



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

August GROUP FITNESS SCHEDULE

A new schedule will start on the first day OF EVERY MONTH
***Bring Personal Mats to Class**

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|---|--|
| 5:15am – 6:15am | *Les Mills Body Pump (Ai) GFR 1 | *Les Mills Body Combat (Ashley) GFR 1 | *Les Mills Body Pump (Paige) GFR 1 | *Les Mills Body Combat (Adrienne) GFR 1 | *Les Mills Body Pump (Sara) GFR 1 ----- *Les Mill Body Flow (Adrienne) Upstairs | Our new Barre Classes will start the 2nd week of August! |
| 5:30am-6:30am | | CycleFit (Stephanie) | | CycleFit (Stephanie) | | |
| 7:45am-8:45am | *Yoga Vinyasa Flow (Amy) Upstairs | | *Yoga (Clarissa) Upstairs | | *Yoga (Lyn) Upstairs | |
| 8:00am-9:00am Body Pump – Saturday 8:15am | | LM Body Flow (Sally) Upstairs | Les Mills Body Jam (Holly) Wesson | LM Body Flow (Sally) Upstairs | | *Les Mills Body Pump (Rotate) GFR 1 – 8:15am |
| 9:00am-10:00am | *Les Mills Body Pump (Sara) GFR1 ----- LIT (Light Intensity Training) (Missy) Upstairs ----- HITT CYCLE (Stephanie) GFR 2 | Zumba (Kelly) Upstairs ----- LM Body Combat Ai (GFR 1) | CycleFit (Missy) ----- *Les Mills Body Pump (Kelly) GFR1 ----- LIT (Kelcey) Upstairs | Les Mills Body Jam (Kelly) Upstairs ----- Body Combat (Ashley) GFR1 | *Les Mills Body Pump (Erin) GFR1 ----- Zumba BASIC (Kelly) Wesson ----- LIT (Kelcey) Upstairs | *Body Flow (Sally) Upstairs |
| 9:30am – 10:30am | | Pre School Yoga 3 – 6yrs 30 min (Andi) Wesson | | | | Body Combat Rotate (GFR1) |
| 10:00am-11:00am | Les Mills Body Flow (Erin) Upstairs | HITT (Dale) GFR1 ----- *Yoga Strong Flow (Clarissa) Upstairs | Body Flow (Rotate) Upstairs | HITT (Dale) GFR1 ----- Barre (Lacey) Upstairs | *HITT (Missy) Upstairs * Every 3rd Friday 20/20/20 Cycling | Zumba (Lydia) Wesson Building |
| 10:30am-11:15am | Enhance (Dee Dee) GFR1 | | Enhance (Dee Dee) GFR1 | | Enhance (Dee Dee) GFR1 | |
| 11:15am- 12:00pm | Sit & Fit (Amy) GFR1 | | Sit & Fit (Missy) GFR1 | | | |
| 12:00pm-1:00pm | | Line Dancing (Dee Dee) Upstairs | | Lunch X –Press *Les Mills 30 min Body Pump (Katherine) GFR 1 | *Gentle Yoga (Lyn) GFR 1 | |
| 12:15pm – 12:45pm | Lunch X –Press *Les Mills 30 min Body Pump (Katherine) | | Lunch X-Press Cardio Teaser Kelly/Holly GFR 1 | | | |
| 1:00pm-1:45pm | *Chair Yoga (Lyn) GFR1 | Enhance (Dee Dee) GFR 1 | | Enhance (Andrea) GFR 1 | | Enhance (Mel) GFR1 |
| 4:15pm-5:00pm | *Les Mills Body Flow (Sarah) GFR1 | *Les Mills Body Pump EX (Kellie) GFR1 ----- *Kids YOGA (Sue/Andi) Wesson 3-6yrs Upstairs 7-12 | Body Combat (Sara) GFR 1 | *Les Mills Body Pump EX (Ai) GFR1 ----- * Kids Classes (Natalie/Fanny) Wesson 3-6yrs Upstairs 7-12 | | |
| 5:15pm-6:00pm | Barre (Lacey) Upstairs | Body Combat EX (Erin P) GFR 1 | Swim Team Upstairs 5 – 5:30 | Body Combat EX (Ai) GFR 1 | | |
| 5:30pm-6:30pm | *Les Mills Body Pump (Katherine) GFR 1 ----- Zumba (Ana) Wesson | CycleFit (Cicely) ----- Body Jam (Kelly) Upstairs ----- Healthy Living 5-7pm Wesson | *Les Mills Body Pump (Natalie) GFR 1 | Martial Arts Upstairs 5-7pm | | New Classes in Blue |
| 6:00pm-7:00pm | Cyclefit (Maddie) | | 5 K Training 6:30pm GFR1 | | | |
| 6:15pm-7:15pm | *Yoga (Sue) Upstairs ----- | * 20 Min Abs (Cicely) ----- Les Mills Body Pump (Katherine) GFR 1 | *Yoga Gentle/Rest. (Amy) Upstairs ----- Cyclefit (Robyn) ----- Zumba (Lydia) Wesson | LM Body Jam (Arlene) Wesson ----- Les Mills Body Pump (Katherine) GFR 1 | Body Pump and Combat EX is a 45 min class | *Classes in red in danger of being canceled due to low Participation * YMCA Closed Programs |

!Kids must wear ATHLETIC SHOES to attend kid's classes, BRING MAT OR TOWEL TO KID'S CLASSES!!

Class Descriptions:

Barre: is fun and empowering **class** with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights

CARDIO CHAIR & STRENGTH: Cardio class using chairs for balance—keeps joints flexible, muscles strong, and reduces pain/stiffness.

Cardio Dance: Fun, challenging, high energy dance class. Guaranteed to give you a great cardio workout.

CHAIR YOGA: Allows those who have physical limitations to participate in a gentle form of yoga while sitting in a chair. This works the joints and muscles to increase flexibility, strength, balance, and circulation.

CYCLE FIT: Moderate to high intensity non-impact cardiovascular workout performed on a stationary bike.

FIT & FUN: Ages 3-5. Develops balance, coordination, and teamwork skills through games, imagination play, and floor exercise.

***GENTLE YOGA:** A form of Yoga that emphasizes stretching and coordinating breath with movement to rejuvenate and nurture the body. Gentle Yoga is for people new to Yoga or for those who want a slower, less strenuous class.

***HIT:** High Intensity Interval Training; total body workout; strength training and cardio.

HITT Cycle: Intense cardio cycle workout.

KIDS BOOT CAMP: Fitness class for ages 6-12. Develops flexibility, cardio fitness, muscle strength, and endurance.

ATHLETIC SHOE REQUIRED – no sandals, crocs, bare feet, etc.

Kids Yoga: Class for Ages 3-6 and 7-12. Class is designed specifically for children. It includes poses to increase strength, flexibility and coordination. Classes are intended to be fun and may include age-appropriate games, animal sounds and creative names for poses.

LesMills BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness.

***LesMills BODYFLOW:** A yoga-based class that and embraces elements of Tai Chi and Pilates to improve your mind, your body and your life.

LesMills BODYJAM A mixture of dance and aerobics moves blended with the latest sounds of hip hop, funk, and Latin American music. It is a fun, cardio workout.

***LesMills BODYPUMP** – A 60-min workout that challenges all of your major muscle groups by using the weight-room exercises like Squats, Presses, Lifts and Curls. Body Pump Express – 45 min class, no biceps or triceps individual tracks

***LIT:** Low Intensity Interval Training; total body workout; strength training and cardio.

Sit & Fit: Focuses on dynamic cardiovascular **exercise**, strength **training**, balance, and flexibility — everything older adults need to maintain health and function as they age.

***Strong Flow Yoga:** This class will build strength, stamina and flexibility, while moving through poses with synchronized breath.

***Vinyasa Yoga :** **Vinyasa** means "breath-synchronized movement," and **Vinyasa yoga** is a series of poses that will move you through the power of inhaling and exhaling.

***YOGA:** De-stress and relax, build strength, flexibility, and toning using yoga postures and breathing techniques.

ZUMBA: Utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

***20 MINUE ABS:** Intense workout for the abdominals.

***20/20/20:** Bike/weights/abs

Enhance Fitness: Geared toward older adults of all fitness levels. If you suffer from a chronic condition, such as arthritis, you may be able to gain more strength and independence.

***Please bring your personal mat to class**