



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

NORTHSIDE YMCA – Nov. 1 – Nov. 30

MONDAY

Time	Class	Location	Instructor
AM Classes			
5:45-6:30	Indoor Boot Camp	GYM	Timeka
PM Classes			
5:00-5:45	Y-Cycle	GX Studio	Eric
6:00-6:45	Y-Cardio Funk	GX Studio	Lynell
6:50-7:10	Y- Core	GX Studio	Lynell

TUESDAY

Time	Class	Location	Instructor
AM Classes			
5:45-6:30	Y-Cycle	GX Studio	Timeka
8:30-9:15	SSFP Classic	GX Studio	Sandee
9:30-10:15	SSFP Classic	GX Studio	Sandee
PM Classes			
5:30-6:15	Y-Stretch Flow	GX Studio	Kelly
6:15-7:15	Zumba®	GX Studio	Antonio

WEDNESDAY

Time	Class	Location	Instructor
AM Classes			
5:45-6:30	Indoor Boot Camp	GYM	Timeka
PM Classes			
6:00-6:45	Y-Cardio Funk	GX Studio	Lynell
6:50-7:10	Y- Core	GX Studio	Lynell

THURSDAY

Time	Class	Location	Instructor
AM Classes			
5:45-6:30	Y-Cycle	GX Studio	Timeka
9:30-10:15	SSFP Classic	GX Studio	Vicki
PM Classes			
5:30-6:10	Absolutely	GX Studio	Timeka
6:15-7:00	Zumba®	GX Studio	Brittany

FRIDAY

Time	Class	Location	Instructor
AM Classes			
5:45-6:30	Indoor Boot Camp	GYM	Timeka

SATURDAY

Time	Class	Location	Instructor
AM Classes			
6:45-7:30	Y-Cycle	GX Studio	Timeka
10:15-11:15	Zumba®	GX Studio	Alana

**Bolded classes =
Additional Fee**

Community Participants can sign up for all other classes at \$73/session for one class a week.
Questions/Comments in regards to Group Exercise, please contact
Timeka Boone Group Exercise Coordinator at (414) 374-9405 or tboone@ymcamke.org



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CLASS DESCRIPTIONS

Absolutely: It's time to manage your midsection! This class will focus on your abs, glutes, hips, & thighs. Enhance core strength, muscular endurance, & joint range of motions using a variety of exercises. This class is designed to enhance everyday movement for people of all levels of fitness!

Boot Camps: 45 minutes. Join us indoors or outside for a four week session of intense workouts that will skyrocket your level of fitness and change your body composition. Boot camp is designed to help you get into the best shape of your life. Our talented, experienced and certified instructors will coach you through a variety of drills, stations and experiences that will change and expand your level of fitness. New exercises and new terrain are guaranteed to produce awesome results. Class meets three times a week during the monthly sessions.

Silver Sneakers Classic: (SSFP Classic) 60 minutes. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a Silver Sneaker® ball are offered for resistance; and a chair is used for seated and/or standing support.

Y Cardio Funk: A combination of low and high impact aerobics is performed in a dynamic dance style. You'll see cardio benefits and have a great time while you put your fun foot forward!

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

Y-Cycle: 45 minutes. The Y-Cycling Program is a no-impact cardiovascular workout performed to music on a stationary bike. A certified instructor leads the class through a variety of drills that simulate the different terrains one encounters on an outdoor bike ride. It's a great program for all levels of fitness and intensity is controlled individually at each bike.

Y-Stretch Flow: 45 minutes. The instructor will help you master the skills of controlled breathing and focus, while leading you through a carefully structured series of stretches, moves and poses for a holistic workout that brings the body into a state of harmony and balance. Class is suitable for all fitness levels.

Zumba: 45-60 minutes. Dynamic dance based fitness class set to the fusion of Latin and international music. Easy to follow, repetitive dance steps make this a fun workout and the time will fly!

Classes are a group activity, so we ask that all participants are respectful by following the instructor's direction. If you have a medical condition that prevents you from following the routine, please consult your instructor before class. The warm-up and cool down are important to avoid injury; so for safety reasons, we ask that you not enter a class more than 10 minutes after it has started and do not leave until the cool down is completed. We highly encourage socializing before and after class in the hallways and common areas. We recommend that you bring a plastic water bottle and a towel. Please return all the equipment to that you've used to its proper storage area and alert instructor if any equipment is damaged.