



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY GROUP EXERCISE SCHEDULE

January 5th-March 1st

*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
6:00-7:00	BODYPUMP®	Trish	D
7:10-7:30	*TRX® Core	Travis	D
9:00-10:00	SilverSneakers® Yoga	Becca	D
PM Classes			
12:00-1:00	Step	Lynda	D
12:10-12:40	Y-Fuse	Travis	B
12:50-1:10	Y-Core	Travis	B
5:15-5:35	Y-Core	Jasmine	B
5:30-6:00	*TRX® Cardio Circuit	Mike	D
5:40-6:25	StrYke/BODYSTEP	Lonnie	B
5:45-6:30	Y-Cycle	Holly	F
6:10-6:30	*TRX® Core	Travis	D
6:30-7:00	*Y-Kettlebell Interval Circuit	Mike	B
6:45-7:45	BODYPUMP®	Julie	D
6:45-7:30	Y-Cycle	Holly	F
7:05-7:50	Pilates	Nadia	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
7:10-7:30	*TRX® Core	Christy	D
11:30-12:05	*Y-Blitz	Mike	B
PM Classes			
12:00-1:00	BODYPUMP®	Lynda	D
12:10-12:55	Y-Cycle	Pat	F
12:10-12:45	*Y-Blitz	Mike	B
5:35-6:10	*Y-Blitz	Travis	B
5:35-6:35	BODYPUMP®	Kyle	D
5:45-6:30	Y-Cycle	Nickie	F
6:20-6:50	*Y-Kettlebell GX	Travis	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	Travis	B
6:00-7:00	YC3	Julie	B
6:00-7:00	BODYPUMP®	Trish	D
7:10-7:30	*TRX® Core	Travis	D
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
12:50-1:10	Y-Core	Christy	B
5:35-6:30	Zumba®	Yari	D
5:45-6:30	Y-Cycle	Eileen	F
6:00-6:30	Y-Fuse	Lonnie	B
6:35-6:55	Y-Core	Lonnie	B
6:45-7:15	*TRX® Cardio Circuit	Travis	D
7:05-7:50	Restore Lab	Nadia	B

THURSDAY

Time	Class	Instructor	Location
AM Classes			
6:00-6:45	Y-Cycle	Nelson	F
6:00-7:00	Y-Cardio Kickboxing	Diane	B
6:15-6:45	*TRX® Cardio Circuit	Travis	D
7:10-7:30	*TRX® Core	Travis	D
11:30-12:05	*Y-Blitz	Mike	B
PM Classes			
12:00-1:00	BODYPUMP®	Lynda	D
12:10-12:45	*Y-Blitz	Mike	B
5:35-6:35	BODYPUMP®	Evelyn	D
5:35-6:10	*Y-Blitz	Travis	B
5:45-6:30	Y-Cycle	Eileen	F
6:20-6:50	*Y-Kettlebell Interval Circuit	Mike	B
6:45-7:45	Y-Cardio Funk	Ebony	D
7:00-7:45	Yoga	Joanna	B

FRIDAY

Time	Class	Instructor	Location
AM Classes			
5:10-5:55	*Y-Functional Fit Camp	Travis	B
6:00-6:45	YC3	Lonnie	B
6:00-7:00	BODYPUMP®	Emily	D
7:10-7:40	*TRX® Strength Zone	Lonnie	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
12:50-1:10	Y-Core	Christy	B
12:10-12:55	*TRX® Advanced	Travis	D
5:15-5:45	*TRX® Cardio Circuit	Mike	D
5:35-6:25	YC3	Marissa	B
5:45-6:30	Y-Cycle	Holly	F
6:35-6:55	*TRX® Core	Mike	D

SATURDAY

Time	Class	Instructor	Location
AM Classes			
9:00-9:35	*Y-Blitz	Travis	B
9:00-10:00	Y-Cycle	Holly	F
9:00-10:00	BODYSTEP®	Inta/Diane	D
10:15-11:15	BODYPUMP®	Inta/Diane	D
10:15-11:00	Pilates	Nadia	F
10:30-11:00	Y-Fuse	Lonnie	B
11:10-11:30	Y-Core	Lonnie	B
11:35-12:35	Y-Cardio Funk	Alyssa	D
PM Classes			
12:45-1:30	*Recess Lab	Alyssa	B

SUNDAY

Time	Class	Instructor	Location
AM Classes			
9:00-9:30	*TRX® Cardio Circuit	Travis	D
9:00-10:00	Y-Cycle	Trish	F
9:35-10:05	*TRX® Strength Zone	Travis	D
10:35-11:35	BODYPUMP®	Trish	D
11:45-12:40	Yoga	Marcel	B

CLASS DESCRIPTIONS

***Bold/asterisk class descriptions denote an additional fee**



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.

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

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® 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. This class is the most challenging so experience with TRX® is required

***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® 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

***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. monthly session. \$25 for members, \$40 for community participants.

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.

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

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-Functional Fit Camp** Kettle Bell and TRX® suspension training meets indoor boot camp. This class meets 3 times a week for 45 minutes and 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 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.

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.

