

GROUP EXERCISE SCHEDULE

RITE-HITE YMCA Dec 22–Jan 4



MONDAY

Time	Class	Instructor	Location
AM Classes			
5:15-6:00	* Y-Cycle Boot Camp	Shanda	Cycling Studio
5:30-6:30	Cardio Fusion	Gwen	7
6:00-7:00	BODYPUMP@	Sarah	6
6:05-6:50	* Y-Basic Training Camp	Jamel	Sm. Group Training
8:00-9:00	Senior Fitness	Karen	7
8:30-8:50	Y-Core	Angela	6
9:15-10:15	Y-Cycle	Laura C.	Cycling Studio
9:15-10:15	Yoga	Maral	2
9:15-10:15	BODYPUMP@	Allison	6
9:15-10:15	BODYCOMBAT@	Erin	7
10:30-11:30	Yoga	Levy	2
10:30-11:30	BODYFLOW@	Eva	7
10:30-11:30	BODYPUMP@	Jim	6

PM Classes

1:00-1:45	Silver Sneakers@ Classic	Kim	7
2:00-2:45	Silver Sneakers@ Classic	Kim	7
4:30-5:15	* Y-Functional Fit Camp	Gwen	Sm. Group Training
5:15-6:15	BODYPUMP@	Joe	6
5:30-6:15	* Total Gym@ Foundations	Antonio	4
5:30-6:25	Zumba@	Gwen	7
5:30-6:30	Y-Cycle	Timeka	Cycling Studio
5:30-6:30	Pilates	Liza	2
6:30-7:30	BODYPUMP@	Jessica	6
6:35-7:30	Advanced Step	Lynda	7
6:45-7:45	Restorative Yoga	Denisse	2

TUESDAY

Time	Class	Instructor	Location
AM Classes			
5:30-6:15	* Y-Functional Fit Camp	Shanda	Sm. Group Training
5:30-6:30	Y-Cycle	Sarah	Cycling Studio
8:00-9:00	Senior Fitness	Kim	7
8:15-9:15	Pilates	Gretchen	2
8:30-9:15	* Total Gym@ Foundations	Shanda	4
9:00-10:00	Y-Cycle	Jim	Cycling Studio
9:15-10:15	Y-Chisel	Karen	6
9:15-10:15	Zumba@	Britney	7
9:15-10:10	* Xtricity StrYkeForce	Lonnie	Sm. Group Training
9:20-10:05	* Total Gym@ Foundations	Shanda	4
9:30-10:30	Yoga	Tonieh	2
10:30-11:30	BODYCOMBAT@	Steve	6
10:30-11:30	Silver Sneakers@ Circuit	Karen	7

PM Classes

1:00-1:45	Silver Sneakers@ Yoga	Kim	7
4:15-5:15	BODYPUMP@	Stacy	6
5:25-6:20	Step X-Press	Jeanne	6
5:30-6:15	* Total Gym@ Foundations	Angela	4
5:30-6:30	Y-Cardio Funk	Nicole	7
5:30-6:30	Yoga	Denisse	2
5:30-6:15	* TRX@	Gwen	Sm. Group Training
5:45-6:45	Y-Cycle	Jeff	Cycling Studio
6:40-7:40	BODYCOMBAT@	Julie	7

WEDNESDAY

Time	Class	Instructor	Location
AM Classes			
5:15-6:00	* Y-Cycle Boot Camp	Antonio	Cycling Studio
5:30-6:30	Cardio Fusion	Gwen	7
6:00-7:00	BODYPUMP@	Laura M.	6
6:05-6:50	* Y-Basic Training	Jamel	Sm. Group Training
8:00-9:00	Senior Fitness	Kim	7
8:30-8:50	Absolutely	Karen	6
9:15-10:15	BODYPUMP@	Karen	6
9:15-10:15	BODYSTEP@	Jen	7
9:15-10:15	Y-Cycle	Liz B.	Cycling Studio
10:00-11:00	Intermediate Tai Chi	Rotation	2
10:30-11:30	BODYFLOW@	Steve	7
10:30-11:30	BODYPUMP@	Amanda	6
11:30-12:30	Yoga	Maral	2

PM Classes

1:00-1:45	Silver Sneakers@ Classic	Kim	7
4:30-5:15	* Y-Functional Fit Camp	Gwen	Sm. Group Training
5:20-6:20	Zumba@	Erica	7
5:30-6:15	* SlaYbells	Angela/Tiffany	6
5:30-6:15	* Total Gym@ Foundations	Antonio	4

WEDNESDAY CONTINUED

Time	Class	Instructor	Location
PM Classes			
6:30-7:30	BODYFLOW@/YStretch Flow	Denisse	2
6:30-7:30	BODYPUMP@	Laura M.	6
6:30-7:30	Advanced Step	Lynda	7

THURSDAY

Time	Class	Instructor	Location
AM Classes			
5:30-6:15	* Y-Functional Fit Camp	Shanda	Sm. Group Training
5:30-6:30	Y-Cycle	Laura M.	Cycling Studio
8:00-8:45	Zumba Gold@	Carmen	7
8:30-9:15	* Total Gym@ Foundations	Shanda	4
9:15-10:15	Y-Chisel	Karen	6
9:15-10:15	BODYCOMBAT@	Steve	7
9:15-10:10	* Xtricity StrYkeForce	Angela	Sm. Group Training
9:20-10:05	* Total Gym@ Foundations	Shanda	4
10:30-11:30	Yoga	Levy	6
10:30-11:30	Silver Sneakers@ Circuit	Dawn	7

PM Classes

12:00-12:45	Y-Cycle	Timeka	Cycling Studio
1:00-1:45	Silver Sneakers@ Classic	Dawn	7
4:15-5:15	BODYPUMP@	Joe	6
5:25-6:20	Step X-Press	Jeanne	6
5:30-6:15	* Total Gym@ Foundations	Angela	4
5:30-6:30	Yoga	Lynda	2
5:30-6:25	Y-Cardio Funk	Tasha	7
5:30-6:15	* TRX@	Kou	Sm. Group Training
5:45-6:45	Y-Cycle	Jeff	Cycling Studio
6:40-7:40	BODYCOMBAT@	Julie	7

FRIDAY

Time	Class	Instructor	Location
AM Classes			
5:30-6:15	* Combat Camp	Shanda	Sm. Group Training
6:00-7:00	BODYPUMP@	Rotation	6
8:00-9:00	Senior Fitness	Liza	7
8:15-9:15	Pilates	Gretchen	2
9:00-10:00	Y-Cycle	Rotation	Cycling Studio
9:15-10:15	BODYPUMP@	Eva	6
9:15-10:15	BODYSTEP@ Athletic	Jen	7
9:30-10:30	Yoga	Maral	2
10:30-11:30	BODYPUMP@	Karen	6
10:30-11:30	Zumba@	Rotation	7
11:30-12:30	Yoga	Sue E.	7

PM Classes

1:00-1:45	Silver Sneakers@ Yoga	Carmen	7
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SATURDAY

Time	Class	Instructor	Location
AM Classes			
7:00-8:00	BODYPUMP@	Rotation	6
7:30-8:15	* Y-Functional Fit Camp	Kou	Sm. Group Training
7:45-8:45	Y-Cycle	Jeff	Cycling Studio
8:05-9:05	Advanced Step	Lynda	7
8:15-9:00	BODYCOMBAT@	Julie	6
9:00-9:45	* Y-Basic Training	Kou	Sm. Group Training
9:00-9:45	* Total Gym@ Foundations	Lynell	4
9:00-10:00	Y-Cycle	Laura M.	Cycling Studio
9:00-10:00	Zumba@	Gwen	Gym
9:15-10:15	BODYPUMP@	Rotation	6
9:15-10:15	BODYFLOW@	Lynda	7
10:00-10:45	* Xtricity StrYkeFoce	Angela	Sm. Group Training
10:15-11:00	* SlaYbells	Ashley/Trila	4
10:30-11:30	BODYPUMP@	Rotation	6
10:30-11:30	Beginner Tai Chi	Rotation	7

SUNDAY

Time	Class	Instructor	Location
AM Classes			
9:00-10:00	BODYCOMBAT@	Marie	7
9:00-10:00	Y-Cycle	Rotation	Cycling Studio
10:15-11:15	BODYPUMP@	Rotation	6
11:30-12:30	YStretch Flow	Sharon	7

Questions? Contact Angela Lindemann at alindemann@ymcamke.org

*Bold asterisk indicates an additional fee.

CLASS DESCRIPTIONS



***Bold/asterisk class descriptions denote an additional fee**

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: 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.

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.

YC3: This fun and exciting 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.

YChisel: This full-body conditioning class is designed to strengthen various muscle groups using resistance bands, dumbbells, and other equipment along with bodyweight.

YFuse: 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.

YCore: 20 minutes. This class focuses on all the muscles of the abdomen in an effort to develop core strength.

YStretch Flow: A blend of Yoga, Pilates and Tai Chi set to inspiring music. Flow through poses and sequences for strength, balance and flexibility. YStretch Flow is a journey that will leave you feeling stronger, more flexible, balanced, and energized.

strYke: This 45 minute class is a high energy cardio kickboxing workout designed to get you sweating to the beat of the music.

YCardio Funk: A combination of high and low impact aerobics performed in a "funky dance" style.

YCycle: 45-60 minutes. The YCycling 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.

YCycle CBC*: This YCycling 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.

***YBlitz**: 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 physically. Each class is completely different and is designed around different equipment and sports-inspired cross training.

***YFunctional 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.

***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!

***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!

***YCycle Boot Camp**: Specialty boot camp utilizing stationary cycling bikes. Great for all fitness levels!

***TRX® Foundations**: This is a results driven, full body conditioning experience like no other! TRX® Foundations will give you the effective workout you've been looking for, using your bodyweight to improve strength, balance, core stability, and flexibility all at once. Great for all fitness levels, this class covers basic exercises and form.

***hYpecycle**: Get lost in the motivating music and let the high-energy atmosphere push you to challenge your body out of its comfort zone! This cycling class is unlike any other, incorporating music you'll want to sing along to and upper body movements for 45 minutes of fun.