



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



## **GROUP FITNESS CLASS SCHEDULE SUMMER II SESSION**

### **MORNING CLASSES**

**July 15 - August 24, 2019**

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<b>5:00-9:00 AM</b>	Pickleball	Y-Walk	Y-Walk 1/2 Gym Pickle Ball 1/2 Gym	Y-Walk	Pickleball	
<b>5:30-6:30 AM</b>		Group Cycle		Group Cycle		
<b>7:00-7:45 AM</b>	Stretch & Tone		Stretch & Tone		Stretch & Tone	
<b>8:00-8:45 AM</b>	Y-Pump	Low Impact Aerobics (Studio)  Beachbody PiYo® (Mezzanine)		Low Impact Aerobics (Studio)  Beachbody PiYo® (Mezzanine)	Y-Pump	
<b>8:00 - 9:00 AM</b>			Yoga			
<b>9:00 - 9:30 AM</b>		Pilates		Pilates		
<b>9:00 - 9:45 AM</b>	Beachbody Core De Force®				Beachbody Core De Force®	
<b>9:15 - 10:00 AM</b>			Barre Above®			
<b>10:30-11:00 AM</b>	Silversneakers Classic®		Silversneakers Classic®		Silversneakers Classic®	

# **BREAK A SWEAT WITH US**



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## **GROUP FITNESS CLASS DESCRIPTIONS:**

**BARRE ABOVE®:** A workout that fuses Yoga, Pilates, Strength Training, and Ballet. This pattern of exercise helps to improve strength, balance, flexibility and posture. **Instructor - Carey**

**BEACHBODY CORE DE FORCE®:** Core De Force® is a high-energy, non-contact group fitness class that mixes MMA-inspired cardio drills with explosive power moves for a full-body conditioning workout. **Instructor - Meredith**

**BEACHBODY PiYo®:** Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You will use body weight to perform a series of continuous, targeted moves to define every single muscle - big and small. This intense, yet low-impact workout will burn calories while you sweat, stretch, and strengthen - all in one empowering PiYo® workout. **Instructor - Staci**

**GROUP CYCLE:** Group cycling classes combine energizing music with a unique fitness workout for powerful results. You get all of the benefits of aerobic activity, including a great calorie burn and stronger heart and lungs, in a fun and supportive group setting. **Instructor - Mike**

**LOW IMPACT AEROBICS:** Start your day with a light cardio workout. All moves can be modified to suit your specific fitness needs and goals. **Instructor - Nancy**

**SILVERSNEAKERS CLASSIC®:** Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels. **Instructor - Carey/Staci**

**STRETCH & TONE:** Warm up with a little cardio, and tone with resistance training. Learn all aspects of properly stretching for a total body workout. **Instructor - Carey**

**PILATES:** A non-impact workout that strengthens the "powerhouse" muscles of the abdomen, hips, lower back and gluteus. It improves posture and stability, as well as coordination and balance. **Instructor - Carey**

**YOGA:** Renew your mind and body through simple, basic, and gentle movements. Hatha Yoga done in a vinyasa style is perfect for anyone looking to improve flexibility. Great for all fitness levels. **Instructor - Staci**

**Y-PUMP:** Add this workout to your day! This class will build muscle, endurance and challenge your cardiovascular system, along with strength training for total body conditioning. **Instructor - Staci**

**Y-WALK:** Enjoy walking indoors while socializing with friends! \$30 per session for program participants.