

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5:30 AM	Core Conditioning Beth	Bootcamp/HIIT Megan	Aqua Bootcamp Beth	Power Pump Megan	Fitness Fun Beth	
7:15 AM		Aqua Body Combat Brenda		Aqua Body Strong Water Yoga Brenda		
8:00 AM	Senior Aqua Cardio Brenda	Senior Aqua Kickboxing Brenda	Senior Aqua Class Brenda	Silver Sneakers Splash Brenda	Senior Aqua Class Brenda	Cycling Conrad
8:30 AM	Resistance Ready Ashley Power Pump Megan/Colleen	Cycling Colleen	Barre w/o Bar Ashley	Concentrated Conditioning Ashley/Colleen	Power Pump Extreme Ashley TRX Colleen	
9:00 AM	Deep Water Brenda	Aqua Combat Brenda	Deep Water Brenda			<b>Rotation</b> Power Pump Barre Hiit
9:35 AM	Silver Sneakers Circuit Cheri	Silver Sneaker Classic Cheri	Senior Fitness Joann	Senior Fitness (Beat it) Brenda	Senior Chair Yoga Katie	
10:00 AM						
5:30 PM		Cardio Kickboxing Sara		Cardio Kickboxing Sara		
5:30 PM			Cycling Dana			
5:30 PM	Kickbox Conditioning Laz		Kickbox Conditioning Laz			
5:30 PM	Latin Hip Hop Andrea	Power Pump Megan		TRX Andrea		



# YMCA GROUP FITNESS SCHEDULE

## October 17<sup>th</sup>-December 23<sup>rd</sup> 2022

**Aqua Bootcamp** – Beth, Brenda (pool) This new class will explore the world of water based aerobic conditioning and flexibility / relaxation exercises that will serve as a recovery workout between difficult and demanding land-based exercise days.

**Aqua Body Strong Water Yoga**- Brenda (pool) Put your fitness to the test with ABS the new balance and strength-based water workout that challenges you to maintain proper postural control and alignment while performing yoga HIIT Pilates and resistance band exercises. You'll burn calories, increase strength balance endurance and focus while having a great time!

**Aqua Yoga Board BOGAFIT**- Beth (pool) Bogafit is an innovative fitness program that builds strength, deepens flexibility, and improves balance and coordination through a carefully selected set of movements on the fitmat. Bogafit exercises both enhance the benefits of traditional movements while eliminating the harsh impacts of these exercises creating a high intensity workout on water with low impact on the body.

**Barre without the Bar** – Ashley (MPR North Gym) This 45 minute class combines Barre with techniques with Pilates for an intense workout burn without high impact moves. We will do total body work with circuits targeting upper body, legs/glutes and core followed by flexibility stretching.

**Boot Camp** – Beth, Conrad (MPR, North Gym) A full body workout with a combination of strength, conditioning, and cardio. The program is designed for all fitness levels!

**Cardio Kickbox**- Sara (MPR, North Gym) Cardio kickbox is a fun and intense way to burn off anything extra. Each song is uniquely choreographed using kicks, punches, jumps, and a little bit of Latin flare. Each class begins with cardio and ends with full body sculpting. This class will make you sweat and have fun while doing it!

**Core Conditioning** – Ashley, Beth, Colleen (MPR or TRX) Strengthen your abdominal, obliques, lower back, glutes and hamstrings using BOSU balls, hand weights, bands, gliders and body weight training. End with a core, hip, and hamstring stretching sequence, 45-minute class.

**Cycling** – Beth, Colleen, Conrad, Dana, Joann, Wendy (MPR) This class is for everyone, at any age and at every level of fitness. This is a forty to fifty minute cardio workout on a spinning bike. Fun, safe and challenging.

**Latin Hip Hop**- Andrea (MPR, TRX) This class combines functional training with the style and fun of latino dance. Join to get a cardio workout while following simple moves to dance your way to healthier self. Everyone can join and go at a pace that works for them. Be ready to get a total body workout while having fun!

**Kick Box Conditioning** (adult and youth) – Laz, (North Gym) High intensity kickbox and circuit training promoting endurance and core strength along with increased mental and physical focus.

**Power Pump** – Ashley, Colleen, Megan (MPR). In this weight training class, you can expect to squat, chest press, dead row, lunge, curl, and clean and press to music using variable barbell weight with high repetition.

**Power Pump Extreme** – Ashley, Colleen (MPR) All the elements of traditional Pump with challenging cardio intervals inserted between Pump sets.

**Resistance Ready**- Ashley Colleen (MPR)- Be ready to get some training in without always using traditional weights as your form of resistance. This class will rotate between using Power Pump weights, Kettle Bells, and resistance bands to ensure you are getting a variety of different tools and resistance while gaining strength and burning fat.

**Senior Fitness** – Ashley, Beth, Brenda, Cheri, Katie (MPR) Silver Sneakers – for improving strength, flexibility, posture and balance. Exercise at your own pace with resistance tools including bands, balls and weights. Active Older Adults – this class combines resistance exercises and weight training to decrease the risk of osteoporosis and increase stamina, flexibility and range of motion.

**TRX** – Andrea Beth, Conrad (TRX) Experience tons of full body exercises with suspension training. Help build strength, flexibility, stability, mobility and endurance.