



# Scottsbluff Family YMCA

## Group Exercise/Group Cycling

### May 7<sup>th</sup>- June 17<sup>th</sup>, 2018

 Fitness

 Group Cycling

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
5:30 AM	Group Cycling Wendy		Group Cycling Beth		Group Cycling Larry		
5:30 AM		Boot Camp Brandy		Boot Camp Kelli			
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 Lori	
9:45 AM	Senior Fitness/ TRX Cardio Cheri	Senior Chair Yoga Aimee	Senior Fitness/Cycling Cheri	Senior Chair Yoga Aimee			
10:00AM			Senior Cycling Cheri			Power Pump MPR Amy/Stephanie	
11:00AM			Power Pump Amy				
2:00PM							Zumba TRX Lori
3:00PM							Yoga MPR Aimee
5:30 PM	Group Cycling Lola			Group Cycling Dana			
5:30 PM MPR	Tabata Jackie	Yoga Aimee	Tabata Jackie	Power Pump Miranda			
5:30 PM	Kick Box Conditioning Laz	Zumba TRX Room Andrea	Kick Box Conditioning Laz	Zumba TRX Room Andrea	Kick Box Conditioning Laz		
6:30 PM	Power Pump MPR Miranda			Yoga Aimee			

## 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.

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.

Tabata-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.

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

Yoga- Schole' inspired classes will leave you feeling relaxed, renewed, and ready for anything. Schole' Yoga is a unique and powerful way to reduce stress, and break through obstacles on and off the matt. We use modern music and innovative sequencing to keep your mind engaged while strengthening your body and spirit.

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