

GROUP EXERCISE SCHEDULE

NORTHSIDE YMCA

Oct 29th - Dec 30th



MONDAY

| Time | Class | Location | Instructor |
|-------------------|------------|-----------|------------|
| PM Classes | | | |
| 5:00-5:35 | Y- Cycling | GX Studio | Eric |
| 5:45-6:20 | YTurn-Up | GX Studio | Natalie |
| 6:25-6:55 | strYke | GX Studio | Lynell |

THURSDAY

| Time | Class | Location | Instructor |
|-------------------|--------------|-----------|------------|
| AM Classes | | | |
| 9:30-10:15 | SSFP Classic | GX Studio | Valley |
| PM Classes | | | |
| 5:30-6:15 | Yoga | GX Studio | Freda |

TUESDAY

| Time | Class | Location | Instructor |
|-------------------|----------------|-----------|------------|
| AM Classes | | | |
| 8:30-9:15 | SSFP Classic | GX Studio | Tamara |
| 9:30-10:15 | Silver and Fit | GX Studio | Tamara |
| PM Classes | | | |
| 5:30-6:15 | Y-Stretch Flow | GX Studio | Kelly |

SATURDAY

| Time | Class | Location | Instructor |
|-------------------|-------|-----------|------------|
| AM Classes | | | |
| 8:15-9:15 | Yoga | GX Studio | Marcel |
| 10:15-11:15 | Zumba | GX Studio | Alana |

WEDNESDAY

| Time | Class | Location | Instructor |
|-------------------|---------------|-----------|------------|
| PM Classes | | | |
| 5:00-5:30 | Y-Cycle | GX Studio | Latoya |
| 6:00-6:45 | Y-Chisel | GX Studio | Lynell |
| 7:00-7:45 | Y-Cardio Funk | GX Studio | Lynell |

Bolded classes = Additional Fee

Questions?
 Contact Samantha Koscielak at
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 (414) 374-9456



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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; and a chair is used for seated and/or standing support.

Y-Blitz: The ultimate cross training workout challenge is here! This class is 35 minutes of all out intensity. It will challenge anyone's fitness level and enhance your physical performance no matter where you are physical. Each class is completely different and is designed around different equipment and sports-inspired cross training.

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-Chisel: 45 minutes. Let's sculpt a better you! This class is designed to strengthen various muscle groups using hand weights, resistance bands, and stabilization techniques. Y Chisel offers a full-body workout that builds bone density and reshapes muscles to increase efficiency in daily activities.

Y-Cycle: 30-35 minutes. The Y-Cycling Program is a no-impact cardiovascular workout performed to music on a stationary bike. A certified instructor leads the class through a variety of drills that simulate the different terrains one encounters on an outdoor bike ride. It's a great program for all levels of fitness and intensity is controlled individually at each bike.

Y-Stretch Flow: 45 minutes. The instructor will help you master the skills of controlled breathing and focus, while leading you through a carefully structured series of stretches, moves and poses for a holistic workout that brings the body into a state of harmony and balance. Class is suitable for all fitness levels.

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!

strYke: A 45 Minute non-impact based cardio kickboxing class. An intense cardiovascular class taught by our trained and certified instructors who will guide participants through a serious of kickboxing workouts.

Classes are a group activity, so we ask that all participants are respectful by following the instructor's direction. If you have a medical condition that prevents you from following the routine, please consult your instructor before class. The warm-up and cool down are important to avoid injury; so for safety reasons, we ask that you not enter a class more than 10 minutes after it has started and do not leave until the cool down is completed. We highly encourage socializing before and after class in the hallways and common areas. We recommend that you bring a plastic water bottle and a towel. Please return all the equipment to that you've used to its proper storage area and alert instructor if any equipment is damaged.