FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective: June–August 2020

MONETT AREA YMCA
GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30–9:30A	WATER WORKOUT 8:15–9:15 Dionne Pool BODYPUMP Theresa Event Center		WATER WORKOUT 8:15–9:15 Dionne Pool BODYPUMP Theresa Event Center		WATER WORKOUT 8:15–9:15 Dionne Pool	BODYPUMP Theresa Event Center	
9:40–10:40A	LIFETIME WELLNESS Cindi Rm 2	SILVER SNEAKERS CLASSIC Cindi Rm 2		LIFETIME WELLNESS Cindi Rm 2	SILVER SNEAKERS CLASSIC Cindi Rm 2		
11:00–12:00	SENIOR SPLASH Pool	AQUA ZUMBA Pool	SENIOR SPLASH Pool	SILVERSNEAKERS CLASSIC 10:45–11:45 Theresa Rm 2 AQUA ZUMBA Pool	SENIOR SPLASH Pool		
6:00–7:00 p	WATER WORKOUT Janan Pool			WATER WORKOUT Janan Pool			
6:35–7:35p	ZUMBA Rendy Rm2	ZUMBA RM 2	ZUMBA Rendy Rm 2	ZUMBA RM 2			

GROUP EXERCISE CLASS DESCRIPTIONS

CLASS BENEFITS

STRENGTH & WEIGHTS	CYCLING	CARDIO	MIND/BODY	MARTIAL ARTS	CORE	ACTIVE OLDER ADULTS
Strength training builds lean muscles and helps with long-term weight loss, and cardio exercise is great for burning calories and heart health.	Use the power of indoor cycling to move fast, move with resistance and get a great cardiovascular workout.	These cardio classes keep you moving and having fun, while you use movements and build your muscular endurance.	Reduce chance of injury, increase mobility and improve your posture, which helps you look great as well as feel good.	Learn old traditions in new ways to improve cardiovascular health and tone your body.	Core strength is critical for building a strong body to create the best platform for all other exercise.	Enjoy classes that are specifically designed for mobility and longevity. Great for older adults and those new to a fitness routine.

AQUA ZUMBA
Splash your way into shape with an invigorating low-impact aquatic exercise known as the ZUMBA "pool party." The Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, AQUA ZUMBA blends it all together into workout that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief.

BODYPUMP
Transform your lifestyle through this proven total body workout class. The patented REP EFFECT will help you reach and surpass 800 repetitions and burn up to 560 calories in a single class. This is designed to challenge you, whether you are a beginner or fitness p

LIFETIME WELLNESS
Low intensity and a great workout, this class is fun motivating and inspires you to push yourself. You will do some toning exercise with an exercise band, light dumbbells, stability ball, get your heart rate up with some fun cardio exercises, and cool down with ab exercises and stretching.

SENIOR SPLASH
Activate your urge for variety! Senior Splash offers shallow water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a kickboard and other aquatic equipment may be used.

SILVER SNEAKERS
Have fun and move to the music through a variety of exercises. Depending on the class – Sliver Splash, Yoga Stretch, Range of Motion or Cardio Circuit – you will gain strength, balance and cardio endurance, while using free weight exercise bands, balls, chairs or water resistance.

CYCLING
A cardiovascular class that can be suited to all fitness levels. We ask that you arrive 10 minutes early to your first class so the instructor can properly adjust your bike.

CYCLING & CORE
30 minutes of cycling and 30 minutes of core strengthening (abdominals and back) and upper body strengthening

WATER WORKOUT
Need to spice up your exercise regiment? Break a sweat in the water! This is a great resistance and cardiovascular workout. Appropriate for all levels. Water weights, deep water bells and noodles are also used to add more resistance to the workout.

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!