

# GROUP EXERCISE SCHEDULE

DOWNTOWN YMCA October 1st–November 5th



## SHOCKTOBER

\*BOLD ASTERISK INDICATE AN ADDITIONAL FEE

### MONDAY

Time	Class	Instructor	Location
<b>AM Classes</b>			
6:00–6:45	*Y-Functional Fit Camp	Laura	B
6:00–7:00	BODYPUMP®	Trish	D
9:00–10:00	Silver and Fit Yoga	Deb	D
<b>PM Classes</b>			
12:05–12:45	YC3	Lynda	D
12:10–12:40	Y-Fuse	Lonnie	B
12:50–1:10	Y-Core	Lonnie	B
5:35–6:20	YC3	Karma	D
5:45–6:30	Y-Cycle CBC*	Holly	F
5:45–6:20	*Y-Blitz	Laura	B
5:30–6:15	*strYkeForce (middleweight)	Lonnie	C
6:35–7:20	*Total Gym/TRX® Suspended Motion	Lonnie	C
6:45–7:45	BODYPUMP®	Julie/Andrea	D

### TUESDAY

Time	Class	Instructor	Location
<b>AM Classes</b>			
6:00–6:45	Y-Cycle CBC*	Nelson	F
6:00–7:00	BODYSTEP®	Diane	D
6:00–7:00	Y-Stretch Flow	Emily D.	B
<b>PM Classes</b>			
12:00–1:00	BODYPUMP®	Lynda	D
12:10–12:55	Y-Cycle CBC*	Rotates	F
12:10–12:45	*Y-Blitz	Laura	B
5:35–6:10	*Y-Blitz	Laura	B
5:35–6:35	BODYPUMP®	Jessie	D
6:30–7:15	Yoga	Jackie	B

### WEDNESDAY

Time	Class	Instructor	Location
<b>AM Classes</b>			
6:00–6:45	*Combat Camp	Ricardo	C
6:00–7:00	BODYPUMP®	Trish	D
9:00–10:00	SilverSneakers® Classic	Molly	D
<b>PM Classes</b>			
12:05–12:45	YC3	Lynda	D
12:10–12:55	*Combat Camp	Ricardo	C
12:10–12:40	Y-Fuse	Lonnie	B
12:50–1:10	Y-Core	Lonnie	B
5:30–6:25	Zumba®	Tina	D
5:35–6:20	*strYkeForce (middleweight)	Ricardo	C
5:45–6:30	Y-Cycle	Amanda	F
6:00–6:30	Y-Fuse	Lonnie	B
6:35–6:55	Y-Core	Lonnie	B
6:30–7:30	Yoga	Deb	D

### THURSDAY

Time	Class	Instructor	Location
<b>AM Classes</b>			
6:00–6:45	*Y-Functional Fit Camp	Laura	B
6:00–6:45	Y-Cycle	Kathy	F
6:00–7:00	BODYSTEP®	Diane	D
<b>PM Classes</b>			
12:00–1:00	BODYPUMP®	Lynda	D
12:10–12:45	*Y-Blitz	Laura	B
5:35–6:10	*Y-Blitz	Laura	B
6:00–6:45	Y-Cycle	Nelson	F
5:35–6:35	BODYPUMP®	Jessie	D
6:40–7:40	BODYPUMP®	Andrea	D

### FRIDAY

Time	Class	Instructor	Location
<b>AM Classes</b>			
6:00–6:45	YC3	Lonnie	B
6:00–7:00	BODYPUMP®	Emily D.	D
9:00–10:00	SilverSneakers® Classic	Molly	D
<b>PM Classes</b>			
12:00–1:00	Y-Cycle CBC*	Ashley	F
12:10–12:50	*Total Gym/TRX® Suspended Circuit	Ricardo	D
12:10–12:40	Y-Chisel	Rheanna	B
12:50–1:10	Y-Core	Rheanna	B
5:35–6:20	*strYkeForce (middleweight)	Ricardo	C

### SATURDAY

Time	Class	Instructor	Location
<b>AM Classes</b>			
8:00–8:45	*Combat Camp	Ricardo	C
9:00–9:35	*Y-Blitz	Laura	B
9:00–10:00	Y-Cycle CBC*	Rotates	F
9:00–10:00	BODYPUMP®	Diane	D
10:30–11:00	Y-Fuse	Rotates	B
11:10–11:30	Y-Core	Rotates	B
11:45–12:30	Y-Cardio Funk	Lonnie	D
<b>PM Classes</b>			
12:35–1:20	*Hip Hop Dance	Antonio	D

### SUNDAY

Time	Class	Instructor	Location
<b>AM Classes</b>			
8:15–9:00	*Total Gym/TRX® Suspended Circuit	Lonnie/ Ricardo	D
9:00–9:45	Y-Cycle CBC*	Trish	F
10:35–11:35	BODYPUMP®	Trish	D
11:45–12:40	Yoga	Marcel	D

Questions?  
Contact Laura Becker at [lbecker@ymcamke.org](mailto:lbecker@ymcamke.org)

CBC\*= Coach by Color

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

**BODYSTEP®** 45 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. This 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.

**Silver and Fit 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.

**\*strYkeForce** Get in the fight with this martial arts inspired impact boxing class using our Matrix Connexus. You will be punching and kicking your way into fitness in 40 minutes.

**\*Total Gym Foundations** (Level 1 and 2) This 45 minute class is the perfect starting point for all fitness levels. Participants will focus on mastering techniques and breaking through the plateau of traditional workout routines. Exercises focus on muscle control, isolation, full body engagement, core strength and stability, while decreasing the stress joints.

**\*Suspended Motion (TRX® & Total Gym)** This 40 minute class utilizes both the Total Gym machine and TRX® straps. Using only your body weight you will be pushed to a new limit!

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

**\*Y-Blitz** The ultimate cross training workout challenge is here! This class is 35 minutes of all out intensity. 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-Cycle CBC\*** This Y-Cycling program uses ICG's 5-Zone Color System to individualize each class. This system delivers real-time, color-coded biofeedback to users, so everyone can get the same workout based on their level of fitness. 45-60 minutes.

**\*Y-Functional Fit Camp** Kettle Bell and TRX Suspension training meets indoor boot camp. This class meet 2 times a week for 45 minutes and will be results driven for the month. Each month has a different focus and will be all about functional training to get you in shape for everyday life. \$40 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** 60 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** 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.

**\*Combat Camp** This boot camp uses our Matrix Connexus. 45 minutes of kickboxing drills and martial arts inspired exercises to mix up your normal workout routine!

**\*shimmY** This belly dance class will move you to a fun beat while providing a low-impact aerobic workout. Learn basic belly dance techniques and strengthen your core during this 45-minute class. No previous dance experience required!