

GROUP EXERCISE SCHEDULE

DOWNTOWN YMCA

March 6–May 1



MONDAY

Time	Class	Instructor	Location
AM Classes			
5:10–5:55	*Y-Functional Fit Camp	Ellie	B
6:00–7:00	BODYPUMP®	Trish	B
6:15–7:00	*Total Gym Foundations	Ellie	C
9:00–10:00	A.O.A. Yoga	Carly	D
12:10–12:45	*Total Gym Foundations	Mike	C
PM Classes			
12:00–1:00	Step	Lynda	D
12:10–12:40	Y-Fuse	Lonnie	B
12:50–1:10	Y-Core	Lonnie	B
5:45–6:30	*Total Gym Foundations	Lonnie	C
5:45–6:10	*Y-Blitz	Mike	B
5:40–6:25	YC3	Ellie	D
5:45–6:30	Y-Cycle	Holly	F
6:35–7:20	*Total Gym Advanced	Lonnie	C
6:45–7:45	BODYPUMP®	Maryann	B

TUESDAY

Time	Class	Instructor	Location
AM Classes			
6:00–6:45	Y-Cycle	Nelson	F
6:00–7:00	BODYSTEP®	Diane	D
6:00–7:00	Y-Stretch Flow	Emily	B
PM Classes			
12:00–1:00	BODYPUMP®	Lynda	B
12:10–12:55	Y-Cycle	Pat	F
12:10–12:45	*Y-Blitz	Mike	D
5:35–6:10	*Y-Blitz	Mike	D
5:35–6:35	BODYPUMP®	Jessi	B
6:30–7:30	Yoga	Jackie	D
6:35–7:20	*Total Gym Foundations	Mike	C

WEDNESDAY

Time	Class	Instructor	Location
AM Classes			
5:10–5:55	*Y-Functional Fit Camp	Ellie	B
6:00–6:45	YC3	Maryann	D
6:00–7:00	BODYPUMP®	Trish	B
6:15–7:00	*Total Gym Foundations	Ellie	C
9:00–10:00	SilverSneakers® Classic	Molly	D
12:10–12:45	*Total Gym Foundations	Mike	C
PM Classes			
12:00–1:00	Step	Lynda	D
12:10–12:40	Y-Fuse	Lonnie	B
12:50–1:10	Y-Core	Lonnie	B
5:30–6:25	Zumba®	Julie/Candace	D
5:45–6:30	Y-Cycle	Kathleen	F
6:00–6:30	Y-Fuse	Lonnie	B
6:35–6:55	Y-Core	Lonnie	B

THURSDAY

Time	Class	Instructor	Location
AM Classes			
6:00–6:45	Y-Cycle	Kathy	F
6:00–6:45	BODYSTEP®	Diane	B
PM Classes			
12:00–1:00	Y-Stretch Flow	Lynda	D
12:10–12:45	*Y-Blitz	Lonnie	B
5:35–6:10	*Y-Blitz	Mike	B
5:45–6:30	Y-Cycle	Eileen	F
6:30–7:30	BODYPUMP®	Jessi	B

FRIDAY

Time	Class	Instructor	Location
AM Classes			
5:10–5:55	*Y-Functional Fit Camp	Lonnie	B
6:00–6:45	YC3	Lonnie	D
6:00–7:00	BODYPUMP®	Emily	B
9:00–10:00	SilverSneakers® Classic	Molly	D
PM Classes			
12:00–1:00	Y-Cycle	Pat	F
12:10–12:50	*Total Gym/TRX® Suspended Motion	Lonnie/Mike	C
12:10–12:40	Y-Chisel	Colleen	B
12:50–1:10	Y-Core	Colleen	B

SATURDAY

Time	Class	Instructor	Location
AM Classes			
8:00–8:45	Bodystep®	Diane	D
9:00–9:35	*Y-Blitz	Lonnie/Mike	D
9:00–10:00	Y-Cycle	Kathleen/Holly	F
9:00–10:00	BODYPUMP®	Diane	B
10:30–11:00	Y-Fuse	Lonnie	B
11:05–11:25	Y-Core	Lonnie	B
11:35–12:35	Y-Cardio Funk	Lonnie	D

SUNDAY

Time	Class	Instructor	Location
AM Classes			
9:00–10:00	Y-Cycle	Trish	F
10:35–11:35	BODYPUMP®	Trish	B
11:45–12:40	Yoga	Marcel	D

Questions?

Contact Lonnie L Watts, Product Executive Group
Exercise at lwatts@ymcamke.org

CLASS DESCRIPTIONS



***Bold**/asterisk class descriptions denote an additional fee

Y-Core 20 minutes. This class focuses on all the muscles of the abdomen in an effort to develop core strength.

BODYPUMP® 55 minutes. This class utilizes barbells and adjustable weights to tone and condition all the major muscle groups by performing weight bearing exercises.

BODYSTEP® 55 minutes. This is a cardiovascular program that uses an adjustable height step and features high intensity intervals followed by muscle conditioning tracks designed to shape and tone the entire lower body.

SilverSneakers® Classic 60 minutes. Class will increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance; a chair is used for seated and/or standing support.

A.O.A. Yoga 60 minutes. This is truly a mind, body and spirit class for Active Older Adults. You will be doing gentle movements and poses to help with stress reduction, balance and flexibility.

Step A cardiovascular class using an adjustable step that is a freestyle step workout containing coordination and intense cardio intervals.

StrYke This 45 minute class is a challenging kickboxing workout designed to work on your form and give you a great cardio workout.

***Total Gym Foundations** 35 or 45 minutes. Low impact total body workout setting up the foundations of using our Total Gym equipment. Muscular endurance and strength are pushed to the limit in this class.

Y-Chisel 30 minutes. This full-body conditioning class is designed to strengthen various muscle groups using resistance bands and body weight.

***Y-Blitz** 35 minutes. An all out sports style cross training class. This is your CrossFit solution to keep your body guessing every single class. Uses everything including weights, cardio, tires, barbells, medicine balls and more. 2 month session. \$25 for members, \$40 for community participants.

Y-Cardio Funk 60 minutes. A combination of high and low impact aerobics performed in a "funky dance" style.

Y-Cycle 45-60 minutes. The Y-Cycling program is a no-impact cardiovascular workout performed to music on a stationary bike. Great for all levels of fitness and intensity is controlled individually at each bike.

***Y-Functional Fit Camp** Kettle Bell and TRX® suspension training meets indoor boot camp. Class will be results driven for the month. Each month has a different focus and will be all about functional training to get you in better shape for everyday life. \$49 for the month.

Y-Fuse 30 minutes. Exciting, innovative cardio class, that uses sports inspired drills to get the heart rate pumping. Fast paced effective workout in a short time block. Great for all levels.

Y-Stretch Flow 55 minutes. A blend of Yoga, Pilates and Tai Chi set to inspiring music. Flow through poses and sequences for strength, balance and flexibility. Y-Stretch Flow is a journey that will leave you feeling stronger, balanced and energized.

YC3 (45 or 60 minutes). Formerly Y-Triple Threat. Knock your socks off with this three tier total body workout! Participants will work through a combination of exercises encompassing cardio, strength and core. This class offers variety and modifications for all levels.

Zumba® A fun and effective workout system that combines a tough workout with a party like atmosphere. This Latin dance inspired class is an easy to follow calorie burning fitness party.