

# GROUP EXERCISE SCHEDULE

## DOWNTOWN YMCA



### November 5th-December 31st

\*BOLD ASTERISK INDICATE AN ADDITIONAL FEE

MONDAY				THURSDAY			
Time	Class	Instructor	Location	Time	Class	Instructor	Location
<b>AM Classes</b>				<b>AM Classes</b>			
6:00-6:45	*Y-Functional Fit Camp	Enrique	B	6:00-6:45	*Y-Functional Fit Camp	Sierra	B
6:00-7:00	BODYPUMP®	Julie	D	6:00-6:45	Y-Cycle	Kathy	F
9:00-10:00	Silver and Fit Yoga	Deb	D	6:00-7:00	BODYSTEP®	Diane	D
<b>PM Classes</b>				<b>PM Classes</b>			
12:05-12:45	YC3	Lynda	D	12:00-1:00	BODYPUMP®	Lynda	D
12:10-12:40	Y-Fuse	Lonnie	B	12:10-12:45	*Y-Blitz	Laura	B
12:50-1:10	Y-Core	Lonnie	B	5:35-6:10	*Y-Blitz	Phil	B
5:30-6:15	*strYkeForce (middleweight)	Laura	C	5:35-6:35	BODYPUMP®	Jessie	D
5:35-6:20	Zumba	Dominique	D	6:30-7:15	Yoga	Ulas	B
5:35=6:20	Yoga	Tonieh	B	<b>FRIDAY</b>			
5:45-6:30	Y-Cycle CBC*	Holly	F	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
6:35-6:55	Y-Core	Dominique	B	<b>AM Classes</b>			
6:35-7:35	BODYPUMP®	Andrea	D	6:00-6:45	YC3	Lonnie	B
<b>TUESDAY</b>				6:00-7:00	BODYPUMP®	Emily D.	D
<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>	9:00-10:00	SilverSneakers® Classic	Tamara	D
<b>AM Classes</b>				<b>PM Classes</b>			
6:00-6:45	Y-Cycle CBC*	Nelson	F	12:10-12:55	*Combat Camp	Laura	C
6:00-7:00	BODYSTEP®	Diane	D	12:00-12:45	Y-Cycle CBC*	Ashley	F
6:00-7:00	Y-Stretch Flow	Emily D.	B	12:10-12:40	Y-Chisel	Daniel	B
<b>PM Classes</b>				12:50-1:10	Y-Core	Daniel	B
12:00-1:00	BODYPUMP®	Lynda	D	<b>SATURDAY</b>			
12:00-12:45	Y-Cycle CBC*	Lonnie	F	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
12:10-12:45	*Y-Blitz	Laura	B	<b>AM Classes</b>			
5:30-6:15	*strYkeForce (lightweight)	Laura	C	9:00-9:35	*Y-Blitz	Laura	B
5:35-6:10	*Y-Blitz	Phil	B	9:00-10:00	Y-Cycle CBC*	Mannie	F
5:35-6:35	BODYPUMP®	Jessie	D	9:00-10:00	BODYPUMP®	Diane	D
6:30-7:15	Yoga	Jackie	B	10:30-11:00	Y-Fuse	Rotates	B
<b>WEDNESDAY</b>				11:10-11:30	Y-Core	Rotates	B
<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>	11:45-12:30	Y-Cardio Funk	Shanice/Jessica	D
<b>AM Classes</b>				<b>SUNDAY</b>			
6:00-7:00	BODYPUMP®	Trish	D	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
9:00-10:00	SilverSneakers® Classic	Tamara	D	<b>AM Classes</b>			
<b>PM Classes</b>				9:30-10:15	Y-Cycle CBC*	Trish	F
12:05-12:45	Y-Stretch Flow	Lynda	D	9:30-10:15	*Combat Camp	Laura/Ricardo	C
12:10-12:55	*Combat Camp	Laura	C	10:35-11:35	BODYPUMP®	Trish/Julie	D
12:10-12:40	Y-Fuse	Lonnie	B	11:45-12:40	Yoga	Marcel	D
12:50-1:10	Y-Core	Lonnie	B	<b>Questions?</b>			
5:35-6:20	Y-Cardio Funk	Shanice/Jessica	D	<b>Contact Laura Becker at <a href="mailto:lbecker@ymcamke.org">lbecker@ymcamke.org</a></b>			
5:45-6:30	Y-Cycle	Amanda	F				
6:00-6:30	Y-Fuse	Lonnie	B				
6:35-6:55	Y-Core	Lonnie	B				
6:35-7:35	BODYPUMP®	Jessica	D				

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!