



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



GROUP FITNESS CLASS SCHEDULE

WINTER I SESSION

EVENING CLASSES

January 6 - February 22, 2020

| <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 | | Core & More | | Core & More | | |
| 5:00 - 5:30 PM | Cardio & Strength | Pilates | Y-Pump | Transform® By Beachbody | | |
| 5:45 - 6:30 PM | Semi-Private Kickboxing (10 Spots ONLY) (AP Room) <hr/> Yoga (Studio) | Pound® | Zumba® | | | |
| 6:00-6:45 PM | | | | Group Cycle | | |
| 7:15 - 8:15 PM | Ballroom Dance | | Tap Dance | | | |



BREAK A SWEAT WITH US



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GROUP FITNESS CLASS DESCRIPTIONS:

BALLROOM DANCE/TAP DANCE: Have you always wanted to dance, but swore you had two left feet? Are you a life-long dancer looking to start a new style? If you answered yes to any of these questions, then look no further. The YMCA Ballroom Dance classes offer a variety of styles of dance including Foxtrot, Waltz, Swing, Cha-Cha, and Rumba. **Instructor - Lurna**

Ballroom Dance - Member Fee: \$70 Non-Member Fee: \$80 Drop-in Fee: \$15

Tap Dance - Member Fee: \$65 Non-Member Fee: \$75 Drop-in Fee: \$10

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**

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**

KICKBOXING (10 Spots Only): 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

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

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 - 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.**