



# Scottsbluff Family YMCA

## Group Exercise/Group Cycling/Water Workout Schedule

November 13<sup>th</sup>-December 22<sup>nd</sup>, 2017

Fitness

Group Cycling

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5:30 AM	<b>Group Cycling</b> Wendy	<b>TRX I &amp; II</b> Chris V.	<b>Group Cycling</b> Beth	<b>TRX I &amp; II</b> Chris V.	<b>Group Cycling</b> Roger	
6:00 AM		<b>Boot Camp</b> Kelli		<b>Boot Camp</b> Kelli		
8:00 AM						
8:30 AM MPR	<b>Power Pump</b> MPR Amy	<b>Beat It</b> Tracey	<b>Spin/Bootcamp</b> <b>Challenge</b> West Gym Stephanie		<b>Extreme PowerPump</b> <b>HIIT</b> MPR Amy	
8:30 AM	<b>Pilates</b> TRX Room Cheri		<b>Pilates</b> TRX Room Cheri	<b>Spin Jam</b> Tracey		
9:45 AM	<b>Senior Fitness</b> Cheri	<b>Senior Fitness</b> Brenda	<b>Senior Fitness</b> Cheri	<b>Senior Fitness</b> Brenda		
10:00AM			<b>Senior Cycling</b> Cheri			
4:30 PM	<b>Pilates</b> MPR Cheri		<b>Pilates</b> MPR Cheri			
5:30 PM	<b>Group Cycling</b> Jamie		<b>Group Cycling</b> Dana			
5:30 PM	<b>TRX</b> Beth		<b>TRX</b> Beth			
5:30 PM MPR	<b>Cardio Sculpt</b> Jackie	<b>Pilates</b> Leandra	<b>Jump and Jam</b> Jackie	<b>Beat It</b> Tracey		
5:30 PM	<b>Boot Camp</b> North Gym Laz	<b>Zumba</b> <b>TRX Room</b> Casey	<b>Boot Camp</b> North Gym Laz	<b>Zumba</b> <b>TRX Room</b> Casey		
6:30 PM	<b>Power Pump</b> MPR Miranda			<b>Power Pump</b> Miranda		

Fitness Package Includes: Fitness and Group Cycling  
 \$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- Laz (Ct Gallery)** Incorporates athletic drills incorporated with short bursts that challenges the body anaerobically.

**BOOT CAMP (Kelli)**- (West Gym) A full body workout with a combination of strength, conditioning, and cardio. The program is designed for all fitness levels!

**SPIN/BOOT CAMP CHALLENGE**- 30 minutes spin, variety of exercises, bosu balls and weighted balls. Held in the West gym.

**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.

**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.

**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.

**YOGA** - Is a group of physical and mental practices and disciplines.

**CARDIO FIX MIXX**- Fun workout kick boxing, Aerobic, step and dance.

**EXTREME POWER PUMP**- Taking full body weight training to the Extreme! HIIT (high intensity interval training) within the weight training tracks will boost metabolism, grow your power and will flood your body with endorphins!

**TNT CHALLENGE**- Cardio workout, strength and conditioning. There's no limit to what you can do.

**COUNTRY CARDIO**- Arm and leg work out. Dance away calories; fun, fun.

**BEAT IT**- Workout that combines cardio, conditioning and strength training with lightly weighted drumsticks.

**CARDIO SCULPT**- Combination of cardiovascular exercise with muscle toning exercises to help burn fat and build lean muscles.

**JUMP AND JAM**- Fun upbeat easy to follow aerobic fitness routines spiced with a little plyometric burst to get the heart pumping.

**Classes are subject to change when attendance is low!**