

GROUP FITNESS SCHEDULE

NORTHSIDE YMCA

February 3rd–March 1st



MONDAY

Time	Class	Location	Instructor
PM Classes			
5:35–6:10	hYped!	GX Studio	Lonnie
6:15–7:00	Strength Zone	GX Studio	Lonnie
7:05–7:45	slaYbells*	GX Studio	Lonnie

TUESDAY

Time	Class	Location	Instructor
AM Classes			
8:30–9:15	SSFP Classic	GX Studio	Valley
9:30–10:15	Silver and Fit	GX Studio	Brittney
PM Classes			
5:30–6:15	Y–Stretch Flow	GX Studio	Kelly
6:30–7:30	Zumba	GX Studio	Trila

WEDNESDAY

Time	Class	Location	Instructor
AM Classes			
11:30–12:30	Chair Yoga	GX Studio	Maraleta
PM Classes			
5:35–6:10	hYped!	GX Studio	Jessica
6:15–7:00	Strength Zone	GX Studio	Jessica
7:05–7:45	hYpecYcle*	GX Studio	Jessica

THURSDAY

Time	Class	Location	Instructor
AM Classes			
8:30–9:15	Silver and Fit	GX Studio	Valley
9:30–10:15	SSFP Classic	GX Studio	Brittney
PM Classes			
5:30–6:15	Yoga	GX Studio	Freda
6:30–7:30	Zumba	GX Studio	Trila

SATURDAY

Time	Class	Location	Instructor
AM Classes			
8:15–9:15	Yoga	Primetime	Marcel
9:00–9:45	slaYbells*	GX Studio	TBD
10:15–11:15	Zumba	GX Studio	Alana

***Bolted asterisk indicates an additional fee**

Questions?
 Contact Samantha Koscielak at
skoscielak@ymcamke.org or
 (414) 374-9456

CLASS DESCRIPTIONS



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

Fee: \$25/month—includes slaYbells

hYped! 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!

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.

slaYbells*: This class will teach proper kettlebell technique and provide a fierce workout that combines strength training and cardio moves, all while you're twerkin' to a "fire" playlist!

Fee: \$25/month—includes hYpecYcle

Strength Zone: 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-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!

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 it's proper storage area and alert instructor if any equipment is damaged.