

# MAY GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a	<b>YOGA</b> 5:45a-6:30a <b>Aerobics Room</b> Sara/Cathy	<b>Dirty 30</b> 5:45a-6:15a <b>Multi-Purpose Room</b> Camille Donaldson	<b>YOGA</b> 5:45a-6:30a <b>Aerobics Room</b> Sara/Cathy	<b>Dirty 30</b> 5:45a-6:15a <b>Multi-Purpose Room</b> Camille Donaldson	<b>YOGA</b> 5:45a-6:30a <b>Aerobics Room</b> Sara/Cathy	<b>YOGA</b> 7:30a-8:30a <b>Aerobics Room</b> Sara/Cathy
7:30a/ 8:15a	<b>Insanity</b> 7:30a-8:15a <b>Aerobics Room</b> Allison Stults				<b>TABATA BOOT CAMP</b> 7:30-8:15a <b>Aerobics Room</b> Heather Williams	
8:30a	<b>Ballet Burn</b> 8:30a-9:15a <b>Multi purpose room</b> WalkFit Meghan Medsker 8:30a-9:15a <b>Outside</b> Meghan Costigan 8:45a-9:30a <b>Aerobics Room</b> Lisa Warner	<b>Warrior Cross Train</b> 8:30a-9:15a <b>Gymnasium</b> Megan Costigan <b>Get Fit</b> 8:45a-9:30a <b>Aerobics Room</b> Lisa Warner	<b>Barre</b> 8:30a-9:15a <b>Aerobics Room</b> Meghan Medsker	<b>Warrior Cross Train</b> 8:30a-9:15a <b>Gymnasium</b> Megan Costigan <b>Get Fit</b> 8:45a-9:30a <b>Aerobics Room</b> Lisa Warner	<b>Step</b> 8:30a-9:15 <b>Aerobics room</b> Meghan Medsker <b>High Fitness</b> 8:45a-9:30a <b>BFIT ROOM</b> Lisa Warner	<b>Boxing Conditioning</b> 8:15a-9:00a <b>BFIT ROOM</b> <b>Power Cycle</b> 8:30a-9:30a <b>Cycling Room</b> Robin Carlson
9:30a & 10:00a	<b>Vinyasa Flow Yoga</b> 9:30a-10:30a <b>Aerobics Room</b> Meghan	<b>Fit To Fight Parkinson's</b> 10:30a-12:00p <b>Aerobics Room/Cathy</b> <b>Fit To Fight Cancer</b> 9:30a-10:30a Wellness/Jacob	<b>Vinyasa Flow Yoga</b> 9:30a-10:30a <b>Aerobics room</b> Meghan <b>Cycling</b> 9:30a-10:15a <b>Cycling Room</b> Judy	<b>Pedaling for Parkinsons</b> ★ 10:00a-11:00a <b>Cycling Room</b> <b>Fit To Fight Cancer</b> Wellness Center Jacob Obert	<b>Vinyasa Flow Yoga</b> 9:00a-10:00a <b>MPR-Emily</b> <b>Fit To Fight Parkinson's</b> 10:30a-12:00p Cathy Schluckebier <b>Aerobics Room</b>	9:00a-9:45a <b>Aerobics Room</b> Lisa Warner 
12:15p	<b>Muscle Madness</b> 12:15p-1:00p <b>Aerobics Room</b> Beth Mackenzie	<b>YOGA</b> 12:15p-12:45p <b>Aerobics Room</b> Cathy Schluckebier <b>SUSPENSION&amp; ROW</b> 12:15p-1:00p <b>MULTI-PURPOSE ROOM</b> Beth Mackenzie	<b>PiYo</b> 12:15p-1:00p <b>Aerobics Room</b> Beth Mackenzie	<b>Insanity</b> 12:15p-1:00p <b>Aerobics Rooms</b> Allison Stults	<b>YOGA</b> 12:15p-12:45p <b>Aerobics Room</b> Cathy Schluckebier <b>Instructors Choice</b> 12:15p-1:00p <b>Meet In Lobby</b> Jacob Obert	
5:00p	<b>Muscle Tone</b> 5:00p-5:30p <b>Aerobics Room</b> Jen Oitker	<b>Boxing</b> 5:00p-6:00p <b>BFit</b> Riley Giesing		<b>Boxing</b> 5:00p-6:00p <b>BFit</b> Riley Giesing	<b>BOOTCAMP IS BACK!</b> Mondays and Wednesdays 5:15pm-6:00pm FREE to members. Must register to get access to offsite locations. Class is led by Jen Blaesing	
5:15p	<b>Bootcamp</b> 5:15p-6:00p <b>Offsite</b> Jen Blaesing Free - must register	<b>PiYo</b> 5:15p-6:00p <b>Aerobics Room</b> Brenna Zanger	<b>Bootcamp</b> 5:15p-6:00p <b>Offsite</b> Jen Blaesing Free - must register			
5:30p	<b>Cardio Circuits</b> 5:30p-6:00p <b>Aerobics Room</b> Jen Oitker	<b>YOGA</b> 5:30p-6:15p <b>MULTI-PURPOSE ROOM</b> Cathy Schluckebier <b>Power Cycling</b> 5:30p-6:30p <b>Cycling Room</b> Robin Carlson	 5:30p-6:15p <b>Aerobics Room</b> Lisa Warner	<b>YOGA</b> 5:30p-6:15p <b>MULTI-PURPOSE ROOM</b> Kelle Bunch <b>Power Cycling</b> 5:30p-6:30p <b>Cycling Room</b> Robin Carlson		
6:00P 7:30p	 6:45p-7:30 <b>Aerobics Room</b> Lisa Warner	 <b>New Sunday hours! Open 7-4</b>				



## Nursery Hours

Monday-Friday 8:30 am-11am  
Monday - Thursday 5pm-8pm  
Saturday 8:30 am-11 am

Join the 30 HARD Challenge!  
30 days of 30 minutes of outside exercise!

Details at Front Desk.

#YExercise



REGISTRATION IS NECESSARY FOR ALL  
FIT TO FIGHT, PEDALING FOR  
PARKINSONS AND HIGH FITNESS  
CLASSES

## **CLASS DESCRIPTIONS**

**Ballet Burn/Barre** – A revolution that blends the best of ballet, strength, yoga and Pilates. Barre is a total body workout designed around the ballet bar that lifts your seat, tones your thighs, abs and arms. Ballet Burn does not use a bar. No dance experience necessary.

**Bootcamp** – an offsite fitness class that focuses on endurance and strength using body resistance, equipment and mother nature. Gain overall fitness and health along with camaraderie. Free for members, but registration is necessary.

**Boxing – Similar to Boxing Conditioning, but focuses more intently on the fundamentals of the sport and proper technique.**

**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.

**Circuits** – A high intensity, electrifying workout combining resistance training and aerobics. This class employs various circuits to not only keep participants interested, but also to provide a total body workout.

**Cycling** – A cycling class for all levels with the ability to tailor the workout to meet your needs and your experience level.

**Dirty Thirty** – 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 30 or 50 sec full-on rounds and 10 sec of rest hitting muscles, cardio or combination of both.

**Fit to Fight:** Two separate classes designed for those battling cancer or living with Parkinson's. Registration is required and is free for members.

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

**High Fitness**– Old school aerobics is back with a new exciting and intense twist. Come workout to amazing music and be ready to sweat and PARTY. Registration is necessary.

**Insanity** – Blast calories in this 45 minute HIIT class that incorporates strength, cardio and core work set to motivating music.

**Instructors Choice**– Type varies each week. Be prepared for ANYTHING. Class meets in the lobby.

**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.

**Pedaling for Parkinsons** – NEW TO THE YMCA! Research has shown that forced exercise on a stationary bike reduces the symptoms of Parkinson's Disease. Class is 1 hour in length and led by two YMCA coaches. It is open to the community, but registration is necessary due to limited bikes.

**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.

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

**Suspension and Row Fusion** – Want an intense workout? This class will utilize suspension trainers, rowers and other equipment. It will fire up your core and give you an incredible fat and calorie burning workout.

**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.

**Vinyasa Flow Yoga** – This is an intermediate level class. Building strength, flexibility and balance by flowing breath and movement together. Focusing on skills to advance your practice! Taught by Emely Rose.

**Warrior Cross Train** – Find your inner warrior in this intense boot camp style class is designed to get your heart rate up, increase strength and endurance. Be ready to run and sweat. Class is held outside when weather permits.

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