GROUP EXERCISE SCHEDULE
PARKLAWN YMCA
July 1st– August 12th

MONDAY

TIME AM	CLASS	LOCATION	INSTRUCTOR
9:00–9:45	SSFP Classic	Studio 1	Valley

TUESDAY

TIME PM	CLASS	LOCATION	INSTRUCTOR
6:15–7:00	Zumba	Studio 1	Candice

WEDNESDAY

TIME AM	CLASS	LOCATION	INSTRUCTOR
9:00–9:45	SSFP Classic	Studio 1	Valley

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

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 though a variety of drills, stations, and experiences that will change and expand you level of fitness. New exercise, techniques, and terrains are guaranteed to produce awesome results.

Bolded classes = Additional Fee