GROUP EXERCISE SCHEDULE DOWNTOWN YMCA

January 2nd-March 3rd UPDATED!



MONDAY

6:35-6:55 Y Core

6:35-7:35 BODYPUMP®

THURSDAY

			THURSDAY			
Class	Instructor	Location	Time	Class	Instructor	Location
	Faultaur		AM Classes			
			6:00-6:45	*Combat Camp	Enrique	С
	•		6:00-6:45	Y Cycle	Kathy	F
Silver and Fit Yoga	Deb	D	6:00-7:00	BODYSTEP®	Diane	D
		_	PM Classes			
	Daniel		12:00-1:00	BODYPUMP®	Lynda	D
	Lonnie		12:10-12:45	*Y Blitz	Laura	В
	Lonnie		4:30-5:15	*Combat Camp	Ricardo	С
•			5:35-6:10	*Y Blitz	Phil	В
•	PJ		5:35-6:35	BODYPUMP®	Jessie	D
			6:30-7:15	Yoga	Ulas	В
	•		FRIDAY	-		
5				Class	Instructor	Location
				(1055	mstructor	Location
•	Laura	-		*V Cyclo Poot Comp	Enrique	F
	Dominique				•	
BODYPUMP®	Andrea	D				В
						D
Class	Instructor	Location	_	SilverSneakers® Classic	Chantz	D
						-
*Combat Camp	Enrique	С				C F
Y Cycle CBC*	Kathy	F		•		
BODYSTEP®	Diane	D				В
Y Stretch Flow	Emily D.	В				В
				• • •	Ricardo	С
BODYPUMP®	Lynda	D	SATURDAY	(
Y Cycle CBC*	Lonnie	F	Time	Class	Instructor	Location
*Y Blitz	Laura	В	AM Classes			
*Combat Camp	Ricardo	С	7:00-7:45	*Y Functional Fit Camp	Ricardo	В
*Total Gym Foundations (Level 1)	Laura	С	8:00-8:45	*Y Cycle Boot Camp	Madi	F
*Y Blitz	Phil	В	9:00-9:35	*Y Blitz	Enrique	В
BODYPUMP®	Jessie	D		*Combat Camp	•	с
6:30-7:15 Yoga	Jackie	В		•		F
				•		D
AY						
Class	Instructor	Location			Lonnie	В
			11:10-11:30	Y Core	Lonnie	В
*Y Basic Training Camp	Enrique	В	11:45-12:30	Y Cardio Funk	Jessica	D
*Y Functional Fit Camp	Sierra	В	SUNDAY			
BODYPUMP®	Trish	D	Time	Class	Instructor	Locatior
SilverSneakers® Classic	Chantz	D				
				*Y Combat Camp	Laura/Ricardo	с
Y Stretch Flow	Sharon	D		•		В
*Combat Camp	Laura	с		•		F
Y Fuse				•		
				•		C
						D
•			11:45-12:40	Yoga	Marcel	D
•						
				*BOLD ASTERISK INDIC	ATES AN ADDITIO	NAL FEE
•					(BC*= Coach b	v Color
Y Fuse	Lonnie	В				,
	*Y Basic Training Camp *Y Functional Fit Camp BODYPUMP® Silver and Fit Yoga YC3 Y Fuse Y Core *Y Kettlebell Boot Camp *Y Functional Fit Camp *strYkeForce (middleweight) Zumba Yoga Y Cycle CBC* *Total Gym Foundations (Level 1) Y Core BODYPUMP® Class Y Stretch Flow BODYPUMP® Y Cycle CBC* *Y Blitz Combat Camp *Total Gym Foundations (Level 1) *Y Blitz BODYPUMP® Yoga Class Y Stretch Flow Y Stretch Flow Class Y Stretch Flow Class Y Stretch Flow Class Y Stretch Flow Class Y Stretch Flow Class Y Stretch Flow Combat Camp Y Fuse Y Core *Y Kettlebell Boot Camp Y Fuse Y Core *Y Kettlebell Boot Camp Y Cardio Funk Y Cycle	'Y Basic Training Camp 'Y Functional Fit Camp BODYPUMP® Silver and Fit YogaEnrique Enrique Julie DebYC3DanielY FuseLonnieY CoreLonnieY Kettlebell Boot CampPJ'Y Cycle CBC'MadiY Cycle CBC'Madi'Total Gym Foundations (Level 1)LauraY CoreDominiqueBODYPUMP®DominiqueY Cycle CBC'KathyBODYPUMP®DianeY Stretch FlowEmily D.BODYPUMP®LyndaY Cycle CBC'Lonnie'Y BlitzLaura'Combat CampRicardo'Y Cycle CBC'Lonnie'Y BlitzLaura'Combat CampRicardo'Y Stretch FlowEmily D.BODYPUMP®LyndaY Cycle CBC'Lonnie'Y BlitzLaura'Combat CampPhilBODYPUMP®JessieY ogaJackieAYClassClassInstructor'Y Basic Training CampEnrique'Y Stretch FlowSharon'Combat CampPJ'Y Stretch FlowSharon'Combat CampPJ'Y Kettlebell Boot CampPJ'Y Kettlebell Boot CampPJ'Y Kettlebell Boot CampPJ'Y Cardio Fun	Y Basic Training Camp Enrique B Y Functional Fit Camp Buile D Silver and Fit Yoga Deb D YC3 Daniel D Y Fuse Lonnie B Y Core Lonnie B Y Kettbebell Boot Camp PJ B Y Y Functional Fit Camp Dominique D Y Oga Tonieh B Y Y Cycle CBC' Madi F "Total Gym Foundations (Level 1) Laura C Y Cycle CBC' Kathy F BODYPUMP® Lynda D Y Cycle CBC' Lonnie F Y Cycle CBC' Lonnie F Y Cycle CBC' Lonnie B BODYPUMP® Luora	ClassInstructorLocationTimeY Basic Training CampEnriqueB6:00-6:45Y Functional Fit CampJulieD6:00-7:00PM ClassesDanielD12:10-12:45Silver and Fit YogaDanielD12:20-1:00Y C3DanielD12:10-12:45Y FuseLonnieB4:30-5:15Y CoreLonnieB4:30-5:16Y Kettbell Boot CampPJB5:35-6:10Y Functional Fit CampPJB5:35-6:10Y Functional Fit CampPJB5:35-6:10Y GroeLauraC6:30-7:15ZumbaDominiqueDFRIDAYY Cycle CBC*MadiFTimeY Cycle CBC*MadiFTimeY Cycle CBC*InstructorLocation9:00-9:45Y Cycle CBC*InstructorLocation9:00-9:45Y Cycle CBC*KathyF12:10-12:40Y Stretch FlowDianeD12:50-11:10Y Stretch FlowLonnieFTimeY Stretch FlowJackieD9:00-9:45Y OrgaJackieD9:00-9:45Y Sortch FlowSieraB9:00-9:45Y Cycle CBC*LonnieFTimeY Stretch FlowEnriqueC7:00-7:45Storech FlowJackieD9:00-9:45Y Cycle CBC*LonnieFTimeY Stretch FlowSieraB9:00-9:	ClassInstructorLocationTimeClassY Basic Training Camp Y functional Fit Camp Silver and fit YogaEnrique Biner and fit YogaB600-6645Y Combat CampY Got Y FuseDanielD12:00-1:00BODYSTEP9Y Fuse Y FuseLonnieB4:30-5:15Y Combat CampY Y Katibell Boot CampPJB5:35-6:10Y BitzY Y Kettibell Boot CampPJB5:35-6:10Y BitzY Y Kettibell Boot CampPJB5:35-6:10Y BitzY Y Kettibell Boot CampPJB5:35-6:15Y Combat CampY Y Syste CBC'MadiC6:30-7:15Y OrgaY Syste CBC'MadiFTimeClassY CoreMadreaD6:00-6:45Y C3Y CoreAndreaD6:00-7:00BODYPUMPØY CoreAndreaD6:00-9:45SilverSneakers@ ClassicY CoreBoDYPUMPØLuraC12:00-12:45Y Cycle Boot CampY Cycle CBC'KathyFTimeClassicY Cycle CBC'KathyFTimeClassicY Sytech FilowEmriqueD12:00-12:45Y Cycle Boot CampBODYPUMPØLuraC7:00-7:45Y Functional Fit CampY Cycle CBC'KathyFTimeClassicY Sytech FilowEmriqueD12:00-11:0Y CoreBODYPUMPØLuraB9:00-9:35Y Use CampY Sytech Fil	Class Instructor Location Time Class Instructor Y Birctional Fit Camp Enrique B 6400-645 Y Combat Camp Enrique B0DYPUMPe Julie D 6400-645 Y Combat Camp Enrique Y Birctional Fit Camp Enrique B 6400-645 Y Combat Camp Lunai Y Gar Daniel D 12400-100 BODYPUMPe Lunai Y Kortonal Fit Camp PJ B 535-610 Y Bittz Lunai Y Functional Fit Camp PJ B 535-610 Y Opta Lunai Y Functional Fit Camp PJ B 535-610 Y Opta Lunai Y Gar Dominique D FIRDAY Y Gas Instructor Y Gar Tonish B FIRDAY Y Gas Instructor Y Gar Tonish B FIRDAY Y Gas Instructor Y Gar Dominique B 540-615 Y Cycle Boot Camp Enrique BODYPUMPE Andrea Golob-615 Y Cycle Boot Camp Enrique Y Grae Dominique B 540-615 Y Cycle Boot Camp Enrique Y Grae BootyPUMPE Andrea

В

D

Lonnie

Jessica

Questions? Contact Laura Becker at Ibecker@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® 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 45 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 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 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 This fun and exciting 45-minute class offers a 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!