

# YMCA - Mississippi Gulf Coast - Blossman

Oct 26 - Nov 7

Y Group Fitness Room  
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS</b> <b>BODYCOMBAT</b> 5:15AM - 6:15AM	<b>LES MILLS</b> <b>BODYCOMBAT</b> 5:15AM - 6:00AM	<b>Glute &amp; Core</b> 5:15AM - 6:15AM	<b>LES MILLS</b> <b>BODYCOMBAT</b> 5:15AM - 6:15AM	<b>LES MILLS</b> <b>tone</b> 5:15AM - 6:00AM	<b>LES MILLS</b> <b>tone</b> 8:30AM - 9:15AM	
<b>Meditation</b> 7:00AM - 7:45AM	<b>LES MILLS</b> <b>tone</b> 8:00AM - 8:45AM	<b>YOGA</b> 7:00AM - 7:45AM	<b>LES MILLS</b> <b>BODYCOMBAT</b> 8:00AM - 9:00AM	<b>YOGA</b> 7:00AM - 8:00AM	<b>LES MILLS</b> <b>BODYCOMBAT</b> 9:30AM - 10:30AM	
<b>LES MILLS</b> <b>GRIT</b>   <b>CARDIO</b> 8:15AM - 8:45AM	<b>LES MILLS</b> <b>BODYCOMBAT</b> 9:15AM - 10:15AM	<b>LES MILLS</b> <b>tone</b> 8:15AM - 8:45AM	<b>LIT</b> 9:15AM - 10:00AM	<b>LES MILLS</b> <b>tone</b> 8:15AM - 9:00AM		
<b>LIT</b> 9:00AM - 9:45AM	<b>Glute &amp; Core</b> 10:30AM - 11:15AM	<b>LES MILLS</b> <b>CXWORX</b> 9:00AM - 9:45AM	<b>YOGA</b> 10:15AM - 11:00AM	<b>YOGA</b> 9:15AM - 10:00AM		
<b>Active Adult Fitness</b> 10:15AM - 11:00AM	<b>LES MILLS</b> <b>CXWORX</b> 12:15PM - 12:45PM	<b>Active Adult Fitness</b> 10:15AM - 11:00AM	<b>LES MILLS</b> <b>CXWORX</b> 12:15PM - 12:45PM	<b>Active Adult Fitness</b> 10:15AM - 11:00AM		
<b>LES MILLS</b> <b>GRIT</b>   <b>CARDIO</b> 12:15PM - 12:45PM	<b>Active Adult Fitness</b> 1:00PM - 1:45PM	<b>Active Adults Programming</b> 11:30AM - 1:30PM	<b>Active Adult Fitness</b> 1:00PM - 1:45PM	<b>LES MILLS</b> <b>GRIT</b>   <b>STRENGTH</b> 11:30AM - 12:00PM		
<b>Chair Yoga</b> 1:00PM - 1:45PM	<b>Parkinson Class</b> 2:00PM - 2:45PM	<b>LES MILLS</b> <b>BODYCOMBAT</b> 4:15PM - 5:00PM	<b>Parkinson Class</b> 2:00PM - 2:45PM	<b>Gentle Yoga</b> 12:15PM - 1:15PM		
<b>LES MILLS</b> <b>CXWORX</b> 5:15PM - 5:45PM	<b>Kids Bootcamp Ages 7-13</b> 4:15PM - 5:00PM	<b>LES MILLS</b> <b>tone</b> 5:15PM - 6:00PM	<b>Kids Bootcamp Ages 7-13</b> 4:15PM - 5:00PM			
	<b>LES MILLS</b> <b>CXWORX</b> 5:15PM - 6:00PM	<b>YOGA</b> 6:15PM - 7:15PM	<b>LES MILLS</b> <b>BODYFLOW</b> 5:30PM - 6:30PM			
	<b>LES MILLS</b> <b>BODYFLOW</b> 6:30PM - 7:30PM					

### **Active Adult Fitness**

Cardio, Strength, and Flexibility for the Active Older Adult, Chairs available.

### **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.

### **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.

### **Glute & Core**

A low impact class designed to train and tighten the core and lower body. The class will focus on toning the abs, glutes, and lower back using bands and light weights. Get ready to feel the

BURN!

### **HIT**

High Intensity Training; total body workout; strength training and cardio.

### **Kids Bootcamp Ages 7-13**

Cardio and Strength Workout.

### **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.

### **LES MILLS GRIT | STRENGTH**

LES MILLS GRIT™ Strength is a 30 minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses a barbell, weight plates and body weight exercises to blast all major muscle groups.

### **LES MILLS tone**

LES MILLS TONE™ is a mix of strength, cardio and core training designed to deliver a complete workout in 45 minutes.

### **LIT**

Light Intensity Training - Low impact cardio, strength and core interval training, appropriate for all fitness levels.

### **YOGA**

Yoga is a gentle way to improve your posture, balance, and coordination. Yoga is a systematic practice of physical exercise, breath control, relaxation, diet control, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment.

### **ZUMBA**

Utilizes the principles of fitness interval training

# YMCA - Mississippi Gulf Coast - Blossman Group Exercise Timeline