



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Effective September 2 – Dec 28
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	STRENGTH AND TONE		STRENGTH AND TONE		STRENGTH AND TONE	
8:30 - 9:30 am		BODY TONING			BODY TONING	HIIT (9:15-10:15)
9:40 - 10:40 am		SILVERSNEAKERS CLASSIC		ZUMBA (9:30-10:30)	SILVERSNEAKERS CLASSIC	
1:30- 2:30 pm	SILVERSNEAKERS CLASSIC		SILVERSNEAKERS CLASSIC			
4:30- 5:00 pm						
5:30- 6:30 pm	HIIT		ZUMBA	HIIT	ZUMBA	
	CHILD WATCH 4-7 pm	CHILD WATCH 4-7 pm	CHILD WATCH 4-7 pm	CHILD WATCH 4-7 pm	CHILD WATCH 4-6 pm	

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

YMCA Hours of Operation
 Mon – Fri: 5:00 am – 9:00 pm
 Sat: 9:00 am – 3:00 pm
 Sun: Closed

GROUP EXERCISE CLASS DESCRIPTIONS

CLASS BENEFITS

STRENGTH & WEIGHTS

Strength training builds lean muscles and helps with long-term weight loss. Great for burning calories and heart health.



CARDIO

These cardio classes keep you moving and having fun, while burning calories and improving cardiovascular function.



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 ADULTS

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



BODY TONING

A full body workout using weights, bands and kettle bells

HIIT (High Intensity Interval Training)

Offers three, alternating 30-minute workout formats that provide the ultimate cross-training platform: Strength for building strength and lean muscle, Plyo for a powerful, agile and athletic body and Cardio to burn fat rapidly and improve athletic capability.

SILVERSNEAKERS 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 tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

STRENGTH AND TONE

A group based barbell class to work all major muscle groups, build lean muscles and burn calories. Workout is easily modified for any fitness level.

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

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!