



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



**GROUP FITNESS CLASS SCHEDULE  
SPRING SESSION  
EVENING CLASSES  
April 8 - May 25, 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		Group Cycle			
4:45 - 5:15 PM				Kids Fitness (8-13 YO)		
5:00 - 5:30 PM			Cardio & Strength (Andi)			
5:00 - 6:00 PM	Yoga					
5:30 - 6:15 PM	Zumba® (Mezzanine)	POUND®	Zumba® (Mezzanine)	POUND®		
5:45 - 6:45 PM			Foam/Yoga			
6:30 - 7:00 PM		Cardio & Strength (Morgan)		Cardio & Strength (Morgan)		
7:00- 8:00 PM			Ballroom Dance			
7:15 - 8:15 PM		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 - Morgan, Andi**

**FOAM/YOGA:** The best of two classes! We have combined the benefits of foam rolling and yoga into one class. You will message and stretch, while combining movements for strength and balance. This class will leave you feeling renewed and refreshed. **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**

**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**

**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 - Michelle S.**

**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. **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 T.**