

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



# YMCA GROUP FITNESS SCHEDULE

## January 2<sup>nd</sup> – February 3<sup>rd</sup> 2022

**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!

**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** – Megan, 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, Nicole Colleen, Theresa (MPR TRX North Gym) 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 (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)** – 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, north gym). 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 (North Gym)- 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, 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, Colleen (TRX) Experience tons of full body exercises with suspension training. Help build strength, flexibility, stability, mobility and endurance.

**Yoga**—Katie (MPR) This Hatha yoga mat class provides an opportunity to stretch, unwind, and release tension through breathing techniques and a series of movements that help improve balance, flexibility, and strength. The slower pace of this class allows beginners, as well as those with more experience, the time to explore alignment and fundamental aspects of the postures while still being physically and mentally challenging.