

GROUP EXERCISE SCHEDULE

DOWNTOWN YMCA



October 28th– December 29th –UPDATED!

MONDAY

Time	Class	Instructor	Location
AM Classes			
5:15–6:00	*YBasic Training Camp	Enrique	B
6:05–6:50	*YFunctional Fit Camp	Enrique	B
6:00–7:00	BODYPUMP®	Julie	D
9:00–10:00	Silver and Fit Yoga	Deb	D
PM Classes			
12:05–12:45	YStretch Flow	Sharon	D
12:10–12:40	YFuse	Lonnie	B
12:50–1:10	YCore	Lonnie	B
4:15–5:00	*YBasic Training Camp	Angela	B
5:30–6:15	*strYkeforce (middleweight)	Laura	C
5:35–6:20	Zumba®	Dominique	D
5:35–6:20	Yoga	Tonieh	B
5:45–6:30	YCycle CBC*	Madi	F
6:20–7:05	*Total Gym Foundations (Level 1)	Olu	C
6:35–6:55	YCore	Dominique	B
6:35–7:35	BODYPUMP®	Andrea	D

TUESDAY

Time	Class	Instructor	Location
AM Classes			
6:00–6:45	*Combat Camp	Ricardo/Enrique	C
6:00–6:45	YCycle CBC*	Todd	F
6:00–7:00	BODYSTEP®	Diane	D
6:00–7:00	YStretch Flow	Emily D	B
PM Classes			
12:00–1:00	BODYPUMP®	Lynda	D
12:00–12:45	YCycle CBC*	Ashley	F
12:10–12:45	*YBlitz	Laura	B
5:35–6:10	*YBlitz	Lonnie/Olu	B
5:35–6:35	BODYPUMP®	Jessie	D
6:00–6:45	YCycle CBC*	Ricardo/Gina	F
6:30–7:15	Yoga	Jackie	B
6:45–7:15	*TRX® Foundations	Lonnie/Olu	D

WEDNESDAY

Time	Class	Instructor	Location
AM Classes			
5:15–6:00	*YBasic Training Camp	Enrique	B
6:05–6:50	*YFunctional Fit Camp	Enrique	B
6:00–7:00	BODYPUMP®	Trish	D
9:00–9:45	SilverSneakers® Classic	Laura	D
PM Classes			
12:05–12:45	YStretch Flow	Lauren/Camelia	D
12:10–12:55	*Combat Camp	Laura	C
12:10–12:40	YFuse	Lonnie	B
12:50–1:10	YCore	Lonnie	B
4:15–5:00	*YBasic Training Camp	Ricardo/Laura	B
5:30–6:15	*strYkeforce (middleweight)	Ricardo/Laura	C
5:35–6:20	Zumba®	Tomia	D
5:45–6:30	YCycle	Amanda	F
6:00–6:30	YFuse	Lonnie	B
6:20–7:05	*Total Gym Foundations (Level 1)	Ricardo/Laura	C
6:35–6:55	YCore	Lonnie	B
6:35–7:35	BODYPUMP®	Jessica	D

THURSDAY

Time	Class	Instructor	Location
AM Classes			
6:00–6:45	*Combat Camp	Ricardo/Enrique	C
6:00–6:45	YCycle	Kathy	F
6:00–7:00	BODYSTEP®	Diane	D
9:00–9:45	YStretch Foundations	Dalys	D
PM Classes			
12:00–1:00	BODYPUMP®	Lynda	D
12:10–12:45	*YBlitz	Laura	B
5:35–6:10	*YBlitz	Laura/Jena	B
5:35–6:35	BODYPUMP®	Jessie	D
6:00–6:45	*hYpecYcle	Jessica	F
6:30–7:15	YStretch Flow	Camelia	B
6:45–7:15	*TRX® Foundations	Laura/Jena	D

FRIDAY

Time	Class	Instructor	Location
AM Classes			
5:15–6:00	*YCycle Boot Camp	Enrique	F
6:00–6:45	YC3	Lonnie	B
6:00–7:00	BODYPUMP®	Emily D	D
9:00–9:45	SilverSneakers® Classic	Laura	D
PM Classes			
12:00–12:45	YCycle CBC*	Ashley	F
12:10–12:40	YChisel	Laura	B
12:10–12:55	*Combat Camp	Angela	C
12:50–1:10	YCore	Laura	B

SATURDAY

Time	Class	Instructor	Location
AM Classes			
9:00–9:35	*YBlitz	Enrique	B
9:00–10:00	YCycle CBC*	Madi	F
9:00–10:00	BODYPUMP®	Diane	D
10:30–11:00	YFuse	Lonnie	B
11:10–11:30	YCore	Lonnie	B
11:45–12:30	YCardio Funk	Jessica	D

SUNDAY

Time	Class	Instructor	Location
AM Classes			
9:00–10:00	YCycle CBC*	Trish	F
9:00–9:35	*YBlitz	Laura	B
9:45–10:30	*Suspended Motion	Laura	C
10:35–11:35	BODYPUMP®	Julie	D
11:45–12:40	Yoga	Marcel	D

***BOLD ASTERISK INDICATES AN ADDITIONAL FEE**

CBC*= Coach by Color

Questions?

Contact Laura Becker at lbecker@ymcamke.org

CLASS DESCRIPTIONS



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

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®: 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: 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.

Silver and Fit 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.

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.

YC3: This fun and exciting class offers a 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.

YChisel: This full-body conditioning class is designed to strengthen various muscle groups using resistance bands, dumbbells, and other equipment along with bodyweight.

YFuse: 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.

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

YStretch Flow: A blend of Yoga, Pilates and Tai Chi set to inspiring music. Flow through poses and sequences for strength, balance and flexibility. YStretch Flow is a journey that will leave you feeling stronger, more flexible, balanced, and energized.

strYke: This 45 minute class is a high energy cardio kickboxing workout designed to get you sweating to the beat of the music.

YCardio Funk: A combination of high and low impact aerobics performed in a "funky dance" style.

YCycle: 45-60 minutes. The YCycling 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.

YCycle CBC*: This YCycling 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.

***YBlitz:** The ultimate cross training workout challenge is here! This class is 35 minutes of all out intensity. It will challenge anyone's fitness level and enhance your physical performance no matter where you are physically. Each class is completely different and is designed around different equipment and sports-inspired cross training.

***YFunctional 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.

***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!

***strYkeforce:** Get in the fight with this martial arts inspired impact boxing class using our Matrix Connexus. You will be punching and kicking your way into fitness in 45 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 class utilizes both the Total Gym machine and TRX® straps. Using only your body weight you will be pushed to a new limit!

***YCycle Boot Camp:** Specialty boot camp utilizing stationary cycling bikes. Great for all fitness levels!

***TRX® Foundations:** This is a results driven, full body conditioning experience like no other! TRX® Foundations will give you the effective workout you've been looking for, using your bodyweight to improve strength, balance, core stability, and flexibility all at once. Great for all fitness levels, this class covers basic exercises and form.

***hYpecYcle:** Get lost in the motivating music and let the high-energy atmosphere push you to challenge your body out of its comfort zone! This cycling class is unlike any other, incorporating music you'll want to sing along to and upper body movements for 45 minutes of fun.