



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



**GROUP FITNESS CLASS SCHEDULE
FALL I SESSION
EVENING CLASSES
September 9 - October 26, 2019**

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
12:15 - 12:45 PM	Transform® By Beachbody		Core & More			
5:00 - 5:30PM	Cardio & Strength	Transform® By Beachbody	Y-Pump	Body Weight		
5:00 - 6:30 PM	Kickboxing					
5:45 - 6:30 PM	Beachbody PiYo®	POUND®	Zumba® (Studio) <hr/> Kids Fitness (8-13 YO)	Yoga		



BREAK A SWEAT WITH US



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GROUP FITNESS CLASS DESCRIPTIONS:

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**

BODY WEIGHT: This intensive class focuses on the full body using your bodyweight while building muscular endurance. **Instructor - Morgan**

CARDIO & STRENGTH: This 30-minute class combines high/low impact aerobics with strength training to achieve the ultimate high energy, fat burning workout. **Instructors - Andi**

CORE & MORE: Blast your core and a little more in this fun 30-minute lunch time class! We will target that stubborn middle section and focus on strong core movements along with some strength and toning work. **Instructor - Staci**

KICKBOXING: Kickboxing is a workout that combines martial arts techniques with heart-pumping cardio, which means you can get a total body workout and whip yourself into shape in no time. You will have a choice of either a private class or semi-private class. **Instructors - Carey**

Semi-Private: Members \$35, Non-Members \$55 Private: Members \$65, Non-Members \$80

KIDS FITNESS: Bring the kids out and let them experience fitness like the groan ups do! This fun class is designed for kids 8 to 13 years of age, and will show case seven different classes that we offer here at the Warren County YMCA. List of classes will be posted at the front desk.

Instructors - Rotating

POUND®: This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and pilates inspired movements. Using Ripstix®, lightly weighted drumsticks for exercising.

POUND® transforms drumming into an incredibly effective way of working out. **Instructor - Kim**

TRANSFORM®, BY BEACHBODY: Get ready to sculpt your core, legs, glutes, and upper body through the use of step. Don't worry, this isn't old-school step aerobics--it's functional fitness that's fun. The level of intensity is up to you. Plus, in addition to the flexibility with tempo, **Transform LIVE** offers regressions and progressions that make the class accessible and effective for everyone. **Instructor - Meredith**

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.

Instructors - Staci/Heather

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 - Danielle**

ZUMBA®: Add a little sizzle to your week by combining high energy and motivating Latin music with unique moves and combinations. **Instructor - Michelle T.**