



YMCA GROUP FITNESS SCHEDULE

<p><u>Monday</u> 9:00am - Zumba@ (John) 10:00am - Silver Sneakers@ (Amber) 11:00am - Zumba@ Gold (Kasey) 6:00pm - P90X@ (Camille) 6:30pm - Zumba@ (Sarah)</p>	<p><u>Tuesday</u> 9:00am - Zumba@ (John) 8:30am - Zumba Gold@ (Kasey) 9:30am - Turn Back The Clock Yoga (Skyler) 12:00pm - PiYO Live@ (Camille) 6:30pm - Zumba@ (Jamie)</p>	<p><u>Wednesday</u> 7:00am - Cycling (Mary Lou) 9:00am - STRONG by Zumba™ (John) 10:00am - Silver Sneakers@ (Amber) 11:00am - Zumba@ Gold (Kasey) 12:00pm - Alignment Practice Yoga (Skyler) 6:30pm - Zumba@ (Sarah)</p>
<p><u>Thursday</u> 9:30am - Toning (Kasey) 6:00pm - P90X (Camille) 6:30pm - Zumba@ (Jamie)</p> <p>*Classes in BOLD print will be held in gym 3</p>	<p><u>Friday</u> 8:15am - 90 Min. Zumba@ (John) 9:30am - Multilevel Yoga (Tiana) 6:30pm - Zumba@ (Rotation)</p>	<p><u>Saturday</u> 9:00am - PiYO Live@ (Camille)</p>

GROUP FITNESS CLASS SCHEDULE

PiYO Live@ - Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll even improve your flexibility, balance, and core power. We crank up the music, the speed, and the fun to give you an intense, low-impact workout that will burn crazy calories and sculpt every inch of your body for a long, lean, beautiful physique.

Silver Sneakers@ I - Muscular strength & range of movement- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity of daily living skills.

STRONG by Zumba™ - Combines high intensity interval training (HITT) with science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Zumba@ - Dance your way to a fitter you with exciting and unique Latin moves and rhythms!

Multilevel Yoga - A Yoga class that everyone can relate to individually, taking home new methods and inspiration off-the-mat from various yoga techniques. By doing so, students improve overall wellness and experiences of life.

Turn Back the Clock Yoga - A back to the basics yoga class that focuses on proper breathing, relaxation and low impact stretches.

Zumba Gold@ - If you are a beginner, returning to exercise or having joint issues, this class is for you. This Latin-inspired dance fitness class has all the same energizing music as Zumba@, but set to a low- or no-impact routines designed to be easy-to-follow and fun!!!! All ages and fitness levels are welcome.

Cycling - Beginners cycling class will start. Come join us for 1 hour for an early morning ride on our stationary bikes.

P90X@ - If you want to get in the best shape of your life, P90X uses the science of Muscle Confusion™ to constantly challenge your body with new moves and routines.

Toning- This class utilizes strength training exercises with aiming in developing a physique with a large emphasis on strength and muscle toning. With the use of light weights (1lb.-3lb.) this class will give your body a noticeable muscle definition and shape.

Interval- Combines full body strength training with cardio bursts designed to tone body, improve endurance, and burn maximal calories.

Alignment Practice Yoga - Practice drawn from the Iyengar method.

WATER FITNESS SCHEDULE:

<u>Monday</u> 5:30pm (Conchita)	<u>Tuesday</u> 8:00am (Amber) 10:30am (Conchita)	<u>Wednesday</u> 5:30pm (Conchita)	<u>Thursday</u> 8:00am-Silver Sneakers@ 10:30am (Conchita)	<u>Friday</u> No classes available	<u>Saturday</u> 10:00am Aqua Zumba@ (John)
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ALL CLASSES ARE SUBJECT TO CHANGE WITH NO NOTICE. FOR POLICIES AND PROCEDURES CONCERNING YOUTH AND GROUP FITNESS PLEASE REFER TO YMCA POLICY BOOK AVAILABLE AT THE FRONT DESK.

Revised 4/4/2017