



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **Holiday Group Exercise Schedule**

## **Downtown YMCA**

### **Sunday, December 24th**

9:00am-9:45am	Y-Cycle	Trish	Studio F
10:35am-11:35am	BODYPUMP	Trish	Studio D
11:45am-12:40pm	Yoga	Marcel	Studio D

### **Monday, December 25th**

**Closed**

### **Tuesday, December 26th**

12:00pm-1:00pm	BODYPUMP	Lynda	Studio D
12:10pm-12:45pm	Y-Blitz	Laura	Studio B
12:10pm-12:55pm	Y-Cycle	Ricardo	Studio F
5:45pm-6:20pm	Y-Blitz	Laura	Studio B
5:35pm-6:35pm	BODYPUMP	Jessie	Studio D
6:30pm-7:15pm	Yoga	Jackie	Studio B

**Questions?**

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

# 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.

**A.O.A. 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.

**\*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-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.