



# Scottsbluff Family YMCA

## Group Exercise/Group Cycling

### June 18th- August 10<sup>th</sup>, 2018

**Fitness**

**Group Cycling**

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
5:30 AM	<b>Group Cycling</b> Wendy		<b>Group Cycling</b> Beth		<b>Group Cycling</b> Larry		
8:00 AM							
8:30 AM MPR	<b>Power Pump</b> MPR Amy	<b>Beat It</b> Tracey	<b>Summer Fun Workout</b> Spin Room Stephanie	<b>Core Conditioning</b> Stretch Express 45 Mins Amy	<b>Extreme PowerPump HIIT</b> MPR Stephanie		
8:30 AM			<b>Pilates</b> MPR Cheri				
9:45 AM	<b>Senior Fitness/ TRX Cardio</b> Cheri	<b>Senior Chair Yoga</b> Aimee	<b>Senior Fitness/Cycling</b> Cheri	<b>Senior Chair Yoga</b> Aimee			
10:00AM						<b>Power Pump</b> MPR Amy	
11:00AM			<b>Push/Pull/Pedal</b> Express Amy				
5:30 PM MPR	<b>Tabata</b> Jackie	<b>Yoga</b> Aimee	<b>Tabata</b> Jackie	<b>Power Pump</b> Miranda	<b>Yoga</b> Aimee		
5:30 PM	<b>Kick Box Conditioning</b> Laz	<b>Zumba TRX Room</b> Starts June 26th Lori	<b>Kick Box Conditioning</b> Laz	<b>Zumba TRX Room</b> Lori	<b>Kick Box Conditioning</b> Laz		
5:30 PM							
6:30 PM	<b>Power Pump</b> MPR Miranda						

No Fitness Classes July 4<sup>th</sup> Holiday and Oregon Trail Days July 13, 14 & 15.

Child Watch Open on Saturdays 9:30am to 11:30am

## 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!

**SUMMER FUN WORKOUT**- 30 minutes spin, Fun stretch workout in the sun.

**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 BODYWEIGHT TRAINING & HIGH INTENSITY SPINNING**- 45 minutes express power and HITT workout. Begins in the TRX Room.

**PUSH/PULL/PEDAL**- 20 minutes TRX training with 20 minutes spin HIIT.

**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