

# JULY GROUP FITNESS CLASS SCHEDULE

**MON**

Yoga  
5:45a-6:30a  
Sara/Cathy

Insanity  
7:30a-8:15a  
Allison

Ballet Burn  
8:30a-9:15a  
Meghan

Walk Fit  
8:30a-9:15a  
Meghan

Vinyasa Flow Yoga  
9:30a-10:30a  
Meghan

Muscle Madness  
12:15p-1:00p  
Beth

Muscle Tone  
5pm-5:30p  
Jen O

Bootcamp  
5:15p-6:00p  
\* Jen B

Cardio Circuits  
5:30p-6:00p  
Jen O

HIGH FITNESS  
5:30p-6:15p  
\* Lisa

**TUE**

Dirty 30  
5:45a-6:15a  
Camille

Warrior Cross Train  
8:30a-9:15a  
Megan

Get Fit  
8:45a-9:30a  
Lisa

Fit to Fight Cancer  
9:30a-10:30a  
\* Jacob

Fit to Fight Parkinson's  
10:30a-12:00p  
\* Cathy

Yoga  
12:15p-12:45p  
Cathy

Suspension & Row  
12:15p-1:00p  
Beth

Boxing  
5:00p-6:00p  
Riley

PiYo  
5:15p-6:00p  
Brenna

Yoga  
5:30p-6:30p  
Cathy

Power Cycle  
5:30p-6:30p  
Robin

**WED**

Yoga  
5:45a-6:30a  
Sara/Cathy

Barre  
8:30a-9:15a  
Meghan

Vinyasa Flow Yoga  
9:30a-10:30a  
Meghan

PiYo  
12:15p-1:00p  
Beth

Bootcamp  
5:15p-6:00p  
\* Jen B

HIGH FITNESS  
5:30p-6:15p  
\* Lisa

**THUR**

Dirty 30  
5:45a-6:15a  
Camille

Warrior Cross Train  
8:30a-9:15a  
Megan

Get Fit  
8:45a-9:30a  
Lisa

Fit to Fight Cancer  
9:30a-10:30a  
\* Jacob

Pedaling for Parkinson's  
10:00a-11:00a  
\* Cathy

Tabata  
12:15p-12:45p  
Allison

Boxing  
5:00p-6:00p  
Riley

Yoga  
5:30p-6:15p  
Kelle

Power Cycle  
5:30p-6:30p  
Robin

**FRI**

Yoga  
5:45a-6:30a  
Sara/Cathy

Tabata Boot Camo  
7:30a-8:15a  
Heather

Step  
8:30a-9:15a  
Meghan

Vinyasa Flow Yoga  
9:00a-10:00a  
Emely

Fit to Fight Parkinson's  
10:30a-12:00p  
Cathy

Yoga  
12:15p-12:45p  
Cathy

Instructors Choice  
12:15p-1:00p  
Jacob

**SAT**

Yoga  
7:30a-8:30a  
Sara/Cathy

Boxing  
8:15a-9:00a  
Amy

HIGH FITNESS  
9:00a-9:45a  
Lisa

No Boxing  
July 2nd-4th

Off Site

Wellness Center

Multi Purpose Room

BFIT

Aerobics Room

Cycling Room

Outside



\* Registration is required

## **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 workout30 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.

### **Nursery AM Hours**

**Mon-Fri 8:30a-11:00a**

**Sat 8:30a-11:00a**

### **Nursery PM Hours**

**Mon-Thu5:00p-8:00p**