



## Quincy Family YMCA Group Fitness Schedule February 24-April 20

	MON	TUE	WED	THU	FRI	SAT
5am	<b>Morning Cycle</b> Multi-Purpose Room Beth Wagner 5:30am - 6:15am	<b>Dirty Thirty</b> Aerobics Room Camille Donaldson 5:45am - 6:15am	<b>Morning Cycle</b> Multi-Purpose Room Beth Wagner 5:30am - 6:15am	<b>Dirty Thirty</b> Aerobics Room Camille Donaldson 5:45am - 6:15am	<b>Pilates</b> Multi-Purpose Room Beth Wagner 5:30am - 6:15am	
	<b>Yoga</b> Aerobics Room Sara/Cathy 5:45am - 6:45am		<b>Yoga</b> Aerobics Room Sara/Cathy 5:45am - 6:45am		<b>Yoga</b> Aerobics Room Sara/Cathy 5:45am - 6:45am	
7am	<b>Step</b> Aerobics Room Mary Terwelp 7:45am - 8:30am	<b>Suspension &amp; Core</b> Multi-Purpose Room Mary Terwelp 7:30am - 8:15am		<b>Suspension &amp; Core</b> Multi-Purpose Room Mary Terwelp 7:30am - 8:15am		<b>Yoga</b> Aerobics Room Sara/Cathy 7:45am - 8:45am
8am	<b>Muscle Madness</b> Aerobics Room Mary Terwelp 8:30am - 9:15am	<b>RowFit</b> Aerobics Room Beth Hilbing 8:00am - 8:30am	<b>Tabata</b> Aerobics Room Rachel Hansen 8:00am - 8:30am	<b>Shred</b> Aerobics Room Rachel Hansen 8:00am - 8:30am	<b>ICE</b> Aerobics Room Mary Terwelp 8:15am - 9:00am	<b>Cycling</b> Multi-Purpose Room Robin Carlson 8:30am - 9:30am
		<b>Boxing Conditioning</b> BFit Room Heather Sommers 8:30am - 9:15am	<b>Barre</b> Aerobics Room Rachel Hansen 8:30am - 9:15am	<b>Warrior Cross Train</b> Gymnasium Rachel Hansen 8:30am - 9:15am	<b>Suspension</b> Multi-Purpose Room Beth Hilbing 8:30am - 9:00am	
		<b>Sweat &amp; Sculpt</b> Multi-Purpose Room Heather Williams 8:30am - 9:15am		<b>Pilates</b> BFit Room Heather Sommers 8:30am - 9:15am		
		<b>Get Fit</b> Aerobics Room Sherry Clingingsmith 8:30am - 9:15am		<b>Get Fit</b> Aerobics Room Sherry Clingingsmith 8:30am - 9:15am		
9am	<b>Cycling</b> Multi-Purpose Room Judy Obert 9:15am - 10:00am	<b>HIIT</b> Aerobics Room Heather Williams 9:15am - 10:00am	<b>Cycling</b> Multi-Purpose Room Judy Obert 9:15am - 10:00am	<b>HIIT</b> Aerobics Room Heather Williams 9:15am - 10:00am	<b>Barre</b> Aerobics Room Rachel Hansen 9:00am - 9:45am	<b>Boxing Conditioning</b> BFit Room Riley Giesing 9:00am - 9:45am
	<b>Insanity</b> Aerobics Room Beth Hilbing 9:15am - 10:00am		<b>Muscle Madness</b> Aerobics Room Heather Williams 9:15am - 10:00am			
10am		<b>Rock Steady Boxing</b> Aerobics Room Brad/Cole 10:30am - 12:00pm		<b>Rock Steady Boxing</b> Aerobics Room Brad/Cole 10:30am - 12:00pm		<b>Kids Karate</b> Aerobics Room Jay Curran 10:00am - 11:00am
12pm	<b>Suspension</b> Multi-Purpose Room Beth Hilbing 12:15pm - 12:45pm	<b>Yoga</b> Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm	<b>Tabata</b> Aerobics Room Beth Hilbing 12:15pm - 12:45pm	<b>PiYo</b> Aerobics Room Beth Hilbing 12:15pm - 12:45pm	<b>Yoga</b> Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm	
		<b>Pump</b> Aerobics Room Heather Williams 12:15pm - 1:00pm				
1pm	<b>Rock Steady Boxing</b> Aerobics Room Brad/Cole 1:00pm - 2:30pm		<b>Rock Steady Boxing</b> Aerobics Room Brad/Cole 1:00pm - 2:30pm			
4pm		<b>RowFit</b> Aerobics Room Jen Oitker 4:30pm - 5:00pm		<b>RowFit</b> Aerobics Room Jen Oitker 4:30pm - 5:00pm		
5pm	<b>Pilates</b> BFit Room Heather Sommers 5:00pm - 5:45pm	<b>Bosu Pump</b> Aerobics Room Jen Oitker 5:00pm - 5:30pm		<b>Bosu Pump</b> Aerobics Room Jen Oitker 5:00pm - 5:30pm	<b>Pound</b> BFit Room Jennifer Porter 5:45pm - 6:30pm	
	<b>RowFit</b> Aerobics Room Jen Oitker 5:00pm - 5:30pm	<b>Yoga</b> Aerobics Room Cathy/Kelle 5:30pm - 6:30pm	<b>RowFit</b> Aerobics Room Jen Oitker 5:00pm - 5:30pm	<b>Yoga</b> Aerobics Room Cathy/Kelle 5:30pm - 6:30pm		
	<b>Muscle Tone</b> Aerobics Room Liz Lombardi 5:30pm - 6:15pm	<b>Power Cycling</b> Multi-Purpose Room Robin Carlson 5:30pm - 6:30pm	<b>Muscle Tone</b> Aerobics Room Liz Lombardi 5:30pm - 6:15pm	<b>Power Cycling</b> Multi-Purpose Room Melissa Minor 5:45pm - 6:45pm		
			<b>Pound</b> BFit Room Jennifer Porter 5:45pm - 6:30pm			
6pm	<b>Boxing Conditioning</b> BFit Room Riley Giesing 6:15pm - 7:00pm	<b>Karate</b> Aerobics Room Jay Curran 6:30pm - 7:30pm	<b>Cardio Dance Fusion</b> Aerobics Room Lindsey Stroot 6:15pm - 7:00pm	<b>Karate</b> Aerobics Room Jay Curran 6:30pm - 7:30pm		

## Class Descriptions

**Barre** – A total body workout designed around the ballet bar that lifts your seat, tones your thighs, abs and arms.

**BOSU Pump** - Here is your chance to learn how to use that 1/2 ball on a platform that you have always wondered about. Try this new class for a great full body strengthening workout along with some great cardio moves.

**Boxing Conditioning** - This class combines the fundamentals of boxing along with cardio work which is essential for a boxing program. Participants will learn proper punches and footwork, utilizing the heavy bag, speed bag and double end bag.

**Cardio Dance Fusion** - An addictive fusion of dance styles that puts the emphasis on having fun as much as breaking a sweat. Come meet new friends, enjoy the sensation of dance and leave feeling re-energized! This class will use choreography, across the floor combinations, barre work and mat work to give you the ultimate fun that only dance can deliver.

**Dirty Thirty** - The Dirty 30 is your early morning wake-up call! It is never the same class twice, but always offers a full-body workout and variations to guarantee everyone gets a workout. This 30 minute class is structured around a HIIT or Tabata concept with 30 or 50 second full-on rounds and 10 seconds of rest hitting muscles, cardio, or combination of both.

**Get Moving** - Ideal for someone just starting an exercise program. Low impact exercises and muscle conditioning.

**High Intensity Interval Training (HIIT)** – a full-body, heart-pumping workout. Combine strength and endurance training with high-intensity cardio bursts. Set to energizing and motivational music. Modifications for all fitness levels.

**ICE (Intermediate Circuit Extreme)** - A fun new workout for all fitness levels but geared to the intermediate individual. Lower impact exercise that still gets the heart pumping and makes the muscles burn. Enjoy a wide variety in this class with different themed workouts.

**Insanity Live** - Challenging, group-focused athletic training, cardio conditioning, and total-body strength drills, designed for people of all levels. Moves are easy to follow—but the workout WILL challenge you, change you, and get you in the best shape of your life.

**Morning Cycle** - A cycling class for all based on varied intensities. From speed work to slow climbs working at different resistance levels throughout, you are guaranteed a heart raising, fat burning workout.

**Muscle Madness**—A total body workout that focuses on the small and large muscle group. It uses various equipment to increase strength and your metabolism, so come on...join the fun.

**Muscle Tone** – Muscular strength and endurance exercises for total body conditioning, great for all levels. Hand weights, body bars, bands, and balls are used for this workout.

**Pilates** - Pilates is a body conditioning method based on the fusion of body and mind which results in improved posture, flexibility, strength and the transformation of the way a person's body feels, looks and performs. We will focus on: Alignment, Breath, Concentration on Core strength, Control and Stability.

**PiYo** - Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**Pound** - This trendy class is so fun, you don't even realize you are burning some serious calories. With the help of weighted drumsticks and fast-paced dance routines, this class will get you fit and you'll have a fabulous time.

**Power Cycling** - This class is a full 60 minutes of indoor cycling focused on power and strength on the bike.

**RowFIT** - Mix up your cardio with this new 30 minute class. You will work through a circuit of exercises on and off the rower that will get the heart rate pumping and the body moving.

**Row Circuits**—A high intensity, electrifying workout combining rowing machines, resistance training and bursts of cardio. This class employs various circuits to not only keep participants interested, but also to provide a total body workout.

**Step** – Prior step experience recommended. Cardiovascular workout using the step and a variety of equipment for muscle conditioning followed abdominal workout and cool down.

**Suspension** – This class offers a new form of exercise for people of all abilities; harness your own bodyweight to create resistance as you train. The Jungle GymXT Suspension Trainers allow you to leverage your own bodyweight and gravity to develop strength, balance, flexibility, and joint stability simultaneously.

**Suspension and Core** – A 45 minute class utilizing the suspension trainers that will work your body from head to toe.

**Sweat and Sculpt** – A 45 minute low-impact class that focuses on strength training but sneaks in cardio exercises to keep your heart rate high for maximum results.

**Tabata** – 20 seconds of work, 10 seconds of rest for 8 rounds, class will incorporate bodyweight strength and cardio moves as well as resistance training moves. Class is a high intensity workout and designed for any ability level.

**Yoga** - All classes are variations of Ashtanga Yoga classes that differ per instructor.

**Warrior Cross Train** – Find your inner warrior in this intense workout that incorporates strength and cardio combined. Be ready to run and sweat. Class is held outside when weather permits.

**Specialty Classes Boot Camp** - An intense conditioning class that integrates cardio exercises with muscle conditioning exercises. Classes are held outdoors and off-site. Classes are also seasonal. Fee: \$24 for Y members, \$40 for non-members. **Martial Arts** - The Quincy YMCA offers a traditional Japanese Karate program that teaches blocks, punches, kicks and stances. This class includes strong discipline, values and fun! Fee: \$35 for members, \$67 for non-members