



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## GROUP EXERCISE SCHEDULE PARKLAWN YMCA Winter 1 2017 - JAN 2 - JAN 31

<b>MONDAY</b>			
<b>TIME</b>	<b>CLASS</b>	<b>LOCATION</b>	<b>INSTRUCTOR</b>
<b>AM</b>			
9:00-9:45	SSFP Classic	Studio 1	Valley
<b>PM</b>			
7:00-7:45	Y-Cardio Funk	Studio 1	Timeka
<b>TUESDAY</b>			
<b>TIME</b>	<b>CLASS</b>	<b>LOCATION</b>	<b>INSTRUCTOR</b>
<b>PM</b>			
6:15-7:00	Zumba	Studio 1	Candice
<b>WEDNESDAY</b>			
<b>TIME</b>	<b>CLASS</b>	<b>LOCATION</b>	<b>INSTRUCTOR</b>
<b>AM</b>			
9:00-9:45	SSFP Classic	Studio 1	Valley
<b>PM</b>			
6:00-6:45	Y-Chisel	Studio 1	Antonio
7:00-7:45	Y-Cardio Funk	Studio 1	Timeka
<b>THURSDAY</b>			
<b>TIME</b>	<b>CLASS</b>	<b>LOCATION</b>	<b>INSTRUCTOR</b>
<b>PM</b>			
6:15-7:00	Zumba	Studio 1	Candice
<b>SATURDAY</b>			
<b>TIME</b>	<b>CLASS</b>	<b>LOCATION</b>	<b>INSTRUCTOR</b>
<b>AM</b>			
8:15-9:00	Zumba	Studio 1	Julie/ Brittany
9:30-10:15	Indoor Boot Camp	Studio 1	Timeka

If you have any questions regarding the Group Exercise program, please contact Timeka Boone Group Exercise Coordinator , 414.374.9405 Tboone@ymcamke.org



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# CLASS DESCRIPTIONS

**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. 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 and is designed to engage, build, strengthen, define and tone all the muscles of your core.

**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.

**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!

**Indoor Boot Camp:** 45 minutes. Boot camp is designed to get you in the best shape of your life and Outdoor Boot Camp allows you to do it outside! Experienced instructors will coach you through a variety of drills, stations, and experiences that will change and expand your level of fitness. New exercise, techniques, and terrains are guaranteed to produce awesome results.

**Bolded classes = Additional Fee**