



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



**GROUP FITNESS CLASS SCHEDULE
WINTER II SESSION
EVENING CLASSES
February 24 - April 11, 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		Y-Pump	Pilates		
5:30 - 6:15 PM		Pound®				
5:45 - 6:30 PM	Semi-Private Kickboxing (8 Spots ONLY) (AP Room) <hr/> Yoga (Studio)		Semi-Private Kickboxing (8 Spots ONLY) (AP Room) <hr/> Zumba® (Studio)			
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 & Heather

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 (8 Spots Only Per Class - 2 Class Options): 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 -Monday, Meredith -Wednesday - Semi-Private: Members \$35, Non-Members \$55

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 - 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

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.**