



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

Effective September 7th – December 31st  
CASSVILLE YMCA



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CHILD WATCH 8:30-11 am	CHILD WATCH 8:30-11 am	CHILD WATCH 8:30-11 am	CHILD WATCH 8:30-11 am	CHILD WATCH 8:30-11 am	
5:15- 6:00 am		POWER FIT			POWER FIT	
8:30 - 9:30 am	SILVER YOGA	SILVER SNEAKERS	YOGA	SILVER SNEAKERS	YOGA	BOOT CAMP (8:00)
9:30 - 10:30 am						
4:00- 5:00 pm						
5:00- 5:30 pm	PILATES			PILATES		
5:30- 6:30 pm	BOOT CAMP			BOOT CAMP		
6:30- 7:30 pm						
	CHILD WATCH 4-7 pm	CHILD WATCH 4-7 pm	CHILD WATCH 4-7 pm	CHILD WATCH 4-7 pm	CHILD WATCH 4-7 pm	

**CASSVILLE YMCA**  
408 State Highway 248  
Cassville, MO 65625  
P 417.846.1535

**YMCA Hours of Operation**  
Mon – Fri: 5:00 am – 8:00 pm  
Sat: 7:00 am – 1:00 pm  
Sun: Closed

#### STRENGTH & WEIGHTS

Strength training builds lean muscles and helps with long-term weight loss, and cardio exercise is great for burning calories and heart health.



#### CARDIO

These cardio classes keep you moving and having fun, while you use movements and build your muscular endurance.



#### MIND/BODY

Reduce chance of injury, increase mobility and improve your posture, which helps you look great as well as feel good.



#### CORE

Core strength is critical for building a strong body to create the best platform for all other exercise.



#### ACTIVE OLDER

Enjoy classes that are specifically designed for mobility and longevity. Great for older adults and those new to a fitness routine.



#### POWER FIT

A full body workout using weights and bands. This is a high repetition class that keeps your heart rate at cardio levels and is great for burning fat.

#### BOOT CAMP

Offers alternating workout formats that provide the ultimate cross-training platform: Strength for building lean muscle, Plyo for a powerful body and Cardio to burn rapidly burn fat and improve capability.

#### SILVER SNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic workout bands and a SilverSneakers ball are provided for resistance. A chair is available for seated or standing support.

#### ZUMBA

Que Caliente! Zumba is a fusion of Latin and international music and dance that creates a dynamic, exciting and effective workout. Interval training is used to tone and sculpt the body. Join the party!

#### PILATES

A form of exercise, developed by Joseph Pilates, which emphasizes balanced development of the body through core strength, flexibility, and awareness in order to support efficient graceful movement.

#### ZUMBA STRONG

Stop counting the reps and start training to the beat. Zumba STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep!