

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE



Effective: September 3 - December 30, 2019 G. PEARSON WARD YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
5:30- 6:00am	SPRINT Madison		SPRINT Madison		SPRINT Madison		
6:00- 7:00am	*BOOTCAMP* Gym Sarah	SPIN Emily 6-6:45am	*BOOTCAMP* Gym Sarah	SPIN Emily 6-6:45am	*BOOTCAMP* Gym Sarah		
8:00- 9:00 am			TAI CHI Community Room Dee				
9:00- 10:00am	BODYCOMBAT Gym Melissa	BODYPUMP Gym Holly	BODYCOMBAT Gym Melissa	BODYPUMP Gym Holly			AXT Gym Jay SPRINT 9:15-9:45 Madison
9:30- 10:30am	YOGA Wellness Studio Miranda		YOGA Wellness Studio Selyna		SPRINT 9:30-10 Annette	CXWORX 10-10:30 Gym Annette	BODYPUMP 10-11 Gym
					YOGA/STRETCH Wellness Studio Joyce		Jay
10:30- 11:15am		CIRCUIT BLAST Wellness Studio Kelci		CIRCUIT BLAST Wellness Studio Kelci			YOGA Community Room Amanda
12:00- 12:45pm	SPIN Susie	SPRINT 12-12:30 Madison	SPIN Susie	SPRINT 12-12:30 Madison	SPIN Sarah		
12:10- 1:00pm	BODYPUMP Gym Sara	CXWORX 12:30-1pm Gym Melissa	BODYPUMP Gym Sara	CXWORX 12:30-1pm Gym	BODYPUMP Gym Aracelli		
			YOGA Wellness Studio MIranda	Sara			
4:30- 5:30pm	BODYATTACK 4:30-5:30 Gym Sara	SPRINT 5-5:30pm Annette	BODYATTACK 4:30-5:30 Gym Sara	SPRINT 5-5:30pm Madison	BODYATTACK 4:30-5:15 Gym Sara		
5:30- 6:30pm	SPRINT 5:30-6 Annette	CXWORX 5:30-6pm	SPRINT 5:30-6pm Madison	CXWORX 5:30-6pm Community Room Lisa B.	BODYPUMP Gym Sara		
	BODYPUMP 5:30-6:30 Gym Erica	Wellness Studio Lisa B.	BODYPUMP Gym Annette	YOGA Wellness Studio Amanda			
5:45- 6:30pm		BODYCOMBAT 6:00-7:00 Gym Jay		BODYCOMBAT 6:00-7:00 Gym Annette	*BOOTCA	*BOOTCAMP REQUIRES <u>REGISTRA</u>	
6:15- 7:15pm	YOGA Community Room Miranda	RESTORATIVE YOGA 6:30-7:30 Wellness Studio Amanda	YOGA 6:30-7:30 Community Room Amanda		FEES*		

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.

Use the power of indoor cycling to move fast, move with resistance and get a great cardiovascular workout.

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 ADULTS

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













N BODYATTACK

A high-energy fitness class with moves that cater to anyone from total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS instructor will pump out energizing tunes and lead you through the workout, leaving you with a sense of achievement.

🚳 🚱 BODYPUMP

Transform your lifestyle through this proven total body workout class. The patented LES MILLS REP EFFECT will help you reach and surpass 800-1,000 repetitions in a single class. This class is designed to challenge you, whether you're a beginner or fitness pro.

🚳 💮 籣 BODYCOMBAT

Punch and kick your way to fitness, burn up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact, and there are no complex moves to master.

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP – a full-body cardio workout to really tone your glutes and thighs. In a BODYSTEP Athletic class you combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body.

CIRCUIT BLAST

Low impact class that integrates body weight movements and resistance bands for a full body workout to improve strength, balance and flexibility. This class can be modified to any fitness level.

CXWORX

All the moves in CXWORX have options, so it's challenging, but achievable for your own level of fitness. During the 30-minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. You will also get into some hip, butt and lower back exercises.

RESTORATIVE YOGA

A relaxing class that uses props to support you in poses that calm your body and mind. Treat yourself!

A cardiovascular class that can be suited to all fitness levels. Use resistance, speed play and hill work to get your heart rate up and improve your cardiovascular endurance.

A 30-minute High-Intensity Interval Training workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact.

() TAI CHI

Learn how to strengthen and relax your body, relieve mental stress and physical tension and greatly increase body awareness and balance. Program includes muscle strengthening, flexibility, and fitness. Additional health benefits include: increased relaxation, better balance, and improved posture.

🚯 YOGA

Yoga encourages you to explore the connections between your spirit, mind and body to develop focus, balance, strength and flexibility. Discover inner peace that will take you from distress to de-stress and give you the strength to conquer daily challenges.