



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective: January–May 2021
MONETT AREA YMCA

GROUP EXERCISE SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30–9:30	WATER WORKOUT 8:15–9:15 Dionne		WATER WORKOUT 8:15–9:15 Dionne		WATER WORKOUT 8:15–9:15 Dionne	BODYPUMP 9:45–10:45 Theresa
	BODYPUMP Theresa		BODYPUMP Theresa			
9:45–10:45	LIFETIME WELLNESS Cindi	CORE & MORE Cindi	Zumba Cindi	LIFETIME WELLNESS Cindi	CORE & MORE Cindi	
		SILVER SNEAKERS Theresa			SILVER SNEAKERS Theresa	
11:00–12:00 p.m.	SENIOR SPLASH Cindi	AQUA ZUMBA Cindi	SENIOR SPLASH Cindi	SILVER SNEAKERS 10:50–11:50	SENIOR SPLASH Cindi	
				AQUA ZUMBA Cindi		
12:00–1:00	BODYPUMP Monica	CARDIOPUMP Monica	BODYPUMP Monica	CARDIOPUMP Monica	BODYPUMP Monica	
4:00–5:00	BOOT CAMP Dionne		BOOT CAMP Dionne	BOOT CAMP Dionne		
	YOGA Brittany					
5:30–6:30	GROUP CYCLE	YOGA Brittany	LINE DANCING Sandy	YOGA Rm. 2 Ayla		
			GROUP CYCLE			
6:00–7:00	WATER WORKOUT Janan		WATER WORKOUT Janan	WATER WORKOUT Janan		
6:35–7:35	ZUMBA Rendy	ZUMBA Lupita	ZUMBA Rendy	ZUMBA Lupita		

MONETT AREA YMCA
115 S. Lincoln
Monett, MO 65708
P 417.235.8213

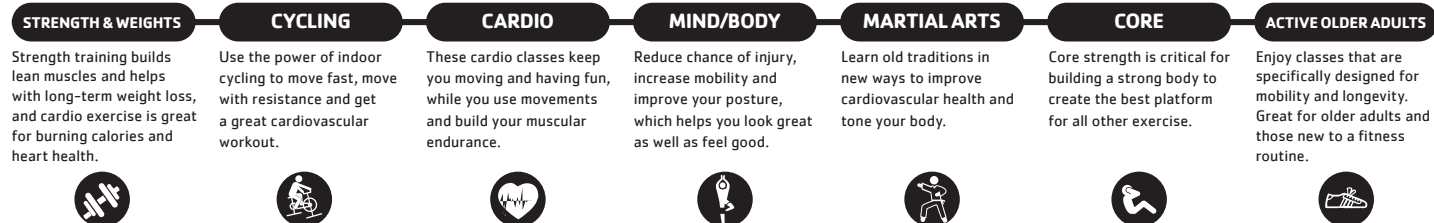
Kids' Zone:
Monday–Thursday:
8:15–11am and 4–8pm
Friday: 8:15–11am and 4–7:15pm
Saturday: 8:15 to 11am
Closed Sunday

Cancellation Policy:
If a class does not have five or more
participants it may be cancelled.
Exceptions will be made for new and
developing classes/programs.

Facility Hours:
Monday–Thursday: 5am–9pm
Friday: 5am–11pm
Saturday: 7am–10pm
Sunday: Closed

GROUP EXERCISE CLASS DESCRIPTIONS

CLASS BENEFITS



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!