

# GROUP EXERCISE SCHEDULE

## RITE-HITE FAMILY YMCA

### Phase 2 (September 22-November 7)



#### MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
5:30-6:30	Y-Functional Fit Camp	Gym	Angela
8:00-9:00	Senior Fitness	Studio 7	Karen
9:15-10:15	BODYPUMP®	Gym	Allison
9:15-10:15	Yoga	Studio 6	Angel
10:00-11:00	Tai Chi	Studio 7	Rotation
10:30-11:30	BODYFLOW®	Gym	TBA
<b>PM</b>			
1:00-1:45	SILVER SNEAKERS® Classic	Studio 7	Kim
4:30-5:30	BODYPUMP®	Studio 6	Stacy
5:30-6:30	Y-Cycle	Studio 7	Jeff (11/2)
6:00-7:00	Zumba®	Gym	Trila
6:45-7:45	BODYPUMP®	Studio 6	Jessica

#### TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
8:00-9:00	Senior Fitness	Studio 7	Brittney C.(11/3)
9:00-10:00	Y-Cycle	Gym	Jim
9:00-10:00	BODYPUMP®	Studio 6	Karen
9:00-10:00	Zumba	Studio 7	Brittany V.
10:15-11:15	Yoga	Studio 7	Angel
10:15-11:15	BODYCOMBAT®	Gym	Eva
11:30-12:30	BODYFLOW®	Gym	Eva
<b>PM</b>			
1:00-1:45	AOA Circuit	Gym	Kim
<b>4:00-5:00</b>	<b>Outdoor BootCamp **</b>	<b>Off-Site</b>	<b>Angela</b>
5:30-6:30	Y-Stretch Flow	Studio 7	Denisse
6:00-7:00	hYped!	Gym	Tasha/Nicole

#### WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
5:30-6:30	Y-Functional Fit Camp	Gym	Angela
8:00-9:00	Senior Fitness	Studio 7	Karen
9:15-10:15	BODYPUMP®	Gym	Jim
9:15-10:15	Yoga	Studio 6	Levy
10:00-11:00	Tai Chi	Studio 7	Rotation
10:30-11:30	BODYFLOW®/Yoga	Gym	TBA
<b>PM</b>			
1:00-1:45	SILVER SNEAKERS® Classic	Studio 7	Kim
4:30-5:30	BODYPUMP®	Studio 6	Stacy
5:30-6:30	Y-Cycle	Studio 7	Jeff (11/4)
5:30-6:30	Zumba®	Gym	Tomia
6:45-7:45	BODYPUMP®	Studio 6	Laura

#### THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
8:00-9:00	Senior Fitness	Studio 7	Brittney C. (11/5)
9:00-10:00	Y-Cycle	Gym	Jim
9:00-10:00	BODYPUMP®	Studio 6	Karen
9:00-10:00	Zumba®	Studio 7	Brittany V.
10:15-11:15	Yoga	Studio 7	Levy
10:15-11:15	BODYCOMBAT®	Gym	Steve
11:30-12:30	BODYFLOW®	Gym	Steve
<b>PM</b>			
1:00-1:45	AOA Circuit	Gym	Kim
<b>4:00-5:00</b>	<b>Outdoor BootCamp **</b>	<b>Off-Site</b>	<b>Angela</b>
5:30-6:30	Y-Stretch Flow	Studio 7	Denisse
6:00-7:00	hYped!	Gym	Tasha/Nicole

#### FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
8:00-9:00	Senior Fitness	Studio 7	Liza
9:15-10:15	Yoga	Studio 6	TBD
9:15-10:15	BODYPUMP®	Gym	Eva
10:30-11:30	BODYFLOW®	Gym	Eva

#### SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
8:00-9:00	BODYSTEP®	Studio 6	Diane
8:00-9:00	BODYCOMBAT®	Gym	TBD
8:15-9:00	Y-Cycle	Studio 7	Jeff (11/7)
9:15-10:00	Y-Cycle	Studio 7	TBD
9:15-10:15	BODYPUMP®	Gym	Laura/ Jessie
10:30-11:30	BODYFLOW®	Studio 7	Rotation
10:30-11:30	Zumba®	Gym	Trila

Please note that this schedule may be subject to change. Reservations are required for each class. Please visit: [www.ymcamke.org/schedules](http://www.ymcamke.org/schedules) for more information or to download our reservation app.

Thank you for continuing to support our programs. We will update this schedule as additional classes and programs become available.

\*\* Bold/ asterisk classes require an additional fee.

QUESTIONS? Contact Angela Lindemann  
Group Exercise Coordinator at [alindemann@ymcamke.org](mailto:alindemann@ymcamke.org)

# CLASS DESCRIPTIONS

**BODYPUMP®**: 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**: 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.

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

**Y-Stretch 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.

**hYped!**: A combination of high and low impact aerobics performed in a "funky dance" style.

**Y-Cycle**: 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.

**\* 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.