

YMCA - Mississippi Gulf Coast - Blossman JULY Schedule for Group Fitness Room 1

Group Fitness Room 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP 5:15AM - 6:15AM  LES MILLS BODYFLOW 6:30AM - 7:30AM LES MILLS GRIT CARDIO 8:15AM - 8:45AM LES MILLS BODYPUMP 9:00AM - 10:00AM Active Adult Fitness 10:15AM - 11:00AM Active Adult Fitness 11:15AM - 12:00PM LES MILLS BODYPUMP 12:15PM - 12:45PM Chair Yoga 1:00PM - 1:45PM  LES MILLS BODYCOMBAT 2:15PM - 3:15PM  LES MILLS BODYFLOW 3:15PM - 4:15PM LES MILLS CXWORX 4:45PM - 5:15PM LES MILLS BODYPUMP 5:30PM - 6:30PM 30/30 Step Tone 6:30PM - 7:30PM  LES MILLS BODYPUMP 8:00PM - 9:00PM	LES MILLS BODYCOMBAT 5:15AM - 6:15AM  LES MILLS BODYFLOW 6:30AM - 7:30AM LES MILLS BODYCOMBAT 9:00AM - 10:00AM LES MILLS CXWORX 10:00AM - 10:30AM  LES MILLS BODYFLOW 10:45AM - 11:15AM LES MILLS GRIT CARDIO 12:15PM - 12:45PM Active Adult Fitness 1:00PM - 1:45PM Parkinson Class 2:00PM - 2:45PM  LES MILLS BODYCOMBAT 3:15PM - 3:45PM LES MILLS GRIT CARDIO 5:15PM - 5:45PM LES MILLS BODYPUMP 6:00PM - 6:45PM LES MILLS CXWORX 6:45PM - 7:15PM  LES MILLS BODYCOMBAT 7:30PM - 8:30PM	LES MILLS BODYPUMP 5:15AM - 6:15AM  LES MILLS BODYFLOW 6:30AM - 7:30AM LES MILLS CXWORX 8:15AM - 8:45AM LES MILLS BODYPUMP 9:00AM - 10:00AM Active Adult Fitness 10:15AM - 11:00AM Active Adult Fitness 11:15AM - 12:00PM LES MILLS BODYPUMP 12:15PM - 12:45PM  LES MILLS BODYCOMBAT 2:15PM - 3:15PM  LES MILLS BODYFLOW 3:15PM - 3:45PM HIT 4:15PM - 4:45PM LES MILLS CXWORX 4:45PM - 5:15PM LES MILLS BODYPUMP 5:30PM - 6:30PM ZUMBA 6:30PM - 7:30PM  LES MILLS BODYPUMP 8:00PM - 9:00PM	LES MILLS BODYCOMBAT 5:15AM - 6:15AM  LES MILLS BODYFLOW 6:30AM - 7:30AM LES MILLS BODYCOMBAT 9:00AM - 10:00AM LES MILLS BODYPUMP 10:00AM - 10:30AM LES MILLS BODYFLOW 10:30AM - 11:00AM LES MILLS GRIT CARDIO 12:15PM - 12:45PM Active Adult Fitness 1:00PM - 1:45PM Parkinson Class 2:00PM - 2:45PM  LES MILLS BODYPUMP 3:30PM - 4:00PM LES MILLS BODYCOMBAT 4:15PM - 5:15PM LES MILLS BODYPUMP 5:30PM - 6:30PM LES MILLS CXWORX 6:30PM - 7:00PM  LES MILLS BODYCOMBAT 7:30PM - 8:30PM	LES MILLS BODYPUMP 5:15AM - 6:00AM  LES MILLS BODYFLOW 7:00AM - 8:00AM LES MILLS BODYPUMP 9:00AM - 10:00AM Active Adult Fitness 10:15AM - 11:00AM Active Adult Fitness 11:15AM - 12:00PM Gentle Yoga 12:15PM - 1:00PM LES MILLS BODYPUMP 3:45PM - 4:15PM LES MILLS BODYCOMBAT 4:15PM - 5:15PM  LES MILLS BODYPUMP 7:15PM - 8:15PM	LES MILLS BODYPUMP 8:15AM - 9:15AM LES MILLS BODYCOMBAT 9:30AM - 10:30AM LES MILLS CXWORX 10:30AM - 11:00AM  LES MILLS CXWORX 1:15PM - 1:45PM  LES MILLS BODYCOMBAT 2:00PM - 3:00PM  LES MILLS BODYPUMP 3:15PM - 4:15PM  LES MILLS BODYFLOW 4:30PM - 5:30PM  LES MILLS GRIT ATHLETIC 5:45PM - 6:15PM	 LES MILLS BODYPUMP 11:30AM - 12:30PM  LES MILLS BODYCOMBAT 1:00PM - 2:00PM  LES MILLS BODYFLOW 2:30PM - 3:30PM

30/30 Step Tone

30 min cardio step class & 30 min strength tone.

Active Adult Fitness

Focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility - everything older adults need to maintain health and function as they age.

LES MILLS BODYCOMBAT

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

LES MILLS BODYFLOW

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

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.

LES MILLS CXWORX

CXWORX™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

Gentle Yoga

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 Training; total body workout; strength training and cardio.

LES MILLS GRIT | CARDIO

LES MILLS GRIT™ Cardio is a 30 minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn.

Parkinson Class

Incorporates exercises that target improving specific deficits with emphasis on cardiovascular, strength, balance, and flexibility. These functions normally decline with age, but in people with Parkinson's, they decline at an accelerated rate. In addition, the exercises are enhanced by including cognition, voice and fun.

LES MILLS BODYCOMBAT

Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

LES MILLS BODYFLOW

Learn the basic moves and format of a LES MILLS BODYFLOW workout in this quick introduction.

LES MILLS BODYPUMP

Learn the basic moves and format of a LES MILLS BODYPUMP workout in this quick introduction.

LES MILLS CXWORX

30 minute core conditioning workout targeting all the muscles around the core. A strong core

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