



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

NORTHSIDE YMCA

MAY 4 - JULY 6

MONDAY				THURSDAY			
Time	Class	Location	Instructor	Time	Class	Location	Instructor
AM Classes				AM Classes			
5:45-6:45	Y- Cycle Core	GX Studio	Timeka	5:45-6:45	Y-Cycle Core	GX Studio	Tasha
9:00-10:00	ADA Water Exercise	Pool	Kayla	5:45-6:30 Boot Camp	Gym East	Timeka	
PM Classes				PM Classes			
5:00-5:45	Y- Cycling	GX Studio	Eric	9:30-10:15	SSFP Classic	GX Studio	Vicki
6:00-6:45	Y-Chisel	GX Studio	Lynell	10:30-11:15	SSFP Classic	GX Studio	Tamara
6:30-7:30	Shallow Water Exercise	Pool	Kelly	5:45-6:20	Y-Cycle Express	GX Studio	Dalia
7:00-7:45	Y-Cardio Funk	GX Studio	Lynell	6:30-7:30	Zumba®	GX Studio	VoNique
TUESDAY				FRIDAY			
AM Classes				AM Classes			
5:45-6:45	Y-Cycle Core	GX Studio	Tasha	5:45-6:45	Y-Cycle Core	GX Studio	Timeka
5:45-6:30	Boot Camp	Gym East	Timeka	9:00-10:00	AOA Water Exercise	Pool	Patricia
9:30-10:15	SSFP Classic	GX Studio	Vicki				
10:30-11:15	SSFP Classic	GX Studio	Tamara	SATURDAY			
PM Classes				AM Classes			
5:30-6:15	Y-Stretch Flow	GX Studio	Timeka	6:45-7:45	Y-Cycle Core	GX Studio	TBD
6:15-7:15	Zumba®	Gym-West	Brenda	6:45-7:30	Boot Camp	Gym East	Timeka
6:25-6:50	Absolutely	GX Studio	Kelly	10:15-11:15	Zumba®	GX Studio	Alana
WEDNESDAY							
AM Classes							
5:45-6:45	Y-Cycle Core	GX Studio	Timeka				
9:00-10:00	AOA Water Exercise	Pool	Freda				
PM Classes							
6:00-6:45	Y-Chisel	GX Studio	Rob				
6:00-7:00	Shallow Water Exercise	Pool	Freda				
7:00-7:45	Y-Cardio Funk	GX Studio	Ashley M				

Bolded classes = Additional Fee

Community Participants can sign up for all other classes at \$73/session for one class a week.
Water Exercise for Community Participants is \$47 per session for one class a week

Questions/Comments in regards to Group Exercise, please contact
Samantha Koscielak (414) 374-9456



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLASS DESCRIPTIONS

Absolutely: It's time to manage your midsection! This class will focus on your abs, glutes, hips, & thighs. Enhance core strength, muscular endurance, & joint range of motions using a variety of exercises. This class is designed to enhance everyday movement for people of all levels of fitness!

Boot Camps: 45 minutes. Join us indoors or outside for a four week session of intense workouts that will skyrocket your level of fitness and change your body composition. Boot camp is designed to help you get into the best shape of your life. 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. New exercises and new terrain are guaranteed to produce awesome results. Class meets three times a week during the monthly sessions.

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; and 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-Chisel: 45 minutes. Let's sculpt a better you! This class is designed to strengthen various muscle groups using hand weights, resistance bands, and stabilization techniques. Y Chisel offers a full-body workout that builds bone density and reshapes muscles to increase efficiency in daily activities.

Y-Cycle: 45 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-Cycle Core: 60 minutes. Love Y-Cycling but feel like you're missing that little something? Y-Cycle Core offers the no-impact cardiovascular workout of Y-Cycling with the added bonus of a 15 minute core workout at the end. The perfect combination of cardio and core workout!

Y-Cycle Express: 30 minutes. Y-Cycle Express offers the cardiovascular workout of the Y-Cycling class in a short 30 minute class. Get ready to work hard for 30 minutes straight on a variety of different terrains that one encounters on an outdoor bike ride.

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.

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!

Classes are a group activity, so we ask that all participants are respectful by following the instructor's direction. If you have a medical condition that prevents you from following the routine, please consult your instructor before class. 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. We recommend that you bring a plastic water bottle and a towel. Please return all the equipment to that you've used to its proper storage area and alert instructor if any equipment is damaged.