



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



**GROUP FITNESS CLASS SCHEDULE
EVENING CLASSES
FEBRUARY 22 - APRIL 9, 2016**

<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	One More Rep	Ultimate	One More Rep	Ultimate		
4:15 PM		4:15-5:00 PM Indoor Cycling -	4:15-4:45 PM Bodyweight	4:15-5:00 PM Indoor Cycling -		
5:00-5:30 PM	Abs Express		Abs Express			
5:30 PM	5:30-6:15 PM 10-4	5:30-6:15 PM Power 30	5:30-6:15 PM 10-4 5:30-6:30 PM Yoga	5:30-6:15 PM Power 30	5:30-6:30 PM Yoga	
5:45-6:30 PM		Bootcamp		Bootcamp		
6:30 PM	6:30-7:15 PM Kickin' It		6:30-7:15 PM Zumba® Step 6:30-7:15 PM Rat-A-Tat-Tap (Upstairs)	6:30-7:30 Kuk Sool Won 7-15 years		
6:45-7:45 PM	Indoor Cycling Cycle Core					
7:30 PM			7:30-8:15 PM Swing Into the Y (Studio)	7:30-8:30 PM Kuk Sool Won 16 & up		

BREAK A SWEAT WITH US



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GROUP FITNESS CLASS DESCRIPTIONS:

ABS EXPRESS: This class is designed to target your core. Get ready to work all aspects of the abs and back by sculpting your abs and strengthening your core. **Instructor - Jalyne**

BACKYARD BOOTCAMP: This boot camp is a fun, non-traditional way to get in shape and feel great. This class caters to all fitness levels utilizing resistance training & strength equipment, body weight, as well as cardiovascular training. **Instructor - Chris**

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

CYCLE CORE (INDOOR CYCLING): Build muscle tone while targeting core muscles, glutes and thighs. **Instructor - Mike**

KICKIN' IT: Kickboxing provides a total body workout that targets core strength and balance for all ages and abilities. This is an overall body strengthening class with the advantage of improving cardiovascular fitness. **Instructor - Staci**

ONE MORE REP: The 45 minutes of this class will be used to tone your muscles while learning how to use free weights. (Class held in free weight room) **Instructor - Kate**

POWER 30: Shed pounds, build muscle, increase strength and enhance agility. **Instructor - Jalyne**

RAT-A-TAT-TAP: This class enables you to learn basic fundamentals of tap dance with a variety of tap dance styles. **Instructor - Laurna**

SWING INTO THE Y: Learn the basics, rhythm and several variations of swing dancing. Bring a partner or come solo! **Instructor - Laurna**

ULTIMATE CONDITIONING: This high energy workout includes cardiovascular, strength and endurance exercises. It is designed to move from one exercise to the next with little or no rest time, while burning maximum calories. **Instructor - Sam**

VICIOUS CYCLE (INDOOR CYCLING): Build muscle tone while targeting core muscles, glutes and thighs. **Instructor - Jenna**

YOGA: Yoga in an effective way to build strength, stamina and flexibility while cultivating a sense of peace and well being. **Instructor - M.E.**

ZUMBA@ STEP: Combines the toning and strengthening of step aerobics with the cardio conditioning of Zumba. **Instructor - Staci**

10-4: By combining cardio and strength routines, this workout is the ultimate mind/body booster. The class utilizes a variety of equipment to give you a great workout! **Instructor - Andi**