



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

PARKLAWN YMCA

MAY 4 - JULY 6

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
9:00-9:45	SSFP Classic	Studio 1	Valley
PM			
6:15-7:00	Zumba	Studio 1	Kristin

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
PM			
5:45-6:30	Y-Stretch Flow	Studio 1	TBD

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
9:00-9:45	SSFP Classic	Studio 1	Valley
PM			
6:15-7:00	Y-Cardio Funk	Studio 1	Lynell
7:05-7:30	Y-Core	Studio 1	Lynell

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
PM			
5:45-6:30	Y-Stretch Flow	Studio 1	Rob

SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
8:10AM-8:50	Zumba	Studio 1	Julie



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CLASS DESCRIPTIONS

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

Y Cardio Funk: A combination of low and high impact aerobics is performed in a dynamic dance style. You'll see cardio benefits and have a great time while you put your fun foot forward!

Y-Core: 20 minutes. This class focuses on all the muscles of the abdomen and is designed to engage, build, strengthen, define and tone all the muscles of your core.

Y-Stretch Flow: 45 minutes. The instructor will help you master the skills of controlled breathing and focus, while leading you through a carefully structured series of stretches, moves and poses for a holistic workout that brings the body into a state of harmony and balance. Class is suitable for all fitness levels.

Yoga: 40 minutes. Yoga is a form of exercise that uses slow movements and stretching to increase flexibility, balance and strength. This is a low intensity class that allows you to concentrate on your body and it's movements through slow breathing and soothing music.

Zumba ®: 45-60 minutes. Dynamic dance based fitness class set to the fusion of Latin and international music. Easy to follow, repetitive dance steps make this a fun workout and the time will fly!

- If you have a medical condition that prevents you from following the routine, please consult your instructor before class.
- Classes are a group activity, so we ask that all participants are respectful by following the instructor's direction.
- The warm-up and cool down are important to avoid injury; so for safety reasons, we ask that you not enter a class more than 10 minutes after it has started and do not leave until the cool down is completed. We highly encourage socializing before and after class in the hallways and common areas.
- For your own safety we ask that you please only use the equipment that the instructor recommends with no additions. Please return all the equipment that you have used to its proper storage area and alert instructor if any equipment is damaged.
- For everyone's safety please do not bring any type of bag, phone or food into the studios. We recommend that you bring a plastic water bottle and a towel.

If you have any questions regarding the Group Exercise program, please contact Sami Koscielak, Fitness Director , 414.374.9456 skoscielak@ymcamke.org