



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

PARKLAWN YMCA November 1 - November 30

MONDAY

<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
AM 9:00-9:45	SSFP Classic	Studio1	Valley

TUESDAY

<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
AM 5:40-6:40	Zumba	Studio 1	Julie

WEDNESDAY

<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
AM 9:00-9:45	SSFP Classic	Studio 1	Valley
PM 6:15-7:15	Y-Chisel	Studio 1	Antonio

THURSDAY

<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
PM 5:40-6:30	Yoga	Studio 1	Marcel

SATURDAY

<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
AM 8:15-9:00	Zumba	Studio 1	Julie

Questions/Comments in regards to Group Exercise, please contact
Timeka Boone Group Exercise Coordinator (414) 374-9405 tboone@ymcamke.org



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Class Descriptions

Silver Sneakers! - 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 Triple Threat - Knock your socks off with this three tier total body workout! Participants will work through a combination of exercises encompassing Cardio, Strength, & Core. This class offers variety and modifications 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!

Yoga - 40 minutes. Yoga is a form of exercise that uses slow movements and stretching to increase flexibility, balance and strength. This is a low intensity class that allows you to concentrate on your body and it's movements through slow breathing and soothing music.