AUGUST GROUP EXERCISE SCHEDULE
DOWNTOWN YMCA

AUGUST 3-30

MONDAY

Time	Class	Instructor	Location
AM Classes			
5:10-5:55	***Y-Functional Fit Camp**	**Mike**	**B**
6:00-7:00	BODYPUMP®	Trish	B
6:15-7:00	***Total Gym Foundations**	**Mike**	**C**
9:00-10:00	SilverSneakers® Yoga	Stacy	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	Lonnie	B
12:50-1:10	Y-Core	Lonnie	B
5:15-5:35	Y-Core	Ellie	B
5:45-6:30	***Total Gym Foundations**	**Mike**	**C**
5:40-6:25	YC3	Ellie	B
5:45-6:30	Y-Cycle	Holly	F
6:35-7:20	***Total Gym Foundations**	**Travis**	**C**
6:45-7:45	BODYPUMP®	Julie	B

TUESDAY

Time	Class	Instructor	Location
AM Classes			
6:00-6:45	Y-Cycle	Kathy	F
6:00-7:00	BODYSTEP®	Diane	D
6:00-7:00	Y-Stretch Flow	Emily	B
PM Classes			
12:00-1:00	BODYPUMP®	Lynda	B
12:10-12:55	Y-Cycle	Pat	F
12:10-12:45	***Y-Blitz**	**Mike**	**D**
5:35-6:10	***Y-Blitz**	**Mike**	**D**
5:35-6:35	BODYPUMP®	Kyle	B
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**	**Ellie**	**B**
6:00-7:00	YC3	Ellie	D
6:00-7:00	BODYPUMP®	Trish	B
6:15-7:00	***Total Gym Foundations**	**Mike**	**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	Travis	B
5:45-6:30	***Total Gym Foundations**	**Mike**	**C**
5:30-6:25	Zumba®	Yari	D
5:45-6:30	Y-Cycle	Nelson	F
6:00-6:30	Y-Fuse	Lonnie	B
6:35-7:20	***Total Gym Foundations**	**Mike**	**C**
6:35-6:55	Y-Core	Lonnie	B

THURSDAY

Time	Class	Instructor	Location
AM Classes			
6:00-6:45	Y-Cycle	Nelson	F
6:00-6:45	BODYSTEP®	Diane	B
6:15-6:45	***TRX® Cardio Circuit**	**Lonnie**	**D**
PM Classes			
12:00-1:00	Y-Stretch Flow	Lynda	D
12:10-12:45	***Y-Blitz**	**Mike**	**B**
5:35-6:10	***Y-Blitz**	**Mike**	**B**
6:30-7:30	BODYPUMP®	Jenni	B

FRIDAY

Time	Class	Instructor	Location
AM Classes			
5:10-5:55	***Y-Functional Fit Camp**	**Travis**	**B**
6:00-6:45	YC3	Lonnie	D
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-Chisel	Olivia	B
12:10-12:45	***TRX® Group**	**Mike**	**D**
12:50-1:10	Y-Core	Olivia	B

SATURDAY

Time	Class	Instructor	Location
AM Classes			
9:00-10:00	***Y-Beach Camp**	**Lonnie & Squad**	**TBA**
9:00-10:00	Y-Cycle	Holly	F
9:00-10:00	BODYPUMP®	Diane	B
10:15-11:15	BODYSTEP®	Inta	D
11:35-12:35	Y-Cardio Funk	Lonnie	D

SUNDAY

Time	Class	Instructor	Location
AM Classes			
9:00-10:00	***Y-Beach Camp**	**Lonnie & Squad**	**TBA**
9:00-10:00	Y-Cycle	Trish	F
10:35-11:35	BODYPUMP®	Trish	B
11:45-12:40	Yoga	Marcel	D

Y-BEACH CAMP

MONTH - TO - MONTH REGISTRATION

$49 per month

August-September

Questions?

Contact Travis Halena, Fitness Director, at

414-274-0837 or thalena@ymcamke.org

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.

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. Class will increase muscular strength, range of movement, and activity for daily living skills. Handheld 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® 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.

***TRX® Strength Zone** 30 minutes. This add-on class is all about getting you stronger for all other TRX® classes. It is designed to be more about the quality and degree of difficulty of the exercises than the speed and cardio. Each week has a different focus.

***TRX® Group** 35 minutes. This class is a dynamic, challenging mix of TRX® Core, TRX® Cardio Circuit, TRX® Fusion, and TRX® Strength Zone. The focus will change every week in order to get the most out of your time on the straps.

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

***Y-Beach Camp** 60 minutes. This session will take you through the sand, wooded trails, parks, and other special city locations. Our talented, experienced and certified instructors will coach you through a variety of drills, stations and experiences that will change and expand your level of fitness.

***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-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.