



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



GROUP FITNESS CLASS SCHEDULE
WINTER I SESSION
EVENING CLASSES
 January 2 - February 16, 2019

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
12:15 - 1:00 PM	Strength & Conditioning		Strength & Conditioning			
4:30 - 5:15 PM	Group Cycle	Barre Above®	Group Cycle	Abs/Foam Rolling		
5:00 - 5:30 PM	Zumba® <u>(Mezzanine)</u> H.I.I.T		STRONG by Zumba® <u>(Mezzanine)</u> H.I.I.T.			
5:30 - 6:15 PM		POUND® (Mezzanine)		POUND® (Mezzanine)		
5:40 - 6:20 PM	Yoga		Yoga			
6:30 - 7:00 PM		Cardio & Strength		Cardio & Strength		
7:30 - 8:30 PM		Tap Dance	Ballroom Dance			

BREAK A SWEAT WITH US



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GROUP FITNESS CLASS DESCRIPTIONS:

ABS/Foam Rolling: This combination class will target your core and with the use of the foam roller, improve flexibility, function, performance, and reduce injuries. **Instructor - Staci**

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

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**

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

FOAM ROLLING: This class is a self-myofascial release (self messaging technique) through the use of a foam roller. Using foam rollers as part of your training program will improve your flexibility, function, performance, and reduce injuries. It is similar to giving yourself a massage using your own body weight to roll around on the foam roller. **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 - Jenna**

H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING): This type of training involves repeated bouts of high intensity effort followed by varied recovery times. **Instructor - Andi**

STRENGTH & CONDITIONING: This 45-minute class is perfect for the lunch time or after work workout enthusiast. It provides an excellent balance of both anaerobic and aerobic work focusing on total body movement. **Instructors - Kate**

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**

STRONG BY ZUMBA®: Strong combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits! **Instructor - Michelle**

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**

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