FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN GROUP EXERCISE SCHEDULE

July 7-Sept 1, Effective July 7

*RED colored classes denote an additional fee is charged for that class.

MONDAY

Time	Class	Instructor	Location
AM Classes			
6:00-7:00	BODYPUMP®	Trish	D
6:15-6:45	Y-Kettlebell Interval Circuit	Travis	B
9:00-10:00	SilverSneakers Yoga	Becca	D
PM Classes			
12:00-1:00	Step	Lynda	D
12:10-12:55	Y-Cycle	Meredith	F
12:10-12:40	Y-Fuse	Travis	B
12:50-1:10	Absolution	Travis	B
5:15-5:35	Absolution	April	B
5:30-6:00	TRX® Cardio Circuit	Christy	D
5:40-6:15	StrYke	Lonnie	B
5:45-6:30	Y-Cycle	Holly	F
6:05-6:35	TRX® Basics	Christy	B
6:20-6:50	Y-Kettlebell Interval Circuit	Mike	B
6:45-7:45	BODYPUMP®	Julie	D

TUESDAY

Time	Class	Instructor	Location
AM Classes			
6:00-7:00	Y-Cycle	Nelson	F
6:00-7:00	BODYSTEP®	Diane	D
6:00-7:00	Y-Stretch Flow	Emily	B
11:30-12:05	Y-Blitz	Travis	B
PM Classes			
12:00-1:00	BODYPUMP®	Lynda	D
12:10-12:55	Y-Cycle	Pat	F
12:10-12:45	Y-Blitz	Travis	B
5:35-6:10	Y-Blitz	Travis	B
5:35-6:35	BODYPUMP®	Sarah	D
5:45-6:30	Y-Cycle	Nicole	F
6:20-6:50	Y-Kettlebell Basics	Mike	B
6:45-7:45	Y– Cardio Funk	Nicole	D
7:00-7:45	Yoga	Jackie	B

WEDNESDAY

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

THURSDAY

Time	Class	Instructor	Location
AM Classes			
6:00-7:00	Y-Cycle	Nelson	F
6:00-7:00	Y-Cardio Kickboxing	Diane	B
6:15-6:45	TRX® Cardio Circuit	Travis	D
11:30-12:05	Y-Blitz	Travis/Mike	B
PM Classes			
12:00-1:00	BODYPUMP®	Lynda	D
12:10-12:45	Y-Blitz	Travis/Mike	B
5:35-6:35	BODYPUMP®	Emily	D
5:35-6:10	Y-Blitz	Mike	B
6:20-6:50	Y-Kettlebell Basics	Mike	B
6:45-7:45	Y-Cardio Funk	Dominique	D

FRIDAY

Time	Class	Instructor	Location
AM Classes			
6:00-6:45	Y-Triple Threat	Lonnie	B
6:00-7:00	BODYPUMP®	Emily	D
9:00-10:00	SilverSneakers Classic	Molly	D
PM Classes			
12:00-1:00	Y-Cycle	Pat	F
12:10-12:40	Y-Kettlebell Basics	Christy	B
12:10-12:55	TRX® Fusion	Travis	D
5:45-6:30	Y-Cycle	Tasha	F

SATURDAY

Time	Class	Instructor	Location
AM Classes			
9:00-10:00	Y-Beach Camp	Travis/Lonnie	Lakefront
9:00-10:00	Y-Cycle	Holly/Tasha	F
9:00-10:00	BODYSTEP®	Inta	D
10:15-11:15	BODYPUMP®	Diane	D
11:35-12:35	Y-Cardio Funk	Lonnie	D

SUNDAY

Time	Class	Instructor	Location
AM Classes			
9:00-10:00	Y-Beach Camp	Travis/Lonnie	Lakefront
9:00-10:00	Y-Cycle	Trish	F
10:35-11:35	BODYPUMP®	Trish	D
11:45-12:40	Yoga	Samantha	B

Questions? Contact Travis Halena at Thalena@ymcamke.org or call 414.274.0837

Class Descriptions

*RED colored class descriptions denote an additional fee is charged for that class.

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.

SilverSneakers® 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 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.

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. $25 for members, $40 for community participants. Only 16 slots available.

TRX® Fusion 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. This class is the most challenging so experience with TRX® is required. 4 week session; $25 for members, $40 for community participants. Only 16 slots available.

TRX® Kettlebell 45 minutes: TRX® Kettlebell is our most advanced class at the Downtown YMCA. Experience with either TRX® or Kettlebell is necessary. This class will give the best of both TRX® and Kettlebell separately and then combine them in a marriage of the two classes using the bells on the straps. A mix of balance, coordination, and core strength as well as muscular endurance, cardio, and flexibility. 4 week session. $25 for members, $40 for community participants. Only 12 slots available.

Y-Beach Camp A 60 minute cardio and strength training workout designed to give participants a whole body conditioning experience like no other. Participants are coached through a variety of drills, stations and exercises that are guaranteed to challenge you and push you to YOUR next level. Y-Beach Camp is open to all fitness levels; participants are divided into three groups and each group is coached by two instructors.

Y-Blitz 35 minutes. This class has one objective: Get Fitter! Period! 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. This is a calorie burner class and 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-Kettlebell Basics 30 minutes. This class will teach you the form and technique of Kettlebell training. A unique approach to muscular endurance and core/flexibility training. It is a low impact class that will have you burning calories by swinging the bell instead of running around the track. Engage hundreds of muscles at once to burn max calories and build lean muscle. Unlimited Kettlebell classes- $25 per month for members.

Y-Kettlebell Interval Circuit 30 minutes. This class will include very basic Kettlebell technique but will also add high intensity cardio intervals that use the bell in different ways. A 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.

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 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.