



# Scottsbluff Family YMCA

## Group Exercise/Group Cycling/Water Workout Schedule

May 8<sup>th</sup>-June 16<sup>th</sup>, 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		TRX II Orientation Stacia		
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 Stephanie	
8:30 AM	Fitness Confetti Stephanie					
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	Yoga Stretch Sheral Starts May 15th	Yoga Stretch Sheral Starts May 15th		Yoga Stretch Sheral Starts May 15th		
5:30 PM MPR	Jump & Pump Interval Jackie	Zumba (TRX Room) Casey	Cardio Fit Mixx Jackie	Tabata Bootcamp™ Jackie		
5:30 PM		Pilates (MPR Room) Leandra		Zumba (TRX Room) Casey		
5:45 PM	Water Workout	Water Workout	Water Workout	Water Workout		
6:30 PM	Power Pump Miranda			Power Pump Miranda		

[www.ymcaofscottsbluff.org](http://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!**