FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN GROUP EXERCISE SCHEDULE
November 1st-January 1st Effective Dec 1st

MONDAY

Time	Class	Location	Instructor
AM Classes			
6:00-6:35	**Y– Kettle Bell GX**	**B**	**Travis**
6:00-7:00	BODYPUMP®	D	Trish
6:40-7:10	**Y-Kettle Bell Basics**	**B**	**Rebecca**
7:10-7:40	**TRX® Cardio Circuit**	**D**	**Travis**
9:00-10:00	Silversneakers Yoga	D	Rebecca
PM Classes			
12:00-1:00	Step	D	Lynda
12:10-12:55	Y-Cycle	F	Meredith
12:10-12:40	Y-Fuse	B	Jenna
12:50-1:10	Absolution	B	Jenna
5:00-5:20	Absolution	B	Cara
5:35-6:30	Zumba®	B	Gema
5:35-6:35	BODYSTEP®	D	Hannah
5:45-6:30	Y-Cycle	F	Holly
6:35-7:20	**Y-Kettle Bell Basics**	**B**	**Meredith**
6:45-7:45	BODYPUMP®	D	Trish

TUESDAY

Time	Class	Location	Instructor
AM Classes			
6:00-7:00	Y-Cycle	F	Nelson
6:00-7:00	BODYSTEP®	D	Diane
6:00-7:00	Y-Stretch Flow	B	Emily
7:10-7:30	**TRX® Core**	**D**	**Travis**
9:00-9:45	SilverSneakers Cardio Circuit	D	Ron
PM Classes			
12:00 –1:00	BODYPUMP®	D	Lynda
12:10-12:55	Y-Cycle	F	Pat
12:10-12:45	**Y-Blitz**	**B**	**Travis**
5:35-6:10	**Y-Blitz**	**B**	**Travis**
6:15-6:50	**Y-Kettle Bell Interval Circuit**	**B**	**Lonnie**
6:15-6:50	**Y-Kettle Bell Core**	**B**	**Lonnie**
5:35-6:35	BODYPUMP®	D	Diane
5:45-6:30	Y-Cycle	F	Eileen
6:45-7:45	Y-Cardio Funk	D	Nicole

WEDNESDAY

Time	Class	Location	Instructor
AM Classes			
6:00-7:00	Triple Threat	B	Julie
6:00-7:00	BODYPUMP®	D	Trish
7:10-7:40	**TRX® Cardio Circuit**	**D**	**Lonnie**
9:00-10:00	SilverSneakers Classic	D	Molly
PM Classes			
12:00-1:00	Step	D	Lynda
12:10-12:40	Y-Fuse	B	Lonnie
12:50-1:10	Absolution	B	Lonnie
5:35-6:30	Zumba®	D	Dominique
6:00-6:30	Y-Fuse	B	Lonnie
5:45-6:30	Y-Cycle	F	Elise
6:35-6:55	Absolution	B	April
6:45-7:30	**TRX® Kettle Bell**	**D**	**Travis**

THURSDAY

Time	Class	Location	Instructor
AM Classes			
6:00-7:00	Y-Cycle	F	Nelson
6:00-6:35	**Y-Kettle Bell GX**	**B**	**Travis**
6:00-7:00	Y-Cardio Kickboxing	D	Diane
6:40-7:10	**Y-Kettle Bell Basics**	**B**	**Travis**
7:10-7:30	**TRX® Core**	**D**	**Rebecca**
9:00-10::00	Tai Chi	D	Doina
PM Classes			
12:00-1:00	BODYPUMP®	D	Lynda
12:10-12:45	**Y-Blitz**	**B**	**Travis**
5:35-6:35	BODYPUMP®	D	Ron
5:35-6:10	**Y-Blitz**	**B**	**Travis**
5:45-6:30	Y-Cycle	F	Eileen
6:15-6:50	**Y-Kettle Bell Momentum**	**B**	**Lonnie**
6:45-7:45	Y-Cardio Funk	D	Dominique
6:55-7:40	**Y-Kettle Bell Basics**	**B**	**Sami**

FRIDAY

Time	Class	Location	Instructor
AM Classes			
6:00-6:30	Y-Triple Threat	B	Lonnie
6:00-7:00	BODYPUMP®	D	Emily
6:35-6:55	**Y-Kettle Bell Core**	**B**	**Lonnie**
7:10-7:40	**TRX Strength Zone**	**D**	**Travis/Lonnie**
9:00-10:00	SilverSneakers Classic	D	Molly
PM Classes			
12:00-1:00	Y-Cycle	F	Pat
12:10-12:40	Y-Fuse	B	Cara
12:50-1:10	Absolution	B	Cara
12:10-12:55	**TRX® Fusion**	**D**	**Travis**
5:35-6:20	Y-Triple Threat	B	Marissa
5:45-6:30	Y-Cycle	F	Tasha

SATURDAY

Time	Class	Location	Instructor
AM Classes			
9:00-9:35	**Y-Blitz**	**B**	**Travis**
9:00-10:00	Y-Cycle	F	Holly
9:10-10:10	BODYSTEP®	D	Inta
10:15-11:15	BODYPUMP®	D	Diane
10:30-11:00	Y-Fuse	B	Lonnie
11:10-11:30	Absolution	B	Lonnie
11:30-12:30	Y-Cardio Funk	D	Dominique
11:45-12:30	**Y-Kettle Bell Basics**	**B**	**Becca**

SUNDAY

Time	Class	Location	Instructor
AM Classes			
9:00-10:00	Y-Cycle	F	Nelson/Trish
10:15-10:45	**Y-Kettle Bell Interval Circuit**	**B**	**Lonnie/Travis**
10:35-11:35	BODYPUMP®	D	Trish
11:45-12:40	Zumba	D	Nicole
11:05-12:00	Yoga	B	Madeline

Bold denotes specialty classes that have an additional fee schedule than other classes.

Questions regarding the Group Exercise program, please contact Travis Halena, Group Exercise Coordinator (414) 274-0837 Thalena@ymcamke.org

THE DOWNTOWN YMCA

We build strong kids, strong families, strong communities.

Class Descriptions

Silversneakers Yoga: 60 minutes. This is truly a mind, body and spirit class for Active Older Adults. You will be doing gentle movements and poses to help with stress reduction, balance and flexibility.

Absolution: 20 minutes. This class focuses on all the muscles of the abdomen in an effort to develop core strength.

BODYPUMP®: 55 minutes. This class utilizes barbells and adjustable weights to tone and condition all the major muscle groups by performing weight bearing exercises.

BODYSTEP®: 55 minutes. This is a cardiovascular program that uses an adjustable height step and features high intensity intervals followed by muscle conditioning tracks designed to shape and tone the entire lower body.

Cyc-Yo: 60 Minutes. Introducing the newest fusion class that's taking the world by storm. Thirty minutes of Cycling and thirty minutes of Yoga to provide a perfectly balanced workout. A mixture of cardio endurance, flexibility, and stability exercises will help you set a pace to a fitter you. *Fee $25 for Members*

Indoor Bootcamp: 45 Minutes. Join us for a four week session of intense workouts that will change your life. Boot camp is designed to help you get into the best shape for the new year. Our talented, experienced and certified instructors will coach you through a variety of drills, stations and experiences that will change and expand you level of fitness. Fee $49 per Month

Pilates: 40-45 minutes. Class that uses multiple disciplines of Pilates to tone your body, improve posture and strengthen your core. *Fee: Included in $25 Mind/Body pass*

Piloxing: A unique mix of Pilates and boxing moves that torches fat, sculpts muscle, and features a core-centric interval workout. This class is guaranteed to whip you into shape, using a class format that's both fun and challenging. Piloxing blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates.

Power Yoga: This class builds on the basics of Yoga by offering a more aggressive flow that will quickly warm your muscles and core while providing a total body workout. *Fee: Included in $25 Mind/Body Pass*

Silver Sneakers Classic®: 60 minutes. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball are offered for resistance; and a chair is used for seated and/or standing support.

Tai Chi: A Chinese exercise system that will use slow, deliberate, smooth body movements, to help you achieve a state of relaxation for your body, mind, and soul. Combine many martial art movements with energy circulation, breathing, and stretching techniques.

TRX® Core: 20 minutes: TRX® is finally here! This extreme core workout is designed to offer you a fusion of strength, core stability, and balance working against your own bodyweight. This class is intended to give you personalized training in a small group setting. Give you core the attention it's been waiting for! *4 week session. Fee $40 for members $60 for non-members Min of 4 people to run the class, Maxed out at 16* ***Class Runs on a Monthly Basis***

TRX® Cardio Circuit: 30 minutes: TRX® This circuit training class will give you a personalized training session in a small group setting. This class offers a fusion of Cardio, Strength, and TRX full body conditioning packed into one powerful training session. *4 week session. Fee $40 for members $80 for non-members Min of 4 people to run the class, Maxed out at 16* ***Class Runs on a Monthly Basis***

TRX® Fusion: 45 minutes: TRX® This circuit training class will give you a personalized training session in a small group setting. This class combines different types of equipment such at the bosu Ball, Free Weights, and Medicine Ball, while utilizing the TRX Straps. *4 week session. Fee $40 for members $60 for non-members Min of 4 people to run the class, Maxed out at 16* ***Class Runs on a Monthly Basis***

TRX® Technique: TRX® Masters is specially formulated to emphasize technique driven moves to really engage your core stability and increased levels of functional fitness. Regardless of your age or ability level, the TRX® is an adaptable and effective exercise device. *4 week session. Fee $40 for members $60 for non-members Min of 4 people to run the class, Maxed out at 16* ***Class Runs on a Monthly Basis***

Y-Blitz: 35 minutes. This class has one objective: Get Fitter! Period. *Y-Fuse* meets *Y-Chisel* in this 35 minute fusion class designed to challenge your fitness level. Two of our most popular classes meet up to spring board you out of that plateau. A mixture of sports inspired cardio and strength conditioning drills geared to enhance your physical performance. Instructors offer multi-level movement options to make the program work for you. If you've been looking for a new addition to conquer in your work out-Here it is! *Fee: $25 for members/ $40 for Community Participants.*

Y-Cardio Funk: 60 minutes. A combination of high and low impact aerobics performed in a "funky dance" style.

Y-Cardio Kickboxing: 60 minutes. Get a bigger kick out of your workout! This class focuses on punching, kicking & striking while utilizing simple plyometric drills with progressive kickboxing techniques. This is a calorie burner class & moves can be modified to adjust the intensity.

Y-Cycle: 45-60 minutes. The Y-Cycling program is a no-impact cardiovascular workout performed to music on a stationary bike. A certified instructor leads the class through a variety of drills that simulate the different terrains one encounters on an outdoor bike ride. It's a great program for all levels of fitness and intensity is controlled individually at each bike.

Y-Fuse: 30 minutes. Exciting, innovative cardio class, that uses sports inspired drills to get the heart rate pumping. Fast paced effective workout in a short time block. Great for all levels.

Y-Kettle Bells: 45 Minutes. This class will bring you to the optimal level of functional fitness by engaging hundreds of muscles at once to burn max calories and build lean muscle. *Fee: Unlimited Classes $25 per Month for Members.*

Y-Stretch Flow: 55 minutes. A blend of Yoga, Pilates and Tai Chi set to inspiring music. Flow through poses and sequences for strength, balance and flexibility. Body Flow is a journey that will leave you feeling stronger, balanced and energized.

Y-Triple Threat: 55 Minutes Knock your socks off with this three tier total body workout! Participants will work through a combination of exercises encompassing Cardio, Strength & Core. This class offers variety & modifications for all levels.

Zumba: A fun and effective workout system that combines a tough workout with a party like atmosphere. This latin dance inspired class is an easy to follow calorie burning fitness party.