



Scottsbluff Family YMCA

Group Exercise/Group Cycling

March 26th- May 5th, 2018

 Fitness

 Group Cycling

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5:30 AM	Group Cycling Wendy	Group Cycling Larry	Group Cycling Beth		Group Cycling	
5:30 AM		Boot Camp Brandy		Boot Camp Kelli		
7:15 AM						Group Cycling Conrad
8:30 AM MPR	Power Pump MPR Amy	Beat It Tracey	Spin/TRX 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 MPR Cheri	Spin Jam Tracey		
9:00 AM						Zumba TRX Room (45 Mins) Andrea
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
12:00 PM			Power Pump Express (MPR) Amy			
4:30 PM	Pilates MPR Cheri		Pilates MPR Cheri			
5:30 PM	Group Cycling Scott/Lola		Group Cycling Larry	Group Cycling Dana		
5:30 PM	TRX Beth		TRX Beth			
5:30 PM MPR	Cardio Kick Sculpt Jackie	Pilates Leandra	B-Fit Bootcamp Jackie	Power Pump Miranda		
5:30 PM	Kick Box Conditioning Laz	Zumba TRX Room Andrea	Kick Box Conditioning Laz	Zumba Andrea	Kick Box Conditioning Laz	
6:30 PM	Power Pump MPR Miranda					

NO CLASSES FRIDAY MARCH 30TH- SUNDAY APRIL 1ST, 2018

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 30 minutes spin, 30 minutes.

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- Is a full-body cardio workout using ¼ lb. drumsticks designed to relieve stress, get your heart rate up, burn calories and get in touch with your inner drummer. This class is built for all ages, genders and fitness levels. All moves are modifiable to fit your specific needs. Please arrive 5 to 10 minutes if you are new to the class.

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

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.

B-FIT BOOTCAMP- Combination of strength, cardio and core. Workouts performed in intervals for maximum results.

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