GROUP EXERCISE SCHEDULE

DOWNTOWN YMCA

March 2-May 3

***Bold/Asterisk denote an additional fee for the class**

MONDAY

Time	Class	Instructor	Location
AM Classes			
5:10-5:55	***Y-Functional Fit Camp**	**Travis**	**B**
6:00-6:45	Base Lab	Alyssa/Jasmine	D
6:00-7:00	BODYPUMP®	Trish	B
6:15-7:00	***Total Gym Foundations**	**Travis**	**C**
9:00-10:00	SilverSneakers® Yoga	Becca	D
PM Classes			
12:00-1:00	Step	Lynda	D
12:10-12:45	***Total Gym Foundations**	**Mike**	**C**
12:10-12:40	Y-Fuse	Travis	B
12:50-1:10	Y-Core	Christy	B
5:15-5:35	Y-Core	Jasmine	B
5:40-6:10	***Y-Kettlebell Interval Circuit**	**Mike**	**B**
5:30-6:15	***Total Gym Foundations**	**Travis**	**C**
5:40-6:25	StrYke	Jasmine	D
5:45-6:30	Y-Cycle	Holly	F
6:35-7:05	***TRX® Cardio Circuit**	**Travis**	**D**
6:30-715	***Total Gym Foundations**	**Mike**	**C**
6:45-7:45	BODYPUMP®	Julie	B
7:05-7:50	***Restore Lab**	**Alyssa/Jasmine**	**D**

TUESDAY

Time	Class	Instructor	Location
AM Classes			
6:00-6:45	***Total Gym Foundations**	**Travis**	**C**
6:00-6:45	Y-Cycle	Kathy	F
6:00-7:00	BODYSTEP®	Diane	D
6:00-7:00	Y-Stretch Flow	Emily	B
11:30-12:05	***Y-Blitz**	**Mike**	**D**
PM Classes			
12:00-1:00	BODYPUMP®	Lynda	B
12:10-12:55	Y-Cycle	Pat	F
12:10-12:45	***Total Gym Foundations**	**Travis**	**C**
12:10-12:45	***Y-Blitz**	**Mike**	**D**
5:35-6:10	***Y-Blitz**	**Travis**	**D**
5:35-6:35	BODYPUMP®	Kyle	B
5:45-6:30	Y-Cycle	Nickie	F
6:00-6:35	***Total Gym Foundations**	**Mike**	**C**
6:45-7:45	Y–Cardio Funk	Nicole	D
7:00-7:45	Yoga	Jackie	B

WEDNESDAY

Time	Class	Instructor	Location
AM Classes			
5:10-5:55	***Y-Functional Fit Camp**	**Travis**	**B**
6:00-7:00	YC3	Julie	D
6:00-7:00	BODYPUMP®	Trish	B
6:15-7:00	***Total Gym Foundations**	**Travis**	**C**
9:00-10:00	SilverSneakers® Classic	Molly	D
PM Classes			
12:00-1:00	Step	Lynda	D
12:10-12:40	Y-Fuse	Travis	B
12:10-12:45	***Total Gym Foundations**	**Mike**	**C**
12:50-1:10	Y-Core	Christy	B
5:30-6:15	***Total Gym Foundations**	**Mike**	**C**
5:30-6:25	Zumba®	Yari	D
5:45-6:30	Y-Cycle	Jodi/Eileen	F
6:00-6:30	Y-Fuse	Travis	B
6:30-7:15	***Total Gym Foundations**	**Mike**	**C**
6:35-7:05	***TRX® Cardio Circuit**	**Travis**	**D**
6:35-6:55	Y-Core	Christy	B
7:05-7:50	***Pilates**	**Jodi/Marissa**	**B**

THURSDAY

Time	Class	Instructor	Location
AM Classes			
6:00-6:45	***Total Gym Foundations**	**Christy**	**C**
6:00-6:45	Y-Cycle	Nelson	F
6:00-6:45	Y-Cardio Kickboxing	Diane	B
6:15-6:45	***TRX® Cardio Circuit**	**Travis**	**D**
11:30-12:05	***Y-Blitz**	**Mike**	**B**
PM Classes			
12:00-1:00	Y-Stretch Flow	Lynda	D
12:10-12:45	***Total Gym Foundations**	**Travis**	**C**
12:10-12:45	***Y-Blitz**	**Mike**	**B**
5:35-6:10	***Y-Blitz**	**Travis**	**B**
5:45-6:30	Y-Cycle	Eileen	F
6:30-7:30	BODYPUMP®	Evelyn	B
7:00-7:45	Yoga	Jackie	D

FRIDAY

Time	Class	Instructor	Location
AM Classes			
5:10-5:55	***Y-Functional Fit Camp**	**Travis**	**B**
6:00-6:45	YC3	Julie	D
6:00-6:55	***Y-Cycle Yoga**	**Sarah**	**C**
6:00-7:00	BODYPUMP®	Emily	B
9:00-10:00	SilverSneakers® Classic	Molly	D
PM Classes			
12:00-1:00	Y-Cycle	Pat	F
12:10-12:40	***Y-Kettlebell Group**	**Christy**	**B**
12:10-12:40	Y-Chisel	Olivia	C
12:50-1:10	Y-Core	Christy	B
12:10-12:55	***TRX® Advanced**	**Travis**	**D**
5:45-6:30	Y-Cycle	Nelson	F
6:00-7:00	Y-Cardio Funk	Rob	D

SATURDAY

Time	Class	Instructor	Location
AM Classes			
9:00-9:35	***Y-Blitz**	**Travis**	**D**
9:00-10:00	Y-Cycle	Holly	F
9:00-10:00	BODYPUMP®	Diane	B
10:15-11:15	BODYSTEP®	Inta	D
10:15-11:00	***Pilates**	**Jodi**	**C**
10:30-11:00	Y-Fuse	Travis	B
11:10-11:45	***Total Gym foundations**	**Mike**	**C**
11:10-11:30	Y-Core	Christy	B
11:35-12:35	Y-Cardio Funk	Lonnie/Alyssa	D

SUNDAY

Time	Class	Instructor	Location
AM Classes			
9:00-9:45	***Y-Spring Fling Camp**	**Travis/Christy**	**B**
9:00-10:00	Y-Cycle	Trish	F
10:35-11:35	BODYPUMP®	Trish	B
11:45-12:40	Yoga	Marcel	B

CLASS DESCRIPTIONS

*Bold/asterisk class descriptions denote an additional fee

Y-Core 20 minutes. This class focuses on all the muscles of the abdomen in an effort to develop core strength.

Base Lab® 45 minutes. This is a low impact cardio and bodyweight training program. Strengthen your entire body from your base.

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.

***Pilates** 45 minutes. Strengthen your core at the center of your body. Pilates will elongate and strengthen your muscles and improve flexibility and joint mobility.

***Restore Lab®** 45 minutes. This is an athletic stretching program with dynamic and static stretching. The class will focus on sport and functional movements.

SilverSneakers® Classic 60 minutes. Class will increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance; a chair is used for seated and/or standing support.

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.

Step A cardiovascular class using an adjustable step that is a freestyle step workout containing coordination and intense cardio intervals.

StrYke This 45 minute class is a challenging kickboxing workout designed to work on your form and give you a great cardio workout.

***Total Gym Foundations** 35 or 45 minutes. Low impact total body workout setting up the foundations of using our Total Gym equipment. Muscular endurance and strength are pushed to the limit in this class.

***TRX® Foundations** 30 minutes. Beginner level TRX® class that will focus on the entire body and help you learn the straps without the cardio pace.

***TRX® Core** 20 minutes. Beginner level TRX® class but great for all levels. All core all the time while working your strength, stability, and balance on the suspension trainer.

***TRX® Cardio Circuit** 30 minutes. This class is designed to give a total body suspension training workout as well as high intensity cardio intervals off of the straps. The combination of the two is an extremely effective half hour class.

Y-Chisel 30 minutes. This full-body conditioning class is designed to strengthen various muscle groups using resistance bands and body weight.

***TRX® Advanced** 45 minutes. This is our most advanced suspension training class. This class can utilize any equipment to pair with the straps and will give the hardest total body workout. Experience with TRX® is required.

***Xercise Lab Kids Group®** 45 minutes. This is for kids age 6-12 and is a fun intense combination of cardio drills, bodyweight training, and sports activities.

***Y-Blitz** 35 minutes. An all out sports style cross training class. This is your CrossFit solution to keep your body guessing every single class. Uses everything including weights, cardio, tires, barbells, medicine balls and more. 2 month session. $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 and striking while utilizing simple plyometric drills with progressive kickboxing techniques.

Y-Cycle 45-60 minutes. The Y-Cycling program is a no-impact cardiovascular workout performed to music on a stationary bike. Great for all levels of fitness and intensity is controlled individually at each bike.

Y-Functional Fit Camp Kettle Bell and TRX® suspension training meets indoor boot camp. Class will be results driven for the month. Each month has a different focus and will be all about functional training to get you in better shape for everyday life. $49 for the month.

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-Kettlebell Interval Circuit** 30 minutes. This class will include very basic Kettlebell technique but will also add high intensity cardio intervals. Great cardio class for all levels. Unlimited Kettlebell 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. Y-Stretch Flow is a journey that will leave you feeling stronger, balanced and energized.

YC3 (45 or 60 minutes). Formerly Y-Triple Threat. Knock your socks off with this three tier total body workout! Participants will work through a combination of exercises encompassing cardio, strength and core. This class offers variety and 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.