



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

June 29th - July 31st

OZARK MOUNTAIN FAMILY YMCA



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30 am	BARRE FIT Lacey					RIP Patrick *
8:45-9:15 am					HIIT CARDIO Heather *	
9:00-10:00 am		RIP Heather *	STRONG Holly *	RIP Heather *		
9:30-10:30 am	VINYASA YOGA Angel *	VINYASA YOGA Jade	VINYASA YOGA Sasha	YOGA FUSION Jade	ZUMBA Mary Evelyn *	
9:45-10:45 am	GENTLE YOGA Lori				GENTLE YOGA Lori	ZUMBA Jacqui *
10:45-11:30AM	SILVER SNEAKERS CLASSIC Patrick		SILVER SNEAKERS CLASSIC Patrick		SILVER SNEAKERS CLASSIC Patrick	
5:30-6:30 pm	STRONG Holly *	RIP Patrick *	ZUMBA Mary Evelyn *	RIP Patrick *		
6:00-7:00 pm	YIN YOGA Angel		VINYASA YOGA Jade			

* These classes are held in the Group Fitness room at the end of the Gymnastics hallway.

GROUP EXERCISE CLASS

CLASS BENEFITS

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.



MARTIAL ARTS

Learn old traditions in new ways to improve cardiovascular health and tone your body.



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.



BARRE FIT

This is a class with movement designed to create strength, flexibility, and a balanced body. The movements are designed to be effortless, graceful, and energy generating, creating a meaningful and purposeful rhythm that is attuned to our bodies and its surroundings. This class is suitable for healthy individuals of all fitness levels, regardless of age or ability.

HIIT CARDIO

This 30 min class will get your heart pumping. You'll train in quick intervals that will challenge your whole body, followed by periods of rest. If you are feeling up for the challenge, this class will push you to your limits. All levels welcome, equipment provided.

RIP

This is barbell class for all fitness levels that works all major muscle groups using reps, duration, and frequency changes to achieve results you want.

GENTLE YOGA

This class is designed to challenge you physically and mentally with a variety of simple and safe yoga exercises that you can do at your pace. Chair can be used for support.

STRONG NATION

STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

YIN YOGA

Find your inner peace in this slow deep stretch class. You will leave feeling rested, restored and ready to take on the day.

YOGA FUSION

This class is a fusion between vinyasa and yin. It will include a little bit of both worlds, strength and stretch. All levels are welcome.

VINYASA YOGA

This class is an hour-long Vinyasa style yoga class with emphasis on strength, balance and flexibility. All levels are welcome.

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!

FACILITY HOURS

Monday–Friday: 7:00am–12:00pm & 4:00pm–7:00pm

Saturday: 8:00am–1:00pm

Sunday: Closed

KIDS ZONE HOURS

Monday–Friday 8:30am–10:30am

Monday–Thursday 5:30pm–7:00pm

Saturday 8:30am–11:00am

****FITNESS CLASSES ARE FREE FOR MEMBERS. NON MEMBERS \$10.00 person/\$20 family**

For more information call Angel Adams 417-337-9622 or email aadams@orymca.org