



Scottsbluff Family YMCA

Group Exercise/Group Cycling/Water Workout Schedule

January 2-Feb 9 , 2018

Fitness

Group Cycling

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5:30 AM	Group Cycling Roger		Group Cycling Beth		Group Cycling Roger	
5:30 AM		Boot Camp Kelli		Boot Camp Kelli		
8:30 AM MPR	Power Pump MPR Amy	Beat It Tracey	Spin/Bootcamp Challenge West Gym Stephanie		Extreme PowerPump HIIT MPR Stephanie/Amy	
8:30 AM	TRX/ Pilates TRX Room Cheri		Pilates TRX Room Cheri	Spin Jam Tracey		
9:00 AM						Zumba (45 Mins) TRX Room Casey
9:45 AM	Senior Fitness/TRX Cardio Cheri	Senior Fitness Brenda	Senior Fitness/Cycling Cheri	Senior Fitness Brenda		
10:00AM			Senior Cycling Cheri			Power Pump MPR Amy/Stephanie
10:00 AM						Zumba TRX Room Casey
12:00 PM			Power Pump Express (MPR) Amy			
4:30 PM	Pilates MPR Cheri		Pilates MPR Cheri			
5:30 PM	Group Cycling JoAnn	Group Cycling JoAnn		Group Cycling Dana		
5:30 PM	TRX Beth		TRX Beth			
5:30 PM MPR	Cardio Kick Sculpt Jackie	Pilates Leandra	Jump and Jam Jackie	Power Pump Miranda		
5:30 PM	Kick Box Conditioning Laz	Zumba TRX Room Casey	Kick Box Conditioning Laz	Zumba Casey	Kick Box Conditioning Laz	
5:45 PM			Group Cycling Wendy			
6:30 PM	Power Pump MPR Miranda					
6:30 PM	Kick Box Concitioning Laz		Kick Box Conditioning Laz		Kick Box Conditioning Laz	

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.

KICK BOX CONDITIONING- (Laz)(Ct 2) Promotes energy, endurance and weight loss. Strengthens the core.

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 - Suspension training uses your own body weight stability, core intensity resistance weight exercise that develops balance, strength, flexibility and core stability.

EXTREME POWER PUMP/EXPRESS- 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!

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

KICK 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.

GROUP CYCLING- This class is for everyone, at any age and at every level of fitness. This is a forty minute cardio workout on a spinning bike. Fun, safe and challenging.

**Classes subject to change if attendance is low!
First come, first serve for all classes**