GROUP EXERCISE SCHEDULE DOWNTOWN YMCA

March 5th-May 6th

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MONDAY	Class	Instructor	lesstion
Time AM Classes	Class	Instructor	Location
6:00-6:45	*Y-Functional Fit Camp	Laura	D
6:00-7:00		Trish	В
9:00-10:00	Silver and Fit Yoga	Deb	D
PM Classes		Deb	D
12:00-1:00	Step	Lynda	D
12:10-12:40	Y-Fuse	Lonnie	В
12:50-1:10	Y-Core	Lonnie	В
5:45-6:30	*strYkeForce (lightweight)	Ricardo	C
5:45-6:20	*Y-Blitz	Lonnie/Phil	В
5:40-6:25	YC3	Laura	D
5:45-6:30	Y-Cycle	Holly	F
6:35-7:20	*strYkeForce (lightweight)	Ricardo	C
6:45-7:45			-
	BODYPUMP®	Julie	В
TUESDAY Time	Class	Instructor	Location
AM Classes		listidetoi	Location
5:10-5:55	*Y-Functional Fit Camp	Enrique	D
6:00-6:45	*Combat Camp	Ricardo	C
6:00-6:45	Y-Cycle CBC*	Nelson	F
6:00-7:00	BODYSTEP®	Diane	D
6:00-7:00	Y-Stretch Flow	Emily D.	В
PM Classes		1	
12:00-1:00	BODYPUMP®	Lynda	В
12:10-12:55	Y-Cycle CBC*	Nelson	F
12:10-12:45	*Y-Blitz	Laura	D
5:35-6:10	*Y-Blitz	Phil	D
5:35-6:35	BODYPUMP®	Jessie	В
5:30-6:15	Y-Cycle	Carly	F
6:30-7:15	Yoga	Jackie	D
WEDNESDA	NY		
Time	Class	Instructor	Location
AM Classes			
6:00-6:45	YC3	Laura	D
6:00-7:00	BODYPUMP®	Trish	В
9:00-10:00	SilverSneakers® Classic	Molly	D
PM Classes			
12:00-1:00	Step	Lynda	D
12:10-12:55	*Combat Camp	Laura	С
12:10-12:40	Y-Fuse	Lonnie	В
12:50-1:10	Y-Core	Lonnie	В
5:30-6:25	Zumba®	Jane	D
5:45-6:30	Y-Cycle CBC*	Holly	F
6:00-6:30	Y-Fuse	Lonnie	В
6:35-6:55	Y-Core	Lonnie	В
6:30-7:30	Yoga	Deb	D
	-		_
5:35-6:20	*strYkeForce (lightweight)	Ricardo	С
6:45-7:30	*shimmY	Chelsea	F

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CBC*= Coach by Color

THURSDAY

AM Classes Y-Functional Fit Camp Laura B 6:00-6:45 Y-Cycle Kathy F 6:00-7:00 BODYSTEP® Diane D PM Classes Iuna B S 12:00-1:00 BODYSTEP® Lynda B 12:00-1:00 BODYPUMP® Lynda B 12:10-12:45 Y-Biltz Laura D 5:35-6:10 Y-Biltz Phil B 5:35-6:20 strYke Laura D 6:00-6:45 Y-Cycle Amanda F 6:30-7:30 BODYPUMP® Jessie B FRIDAY Time Class Instructor Location 6:00-6:45 YC3 Lonnie D B 9:00-1:00 SilverSneakers@ Classic Molly D PM Classes Kathy F C C 12:10-12:50 Total Gym/TRX® Suspended Circuit Lonnie D 12:10-12:40 Y-Cycle CBC* Nelson F		Class	Instructor	Location
6:00-6:45Y-Functional Fit CampLauraB6:00-6:45Y-CycleKathyF6:00-7:00BODYPUMP®DianeDPM ClassesLyndaB12:00-1:00BODYPUMP®LyndaB12:10-12:45Y-BlitzPhilB5:35-6:10Y-SlitzPhilB5:35-6:20strYkeLauraD6:00-6:45Y-CycleAmandaF6:30-7:30BODYPUMP®JessieBFRIDAYTLonnieD6:00-6:45YC3LonnieD6:00-6:45YC3LonnieD6:00-6:45YC3LonnieD6:00-6:45YC3LonnieD6:00-6:45YC3LonnieD6:00-6:45YC3LonnieD6:00-6:45YC3LonnieD6:00-6:45YC3LonnieD6:00-6:10SilverSneakers@ ClassicMollyDPM ClassesTotal Gym/TRX® Suspended CircuitConnieD12:10-12:40Y-ChiselRheannaB12:50-110Y-CoreRheannaB12:50-1210Y-Cycle CBC*NelsonF6:20-7:00*trYteForce (lightweight)RicardoC5:45-6:15*tryteForce (lightweight)RicardoC6:20-7:00SOPUMP®DianeB10:30-11:00Y-Cycle CBC*AshleyF9:00-9:35Y-BlitzLonnieB11:10-1	AM Classes	*V Eurotional Eit Camp	Louro	n
6:00-6:45 Y-Cycle Kathy F 6:00-7:00 BODYSTEP® Diane D PM Classes Iuna B 12:00-1:00 BODYPUMP® Lynda B 12:10-12:45 'Y-Biltz Laura D 5:35-6:10 'Y-Biltz Phil B 5:35-6:20 strYke Laura D 6:00-6:45 Y-Cycle Amanda F 6:30-7:30 BODYPUMP® Jessie B FRIDAY Time Class Instructor Location FRIDAY Time Class Lonnie D 6:00-6:45 YC3 Lonnie D B 6:00-7:00 BODYPUMP® Emily D. B B 9:00-1:00 SilverSneakers® Classic Molly D PM Classes Iunane C Iunane B 12:10-12:40 Y-Cycle CBC* Ashley F Iunane B 12:10-12:40 Y-Core Rheanna B Iunane C 5:35-6:15 *strykeForce (l		-		_
Gioo-7:00 BODYSTEP® Diane D PM Classes Lynda B 12:00-1:00 BODYPUMP® Lynda B 12:10-12:45 *Y-Biltz Laura D 5:35-6:10 *Y-Biltz Phil B 5:35-6:20 strYke Laura D 6:00-6:45 Y-Cycle Amanda F 6:30-7:30 BODYPUMP® Jessie B FRIDAY Time Class Instructor Location AM Classes B D B 9:00-1:00 SilverSneakers® Classic Molly D 9:00-1:00 SilverSneakers® Classic Molly D 12:10-12:40 Y-Cycle CBC* Ashley F 12:10-12:40 Y-Cycle CBC* Rheanna B 12:50-110 Y-Cycle CBC* Nelson F 5:35-6:15 *strykeForce (lightweight) Ricardo C 5:45-6:30 Y-Cycle CBC* Nelson F		•		-
PM Classes Lynda B 12:00-1:00 BODYPUMP® Luna D 5:35-6:10 'Y-Biltz Phil B 5:35-6:20 strYke Laura D 6:00-6:45 Y-Cycle Amanda F 6:30-7:30 BODYPUMP® Jessie B FRIDAY Instructor Location FRIDAY Emily D. B 6:00-6:45 YC3 Lonnie D 6:00-7:00 BODYPUMP® Emily D. B 9:00-10:00 SiverSneakers® Classic Molly D PM Classes I I.connie D 12:00-1:00 Y-Cycle CBC* Ashley F 12:10-12:40 Y-Cycle CBC* Reanna B 12:50-1:10 Y-Cycle CBC* Nelson F 5:35-6:15 *strYkeForce (lightweight) Ricardo C 5:35-6:15 *strYkeForce (lightweight) Ricardo C 6:00-8:45 *combat Camp Ricardo			,	
12:00-1:00BOUYPUMP®LyndaB12:10-12:45Y-BiltzPhilB5:35-6:20strYkeLauraD6:00-6:45Y-CycleAmandaF6:30-7:30BOUYPUMP®JessieBFRIDAYTimeClassInstructorLocationAM ClassesConnicD6:00-7:00BOUYPUMP®Emily D.B9:00-10:00SilverSneakers® ClassicMollyDPM Classes12:00-1:00Y-Cycle CBC*AshleyF12:10-12:55*Ombat CampLauraC12:10-12:40Y-ChiselRheannaB12:50-1:10Y-Cycle CBC*NelsonF5:35-6:15*strYkeForce (lightweight)RicardoC5:45-6:30Y-Cycle CBC*NelsonF6:20-7:00*strYkeForce (lightweight)RicardoC5:45-6:30Y-Cycle CBC*AshleyF9:00-9:35*Ombat CampRicardoC9:00-9:35*Y-BitzLonnieB9:00-10:00SODYPUMP®DianeB10:30-11:00Y-Cycle CBC*AshleyF9:00-10:00SODYPUMP®DianeB11:10-11:30Y-CoreLonnieB11:35-12:35Y-Cardio FunkAntonioD11:45-12:40Suspended CircuitLonnieD10:35-11:35SUDYUMP®RicardoCSUNDAYY-CoreLonnie<		BODISTEP®	Diane	D
12:10-12:45'Y-BiltzLauraD5:35-6:10'Y-BiltzPhilB5:35-6:20strYkeLauraD6:00-6:45Y-CycleAmandaF6:30-7:30BODYPUMP®JessieBFRIDAYInstructorLocationAM ClassesInstructorLocation6:00-6:45YC3LonnieD6:00-7:00BODYPUMP®Emily D.B9:00-10:00SilverSneakers® ClassicMollyD9:00-10:00SilverSneakers® ClassicLonnieD12:10-12:50'Total Gym/TRX® Suspended CircuitLonnieD12:10-12:55'Combat CampLauraC12:10-12:40Y-ChiselRheannaB12:50-11:00Y-Cycle CBC*NelsonF6:20-7:00*strYkeForce (lightweight)RicardoC5:45-6:30Y-Cycle CBC*NelsonF6:20-7:00*strYkeForce (lightweight)RicardoC5:45-6:30Y-Cycle CBC*AshleyF9:00-9:35'Y-BitzLonnieB9:00-9:35'Y-BitzLonnieB9:00-9:35Y-Cycle CBC*AshleyF9:00-9:35Y-Cycle CBC*AshleyF9:00-9:35Y-Cycle CBC*AshleyF9:00-9:35Y-Cycle CBC*AshleyF9:00-9:45Y-Cycle CBC*AshleyF9:00-9:45Y-Cycle CBC*AshleyF9:00-9:45Y-Cycle CBC*Ashley<		BODYPUMP®	lvnda	в
5:35-6:10'Y-BiltzPhilB5:35-6:20strYkeLauraD6:00-6:45Y-CycleAmandaF6:30-7:30BODYPUMP®JessieBFRIDAYInstructorLocationMCiassesCassMinuteD6:00-6:45YC3LonnieD6:00-7:00BODYPUMP®Emily D.B9:00-10:00SilverSneakers® ClassicMollyF12:00-10:0SilverSneakers® ClassicLonnieD12:10-12:57'Total Gym/TRX® Suspended CircutLonnieD12:10-12:40Y-Cycle CBC*AshleyF12:10-12:40Y-ChiselRheannaB12:50-110Y-CoreRheannaB5:35-6:15'strYkeForce (lightweight)RicardoC5:45-6:30Y-Cycle CBC*NelsonF6:20-7:00'strYkeForce (lightweight)RicardoC5:45-6:30Y-Cycle CBC*AshleyF9:00-9:35'Y-BitzLonnieD9:00-9:35Y-SitxeSitteB9:00-10:00BODYPUMP®DianeB11:10-11:30Y-CoreLonnieB11:35-12:35Y-Cardio FunkAntonioD11:45-12:35Y-Cardio FunkAntonioD11:45-12:35Y-Cardio FunkAntonioD11:45-12:40Y-Cycle CBC*TrishF9:00-9:45Y-Cycle CBC*TrishF9:00-9:45Y-Cycle CBC*Trish <td></td> <td></td> <td>•</td> <td>_</td>			•	_
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6:00-6:45 YC3 Lonnie D 6:00-7:00 BODYPUMP® Emily D. B 9:00-10:00 SilverSneakers® Classic Molly D PM Classes - Ashley F 12:00-1:00 Y-Cycle CBC* Ashley F 12:10-12:50 *Total Gym/TRX® Suspended Circuit Lonnie D 12:10-12:40 Y-Chisel Rheanna B 12:50-1:10 Y-Core Rheanna B 5:35-6:15 *strYkeForce (lightweight) Ricardo C 5:45-6:30 Y-Cycle CBC* Nelson F 6:20-7:00 *strYkeForce (lightweight) Ricardo C SATURDAY Time Class Instructor Location AM Classes *Combat Camp Ricardo C 9:00-9:35 *Y-Blitz Lonnie B 9:00-10:00 Y-Cycle CBC* Ashley F 9:00-10:00 Y-Cycle CBC* Ashley F 9:00-10:00 BOUPYUMP® <t< td=""><td>-</td><td></td><td>Instructor</td><td>LOCATION</td></t<>	-		Instructor	LOCATION
9:00-10:00 SilverSneakers® Classic Molly D PM Classes 12:00-1:00 Y-Cycle CBC* Ashley F 12:10-12:50 *Total Gym/TRX® Suspended Circuit Lonnie D 12:10-12:50 *Total Gym/TRX® Suspended Circuit Lonnie D 12:10-12:50 *Combat Camp Laura C 12:10-12:40 Y-Chisel Rheanna B 12:50-1:10 Y-Core Rheanna B 5:35-6:15 *strYkeForce (lightweight) Ricardo C 5:45-6:30 Y-Cycle CBC* Nelson F 6:20-7:00 *strYkeForce (lightweight) Ricardo C SATURDAY Time Class Instructor Location AM Classes *Combat Camp Ricardo C 9:00-9:35 *Y-Blitz Lonnie D 9:00-10:00 BOUYPUMP® Diane B 11:10-11:30 Y-Core Lonnie B 11:35-12:35 Y-Cardio Funk Antonio D		YC3	Lonnie	D
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12:50-1:10 Y-Core Rheanna B 5:35-6:15 *strYkeForce (lightweight) Ricardo C 5:45-6:30 Y-Cycle CBC* Nelson F 6:20-7:00 *strYkeForce (lightweight) Ricardo C SATURDAY Time Class Instructor Location AM Classes 8:00-8:45 *Combat Camp Ricardo C 9:00-9:35 *Y-Blitz Lonnie D 9:00-10:00 Y-Cycle CBC* Ashley F 9:00-10:00 Y-Cycle CBC* Ashley F 9:00-10:00 BODYPUMP® Diane B 11:10-11:30 Y-Core Lonnie B 11:35-12:35 Y-Cardio Funk Antonio D 11:45-12:30 *strYkeForce (lightweight) Ricardo C SUNDAY Time Class Instructor Location MClasses Y-Cycle CBC* Trish F 9:00-9:45 Y-Cycle CBC* Trish F 9:00-9:45 Y-Cycle CB			Laura	С
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	10:35-11:35	BODYPUMP®	Trish	В
Questions?	11:45-12:40	Yoga	Marcel	D

Contact Laura Becker @ 414-274-0828 or lbecker@ymcamke.org

CLASS DESCRIPTIONS

*Bold/asterisk class descriptions denote an additional fee

CBC*= Coach by Color

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

BODYPUMP® 60 minutes. This class utilizes barbells and adjustable weights to tone and condition all the major muscle groups by performing weight bearing exercises.

BODYSTEP® 45 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. This 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.

A.O.A. 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.

*strYkeForce Get in the fight with this marital arts inspired impact boxing class using our Matrix Connexus. You will be punching and kicking your way into fitness in 40 minutes.

*Total Gym Foundations (Level 1 and 2) This 45 minute class is the perfect starting point for all fitness levels. Participants will focus on mastering techniques and breaking through the plateau of traditional workout routines. Exercises focus on muscle control, isolation, full body engagement, core strength and stability, while decreasing the stress joints.

*Suspended Motion (TRX® & Total Gym) This 40 minute class utilizes both the Total Gym machine and TRX® straps. Using only your body weight you will be pushed to a new limit!

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

*Y-Blitz The ultimate cross training workout challenge is here! This class is 35 minutes of all out intensity. 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-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-Cycle CBC* This Y-Cycling program uses ICG's 5-Zone Color System to individualize each class. This system delivers real-time, color-coded biofeedback to users, so everyone can get the same workout based on their level of fitness. 45-60 minutes.

*Y-Functional Fit Camp Kettle Bell and TRX Suspension training meets indoor boot camp. This class meet 2 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 shape for everyday life. \$40 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 60 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 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.

*Combat Camp This boot camp uses our Matrix Connexus. 45 minutes of kickboxing drills and martial arts inspired exercises to mix up your normal workout routine!

*shimmY This belly dance class will move you to a fun beat while providing a low-impact aerobic workout. Learn basic belly dance techniques and strengthen your core during this 45-minute class. No previous dance experience required!

