

GROUP EXERCISE SCHEDULE

RITE-HITE FAMILY YMCA

Phase II : September 22-November 7



MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:15	Y-Functional Fit Camp **	Gym	Angela
8:00-9:00	Senior Fitness	Studio 7	Karen
9:15-10:15	BODYPUMP®	Gym	Allison
9:15-10:15	Yoga	Studio 6	Angel
10:30-11:30	BODYFLOW®	Gym	TBA
PM			
1:00-1:45	SILVER SNEAKERS® Classic	Studio 7	Kim
4:45-5:45	BODYPUMP®	Gym	Stacy
5:30-6:30	Y-Cycle	Studio 7	Jeff
6:00-7:00	Zumba®	Gym	Trila
6:45-7:45	BODYPUMP®	Studio 6	Jessica

TUESDAY

AM			
8:00-8:45	BODYPUMP®	Studio 6	Karen
9:00-10:00	Y-Cycle	Gym	Jim
9:00-9:45	BODYPUMP®	Studio 6	Karen
9:00-10:00	Zumba	Studio 7	Brittany V.
10:15-11:15	Yoga	Studio 7	Angel
10:15-11:15	BODYCOMBAT®	Gym	Eva
11:30-12:30	BODYFLOW®	Gym	Eva
PM			
1:00-1:45	AOA Circuit	Gym	Kim
4:00-5:00	Outdoor BootCamp **	Off-Site	Angela
5:30-6:30	Y-Stretch Flow	Studio 7	Denisse
6:00-7:00	hYped!	Gym	Tasha/Nicole

WEDNESDAY

AM			
5:30-6:15	Y-Functional Fit Camp **	Gym	Angela
8:00-9:00	Senior Fitness	Studio 7	Karen
9:15-10:15	BODYPUMP®	Gym	Jim
9:15-10:15	Yoga	Studio 6	Levy
10:00-11:00	Tai Chi	Studio 7	Rotation
10:30-11:30	BODYFLOW®/Yoga	Gym	TBA
PM			
1:00-1:45	SILVER SNEAKERS® Classic	Studio 7	Kim
4:45-5:45	BODYPUMP®	Studio 6	Stacy
5:30-6:30	Y-Cycle	Studio 7	Jeff
6:00-7:00	Zumba®	Gym	Tomia
6:45-7:45	BODYPUMP®	Studio 6	Laura

**** Bold/ asterisk classes require an additional fee.**

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
8:00-8:45	BODYPUMP®	Studio 6	Karen
9:00-10:00	Y-Cycle	Gym	Jim
9:00-9:45	BODYPUMP®	Studio 6	Karen
9:00-10:00	Zumba®	Studio 7	Brittany V.
10:15-11:15	Yoga	Studio 7	Levy
10:15-11:15	BODYCOMBAT®	Gym	Steve
11:30-12:30	BODYFLOW®	Gym	Steve
PM			
1:00-1:45	AOA Circuit	Gym	Kim
4:00-5:00	Outdoor BootCamp **	Off-Site	Angela
5:30-6:30	Y-Stretch Flow	Studio 7	Denisse
6:00-7:00	hYped!	Gym	Tasha/Nicole

FRIDAY

AM			
8:00-9:00	Senior Fitness	Studio 7	Liza
9:15-10:15	Yoga	Studio 6	TBD
9:15-10:15	BODYPUMP®	Gym	Eva
10:30-11:30	BODYFLOW®	Gym	Eva

SATURDAY

AM			
8:00-9:00	BODYSTEP®	Studio 6	Diane
8:00-9:00	BODYCOMBAT®	Gym	TBD
8:15-9:00	Y-Cycle	Studio 7	Jeff
9:15-10:00	Y-Cycle	Studio 7	TBD
9:15-10:15	BODYPUMP®	Gym	Laura/ Jessie
10:30-11:30	BODYFLOW®	Studio 7	Rotation
10:30-11:30	Zumba®	Gym	Trila

Please note that this schedule may be subject to change. Reservations are required for each class. Please visit: www.ymcamke.org/schedules for more information or to download our reservation app.

Thank you for continuing to support our programs. We will update this schedule as additional classes and programs become available.

QUESTIONS? Contact Angela Lindemann
Group Exercise Coordinator at alindemann@ymcamke.org

CLASS DESCRIPTIONS

BODYPUMP®: 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.

BODYFLOW®: This Yoga, Tai Chi, Pilates workout builds flexibility and strength and leave you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

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: 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.

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

Y-Stretch 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.

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

Y-Cycle: 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.

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.

Y-Outdoor Boot/Beach Camp:* Y-Outdoor Bootcamp/Beach Camp classes are held at local parks/ lakefront and is designed to give participants a conditioning experience like no other. This sweat session will take you through every element the outdoor space has to offer including sand, wooded trails and large open spaces. You will be coached through a variety of drills, stations, and exercises that will challenge and expand your level of fitness.