



Quincy Family YMCA Group Fitness Schedule October 20th - December 21st

	MON	TUE	WED	THU	FRI	SAT
5am	Morning Cycle Multi-Purpose Room Beth Wagner 5:30am - 6:15am	Dirty Thirty Aerobics Room Camille Donaldson 5:45am - 6:15am	Morning Cycle Multi-Purpose Room Beth Wagner 5:30am - 6:15am	Dirty Thirty Aerobics Room Camille Donaldson 5:45am - 6:15am	Pilates Multi-Purpose Room Beth Wagner 5:30am - 6:15am	
	Yoga Aerobics Room Sara/Cathy 5:45am - 6:45am		Yoga Aerobics Room Sara/Cathy 5:45am - 6:45am		Yoga Aerobics Room Sara/Cathy 5:45am - 6:45am	
7am	Step Aerobics Room Mary Terwelp 7:45am - 8:30am	Suspension & Core Multi-Purpose Room Mary Terwelp 7:30am - 8:15am		Suspension & Core Multi-Purpose Room Mary Terwelp 7:30am - 8:15am		Yoga Aerobics Room Sara/Cathy 7:45am - 8:45am
8am			Tabata/Circuits Aerobics Room Rachel Hansen 8:00am - 8:30am	Shred Aerobics Room Rachel Hansen 8:00am - 8:30am	Tabata Aerobics Room Heather Williams 8:00am - 8:30am	
8:30am	Muscle Madness Aerobics Room Mary Terwelp 8:30am - 9:15am	Warrior Cross Train Outside/Bfit/Gym Heather Sommers 8:30am - 9:15am	Barre Aerobics Room Rachel Hansen 8:30am - 9:15am	Warrior Cross Train Outside/Gym Rachel Hansen 8:30am - 9:15am	ICE Aerobics Room Mary Terwelp 8:30am - 9:15am	Cycling Multi-Purpose Room Robin Carlson 8:30am - 9:30am
	Circuits Aerobics Room Kirkland 9:15am-10:00am	Sweat & Sculpt Multi-Purpose Room Heather Williams 8:30am - 9:15am		Pilates BFit Room Heather Sommers 8:30am - 9:15am	Suspension Multi-Purpose Room Heather Williams 8:30am - 9:10am	
	Cycling Multi-Purpose Room Judy Obert 9:15am - 10:00am	Get Fit Aerobics Room Lisa Warner 8:30am - 9:15am		Get Fit Aerobics Room Lisa Warner 8:30am - 9:15am	Foam Roll and Stretch Multi-Purpose Room Heather Williams 9:15am - 10 am	
9am		HIIT Aerobics Room Heather Williams 9:15am - 10:00am	Cycling Multi-Purpose Room Judy Obert 9:15am - 10:00am	HIIT Aerobics Room Heather Williams 9:15am - 10:00am		Boxing Conditioning BFit Room Riley Giesing 9:00am - 9:45am
			Muscle Madness Aerobics Room Heather Williams 9:15am - 10:00am			Kids Karate Aerobics Room Jay Curran 10:00am - 11:00am
10:30am		Rock Steady Boxing Aerobics Room Heather S 10:30am - 12:00pm		Rock Steady Boxing Aerobics Room Heather S. 10:30am - 12:00pm	AOA FITNESS Aerobics Room Heather S. 10:30-11:15	
12:15pm	Suspension Multi-Purpose Room Beth Hilbing 12:15pm - 12:45pm	Yoga Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm	Tabata Aerobics Room Beth Hilbing 12:15pm - 12:45pm	PIYO Aerobics Room Beth Hilbing 12:15pm - 12:45pm	Yoga Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm	
	Rock Steady Boxing Aerobics Room Heather/Sherry 1:00pm - 2:30pm	Pump Multi-Purpose Room Heather Williams 12:15pm - 1:00pm				
1pm			Rock Steady Boxing Aerobics Room Heather/Sherry 1:00pm - 2:30pm		<p>Group Fitness classes are drop in classes unless shaded in gray. Classes shaded in gray are fee based where registration is required.</p> <p>For class descriptions please see back of schedule.</p> <p>Class participants are encouraged to wear socks and athletic shoes and bring water bottle and a towel.</p>	
4pm						
		RowFit Aerobics Room Jen Oitker 4:30pm - 5:00pm	RowFit Aerobics Room Jen Oitker 4:30pm - 5:00pm			
5pm	Pilates Multi-Purpose Room Heather Sommers 5:00pm - 5:45pm	Bosu Pump Aerobics Room Jen Oitker 5:00pm - 5:30pm	Circuits Aerobics Room Liz Lombardi 5:00pm - 5:30pm	Bosu Pump Aerobics Room Jen Oitker 5:00pm - 5:30pm		
	Circuits Aerobics Room Liz Lombardi 5:00pm - 5:30pm	Yoga Aerobics Room Cathy/Kelle 5:30pm - 6:30pm	Muscle Tone Aerobics Room Liz Lombardi 5:30pm - 6:00pm	Yoga Aerobics Room Cathy/Kelle 5:30pm - 6:30pm		
	Muscle Tone Aerobics Room Liz Lombardi 5:30pm - 6:00pm	Power Cycling Multi-Purpose Room Robin Carlson 5:30pm - 6:30pm	Suspension MPR Lisa Warner 5:30pm - 6:15pm	Power Cycling Multi-Purpose Room Melissa Minor 5:45pm - 6:45pm		
	Boxing Conditioning BFit Room Riley Giesing 5:30pm - 6:15pm		Cardio Dance Fusion Aerobics Room Lindsey Stroot 6:00pm - 7:00pm			
6pm	POUND Aerobics Room Tamara 6:30pm-7:15pm			Pilates Multi-Purpose Room Melissa Minor 6:45pm - 7:30pm		
		Karate Aerobics Room Jay Curran 6:30pm - 8:00pm		Karate Aerobics Room Jay Curran 6:30pm - 8:00pm		



Class Descriptions

AOA Fitness – Ideal for the active older adult emphasizing strength, balance and functional exercise.

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.

Foam Roll & Stretch – Focus on trigger points (tight, sore areas of the body) to speed up muscle recovery. Tolling out muscles will induce myofascial release. Your body will thank you!

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.

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.

Shred – A high intensity and endurance-based workout that combines cardio, strength and core. Blasts as many calories as possible in just 30 minutes.

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: 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