



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Effective: December 29 – May 17, 2020  
**MONETT AREA YMCA**

# GROUP EXERCISE SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45A	CROSS TRAINING Dionne 5:45-6:30A Event Center	BODYPUMP Stacy Event Center	CROSS TRAINING Dionne 5:45-6:30A Event Center		BODYPUMP Stacy Event Center	CORE & MORE Dionne Event Center		
8:30-9:30A	BODYPUMP Theresa Event Center	CARDIO KICK Cindi Rm 2	BEGINNING YOGA Michele Rm 1	BODYPUMP Theresa Event Center	ZUMBA Cindi Rm 2	CORE & MORE Cindi Rm 2	BODYPUMP Theresa Event Center	
9:00-9:45A							CYCLING Brenda Activity Studio	
9:40-10:40A	LIFETIME WELLNESS Cindi Rm 2	SILVER SNEAKERS CLASSIC Cindi Rm 2	ZUMBA Cindi Rm 2		BEGINNING YOGA Michele Rm 1	SILVER SNEAKERS CLASSIC Cindi Rm 2		
					LIFETIME WELLNESS Cindi Rm 2			
10:45-11:45A					SILVER SNEAKERS CLASSIC Theresa Rm 2			
12:15-1:00P	BODYPUMP Monica Event Center		BODYPUMP Monica Event Center			BODYPUMP Monica Event Center		
2:00-2:45P								CYCLING & CORE Stacy Activity Studio
4:00-5:00P	BOOT CAMP Dionne Event Center 4:00-4:50		BOOT CAMP Dionne Event Center 4:00-4:50					
5:30-6:30P	BEGINNING YOGA Michele Rm1	BEGINNING YOGA Michele Rm 1	LINE DANCING Sandy Event Center		BEGINNING YOGA Michele Rm 1			
		BODYPUMP Sandy Event Center			BODYPUMP Sandy Event Center			
	CYCLING & CORE Allison Activity Studio	CYCLING & CORE Dondi Activity Studio	CYCLING & CORE Stacy D. Activity Studio		CYCLING & CORE Abby Activity Studio	CYCLING & CORE Brenda Activity Studio		
6:35-7:35p	ZUMBA Rendy Rm2	ZUMBA Rendy Rm2	ZUMBA Rendy Rm 2		ZUMBA Lupita RM 2	CORE & MORE Cindi Rm 2		

**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-10pm**  
**Friday: 5am-11pm**  
**Saturday: 6am-5pm & 7pm-10pm**  
**Sunday: 1pm-5:30pm**

# GROUP EXERCISE CLASS DESCRIPTIONS

## CLASS BENEFITS



### BEGINNING YOGA

The beginning yoga student will get an introduction and lesson in balance, flexibility and strength, all developed through Yoga postures, a focused mind and breathing exercises. Instructor is yoga Fit level 5 trained

### 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 pro.

### BOOT CAMP

Join us at the Monett Area YMCA for a boot camp to help get balance and energy back in your life. Instructor Dionne will lead a variety of strength, stretching, and toning activities that are designed for all fitness levels.

### CORE & MORE

This class is designed to train and strengthen the entire core of the body, including the back. Glute exercises to tighten and tone!

### CROSS TRAINING

Instructors will use a variety of methods, including strength training, intervals and cardio to get you moving in a fun, group atmosphere, designed to push your limits and increase your cardiovascular endurance. Every class can be modified to many different fitness levels.

### 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

### 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.

### LINE DANCING

This class will keep you moving with fun dance steps performed to a variety of music. Line dancing is both fun and great exercise.

### SILVER SNEAKERS

Have fun and move to the music through a variety of exercises. Depending on the class - Silver 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.

### CARDIO KICK

This class combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn.

You'll have a blast getting into knockout shape—learning hard-hitting combos and edgy dance moves while torching fat and carving lean, sexy muscle in the most empowering class you've ever taken!

### 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!