



# Scottsbluff Family YMCA

## Group Exercise/Group Cycling/Water Workout Schedule

### February 12<sup>th</sup>–March 24, 2018

**Fitness**

**Group Cycling**

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5:30 AM	Group Cycling Wendy		Group Cycling Beth		Group Cycling Roger	
5:30 AM		Boot Camp Kelli		Boot Camp Kelli		
7:15 AM						Group Cycling Conrad
8:30 AM MPR	Power Pump MPR Amy	Beat It Tracey	Spin/TRX Challenge Spin Room Stephanie	Core Conditioning Stretch Express 45 Mins Amy	Extreme PowerPump HIIT MPR Stephanie/Amy	
8:30 AM	TRX/Pilates TRX Room Cheri		Pilates TRX Room Cheri	Spin Jam Tracey		
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			
4:30 PM	Group Cycling JoAnn					
5:00 PM		High Intensive Interval (20 mins) - Daryl				
5:30 PM	Group Cycling Lola		Group Cycling Lola	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	
6:30 PM	Power Pump MPR Miranda					
6:30 PM	Kick Box Concitioning Laz/Celena		Kick Box Conditioning Laz/Celena		Kick Box Conditioning Laz/Celena	

## 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/TRX STRENGTH 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.

CORE CONDITIONING/STRETCH EXPRESS- A 45 min class devoted to training your abdominals, obliques, low back and glutes. A strong core contributes to better posture, balance, and athletic performance while reducing injury risk. All fitness levels welcomed.

CYCLING HIGH INTENSIVE INTERVAL- 20 Mins

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