



Scottsbluff Family YMCA

Group Exercise/Group Cycling/Water Workout Schedule

March 27-May 6, 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 Cheri	Power Pump Tracey	Pilates Cheri	SpinJam Tracey	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 Cycling Cheri			
4:30 PM	Y Cycling Miranda/Lola	Yoga Stretch Sheral	Y Cycling Lola/JoAnn	Yoga Stretch Sheral		
5:30 PM	Group Cycling Jamie	Group Cycling Miranda	Group Cycling Jamie	Group Cycling Dana		
5:30 PM MPR	Jump & Pump Interval Jackie	Zumba (TRX Room) Casey	Cardio Fit Mixx Jackie	Tabata Bootcamp™ Jackie		
5:30 PM	TRX I & II Beth	Pilates (MPR Room) Leandra	TRX I & II Beth	Pilates (TRX Room) Leandra		
5:30 PM MPR	Boot Camp Laz		Boot Camp Laz			
5:45 PM	Water Workout	Water Workout	Water Workout	Water Workout		
6:30 PM	Power Pump Miranda		Power Pump Miranda			

www.ymcaofscottsbluff.org

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

CLASS DESCRIPTIONS

PILATES - 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.

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.

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

Classes are subject to change when attendance is low!