



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE



Effective: October 2019

ROY BLUNT YMCA OF BOLIVAR

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5am	CROSS TRAINING 5:00 <i>Gym</i>		CROSS TRAINING 5:00 <i>Gym</i>		CROSS TRAINING 5:00 <i>Gym</i>		CROSS TRAINING 5:00 <i>Gym</i>			
6am										
7am					TAI CHI 8:30					
8am	YOGA 7:30 <i>Studio 1</i>		CORE & MORE 7:30 <i>Studio 1</i>				CORE & MORE 7:30 <i>Studio 1</i>		YOGA 7:30 <i>Studio 1</i>	
9am	CROSS TRAINING 8:30 <i>Gym</i>		YOGA 8:30 <i>Studio 1</i>		CROSS TRAINING 8:30 <i>Gym</i>		YOGA 8:30 <i>Studio 1</i>		CROSS TRAINING 8:30 <i>Gym</i>	
	SILVER SNEAKERS CLASSIC 9:30 <i>Gym</i>	CARDIO DANCE 9:30 <i>Studio 1</i>	SILVER SNEAKERS BOOM 10:00 <i>Gym</i>		SILVER SNEAKERS CLASSIC 9:30 <i>Gym</i>	CARDIO DANCE 9:30 <i>Studio 1</i>	SILVER SNEAKERS BOOM 10:00 <i>Gym</i>	SPIN 8:30 <i>Spin Room</i>	SILVER SNEAKERS CLASSIC 9:30 <i>Gym</i>	CARDIO DANCE 9:30 <i>Studio 1</i>
10am										
11am	SILVER SNEAKERS CIRCUIT 10:30 <i>Gym</i>				SILVER SNEAKERS CIRCUIT 10:30 <i>Gym</i>				SILVER SNEAKERS CIRCUIT 10:30 <i>Gym</i>	
5:30pm	CROSS TRAINING 5:30 <i>Gym</i>		KICK-BOXING 5:30 <i>Gym</i>		CROSS TRAINING 5:30 <i>Gym</i>	BEGINNERS YOGA 6:15 <i>Gym</i>	SPIN 5:30 <i>Spin Room</i>			








ROY BLUNT YMCA OF BOLIVAR
1710 W Broadway
Bolivar, MO 65613
P 417.727.0884

YMCA Hours of Operation
Mon-Thurs: 5 am-8 pm
Fri: 5 am-6 pm
Sat: 7 am-1 pm
Sun: CLOSED

Kids' Zone Hours of Operation
Monday-Thurs: 4 pm-7 pm
Mon-Fri: 8-11:00 am

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. 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 while burning calories and improving cardiovascular function.	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.
						

BEGINNERS 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

CORE AND MORE

This class aims to help strengthen and tone your core and back. This 30-minute class includes ample stretching and recovery to help protect your worked muscles and joints.

CARDIO DANCE

Que Caliente! Cardio dance 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!

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 difference fitness levels.

SILVER SNEAKERS BOOM MOVE

A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

SILVER SNEAKERS CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SILVER SNEAKERS 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.

SPIN

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.

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.