



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THANKSGIVING WEEKEND GROUP EXERCISE SCHEDULE

FRIDAY, NOVEMBER 23RD

Time	Class	Instructor	Location
9:00am-10:00am	Y-Cycle	Ashley	F
10:15am-11:15am	BODYSTEP®	Diane	D
10:15am-10:45am	Y-Chisel	Daniel	B
10:55am-11:15am	Y-Core	Daniel	B
11:30am-12:15pm	Yoga	Marcel	D

SATURDAY, NOVEMBER 24TH

Time	Class	Instructor	Location
9:00am-9:35am	Y-Blitz	Enrique	B
9:00am-10:00am	Y-Cycle	Liza	F
9:00am-10:00am	BODYPUMP®	Diane	D
10:15am-11:00am	Y-Cardio Funk	Jessica	D

SUNDAY, NOVEMBER 25TH

Regular Group Exercise Schedule



Questions?
Contact Laura Becker at lbecker@ymcamke.org



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CLASS DESCRIPTIONS

Y-Cycle: 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.

BODYPUMP®: This class utilizes barbells and adjustable weights to tone and condition all the major muscle groups by performing weight bearing exercises.

Y-Cardio Funk: A combination of high and low impact aerobics performed in a “funky dance” style.

Y-Core 20 minutes. This class focuses on all the muscles of the abdomen in an effort to develop core strength.

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

BODYSTEP® 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.

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. This class requires an additional fee and registration in advance.