandra	TRX I & II Beth	Pilates (TRX Room) Leandra		
5:30 PM	Boot Camp Laz		Boot Camp Laz			
5:45 PM	Water Workout	Water Workout	Water Workout	Water Workout		
6:30 PM	Power Pump Letica	Bollywood Sheral	Power Pump Letica	Bollywood Sheral		

www.ymcaofscottsbluff.org

Fitness Package Includes: Fitness, Cycling and Water Workout
\$18 Y Members \$50 Program Members

CLASS DESCRIPTIONS

PILATES/YOGA- A challenging non-impact workout and strengthens the “power house” muscles of the abdomen, hips, low back and gluts. Also improves posture and stability.

BOOT CAMP- (North Gym) Incorporates athletic drills incorporated with short bursts that challenges the body anaerobically.

ZUMBA®- Dance fitness, high energy Latin music, muscle-pumping, body energizing.

POWER PUMP- A group weight training for all ages, gender and fitness levels. Fun music and bar bells. Power Pump full body workout builds muscle, endurance and definition.

FITNESS CONFETTI- Class begins in the spin room; bosu balls, hand weights, trx straps, basketballs, kettlebells, and the like will be used to torch calories and build your fitness.

TABATA BOOTCAMP™ – Tabata Bootcamp™ uses the 20-10 microburst training protocol performing specifically chosen exercise movements that deliver a short yet high metabolic boosting workout. Done the Tabata Bootcamp™ way, you not only burn calories during the exercise, but your body keeps burning extra calories for the next 24 to 48 hours.

Spin/TRX- (Spin Room)-30 minutes Spin Bootcamp and 30 minutes TRX Bodyweight training will grow your strength and cardiovascular fitness. Begins in the Spin room.

TRX I & II Orientation – Suspension training uses your own body weight stability, core intensity resistance weight exercise that develops balance, strength, flexibility and core stability.

SCULPTING- Gives you strength and muscle tone by lifting weights. Increases metabolism and burns far more calories to help retain lean muscle tone.

Y GROUP CYCLING ORIENTATION DEMO – 15 mins fitting bike to the individual rider, saddle height, handlebar height, pedals and a 30 minute demo ride.

WATER WORKOUT- This full body workout is a combination of cardio endurance, muscle conditioning, and interval training. Aqua Step and Hydro Pilates will also be incorporated with the use of a thera-band. This non-impact portion of class will help strengthen and stretch muscles. You do not need to get your hair wet for this class.

BOLLYWOOD- Celebrate with Bollywood Fusion Dance class. Have fun and shed calories with exotic Indian music. Learn to dance Bollywood style.

YOGA STRETCH- Relax with the five points of yoga with proper breathing, exercise, relaxation, diet, and positive thinking to heal and relax your body.

JUMP & PUMP INTERVAL- Fun class consists of a choreographed cardio routines with intervals of full body strength movements to help maintain heart fitness and muscle toning.

CARDIO FIT MIXX- High energy class using a well-rounded mix of cardio workouts including Zumba, Step and high intensity intervals to keep the heart pumping.

Classes are subject to change when attendance is low!