

GROUP EXERCISE SCHEDULE

RITE-HITE FAMILY YMCA

FALL 2

(October 31st-December 19th)



MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:00-9:00	Senior Fitness	Studio 7	Kim
8:15-9:15	Slow Flow Yoga	Studio 2	Maral
9:15-10:15	BODYPUMP®	Studio 6	Allison
9:15-10:15	BODYSTEP®	Studio 7	Frances
10:30-11:30	Tai Chi	Studio 7	Sue
10:30-11:30	BODYPUMP®	Studio 6	Lynda
PM			
1:00-1:45	SSFP Classic	Studio 7	Kim
4:45-5:45	BODYPUMP®	Studio 6	Stacy
5:30-6:30	YCycle	Cycling Studio	Timeka B.
5:50-6:50	Zumba	Gym	Trila
6:00-7:00	Adv. Interval Step	Studio 7	Lynda
6:15-7:15	BODYPUMP®	Studio 6	Jessica

TUESDAY

8:00-9:00	BODYPUMP®	Studio 6	Jim
8:15-9:15	Slow Flow Yoga	Studio 2	Maral
9:00-9:45	*Total Gym @Foundations	Studio 4	Shanda
9:15-10:00	YCycle	Cycling Studio	Jim
9:15-10:15	Y-Chisel	Studio 6	Karen
9:15-10:15	BODYCOMBAT®	Studio 7	Eva
10:20-11:20	Zumba	Studio 7	Dominique
10:30-11:30	BODYFLOW®	Studio 6	Eva
PM			
1:00-1:45	SSFP Circuit	Studio 7	Kim
5:00-6:00	BODYPUMP®	Studio 6	Laura
5:00-6:00	BODYCOMBAT®	Studio 7	Julie A.
5:45-6:45	YCycle	Cycling Studio	Jeff
6:15-7:15	hYped	Studio 6	Tasha/Nicole
5:30-6:30	YStretch Flow	Studio 2	Denisse

WEDNESDAY

AM			
5:30-6:30	BODYPUMP®	Studio 6	Laura
8:00-9:00	Senior Fitness	Studio 7	Karen
9:15-10:15	BODYPUMP®	Studio 6	Eva
9:30-10:15	Yoga	Studio 2	Levy
10:30-11:30	Tai Chi	Studio 7	Staff
10:30-11:30	BODYFLOW®	Studio 2	Eva
PM			
11:00-11:45	YCycle	Cycling Studio	Timeka B.
1:00-1:45	SSFP Classic	Studio 7	Kim
4:45-5:45	BODYPUMP®	Studio 6	Stacy
6:00-7:00	Zumba®	Studio 7	Tomia
6:00-7:00	Adv. Interval Step	Studio 6	Lynda

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
8:00-9:00	BODYPUMP®	Studio 6	Jim
9:00-9:45	*Total Gym @Foundations	Studio 4	Shanda
9:15-10:00	YChisel	Studio 6	Karen
9:15-10:15	Zumba	Studio 7	Dominique
9:15-10:15	YCycle	Cycling Studio	Jim
10:15-11:15	Yoga	Studio 2	Levy
10:25-11:25	BODYCOMBAT®	Studio 7	Steve
11:35-12:35	BODYFLOW®	Studio 7	Steve
PM			
1:00-1:45	SSFP Circuit	Studio 7	Dawn
5:00-6:00	BODYPUMP®	Studio 6	Laura
5:00-6:00	BODYCOMBAT®	Studio 7	Julie A.
5:30-6:30	YStretch Flow	Studio 2	Denisse
5:45-6:45	YCycle	Cycling Studio	Jeff
6:15-7:15	hYped	Studio 6	Tasha/Nicole

FRIDAY

AM			
5:30-6:30	YCycle	Cycling Studio	Laura
8:00-9:00	Senior Fitness	Studio 7	Liza
9:15-10:15	Power Yoga	Studio 7	Denisse
9:15-10:15	BODYPUMP®	Studio 6	Jim

SATURDAY

AM			
7:30-8:30	YCycle	Cycling Studio	Jeff
8:00-9:00	Adv. Interval Step	Studio 7	Lynda
8:00-9:00	BODYCOMBAT®	Studio 6	Julie A.
9:30-10:30	BODYPUMP®	Studio 6	Laura
9:00-10:00	Zumba	Gym	Trila
9:05-9:25	YCore	Studio 7	Lynda
9:30-10:30	BODYFLOW®	Studio 7	Lynda

SUNDAY

AM			
8:15-9:15	BODYSTEP®	Studio 7	Jenn
9:00-10:00	YCycle	Cycling Studio	Rotation
10:15-11:15	BODYPUMP®	Studio 6	Rotation

UPDATED: 11/5/2021

Please note that this schedule is subject to change. Please check GroupEx Pro for any class changes, subs, and any cancellations. The schedule will be updated as additional classes and programs become available.

Space and equipment will be on a first come, first served basis.
Thank you for continuing to support our YMCA!

***BOLD ASTERISK INDICATES AN ADDITIONAL FEE**

QUESTIONS?
Contact: Brittney Campbell, Group Exercise Coordinator Email: bcampbell@ymcamke.org

CLASS DESCRIPTIONS

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.

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

Y-Cardio Funk - A combination of high and low impact aerobics performed in a "funky dance" style.

Y-Cycle - 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.

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.

BODYCOMBAT® - Is packed athletic workout uses Martial Arts, traditional boxing, kick boxing and Karate moves. Great Cardio vascular workout choreographed to motivating music. A ton of fun!

BODYPUMP® - Work all major muscle groups in one hour! Equipped with a bar and weights, this intense conditioning program is fun and suitable for all fitness levels. Set to awesome, motivating music.

BODYFLOW® - East meets West in this blend of Yoga, Tai Chi and Pilates set to inspiring music. Participating in this class will change the way you think about your body. You will become more physically aware. Increases endurance flexibility and reduce stress.

Tai Chi -Improve concentration, relieve stress, increase flexibility and improve balance/coordination with Sun Style Tai Chi.

Advanced Step - Challenging choreography with multiple pattern changes for a longer duration .

Silver Sneakers I - Muscle Strength & Range of Movement Class -Have fun and move to the music through a variety of exercises designed to increase strength, range of movement and activity for life! Hand-held weights, tubing with handles and a ball are offered for resistance. A chair is used for support.

Silver Sneakers II - Cardio Circuit Class -Take your workout to the next level with this non impact class alternating strength and cardio - great for agility, balance and coordination. Set to motivating music.

Yoga - This class will relax, strengthen and soothe the body and mind. It will also increase your flexibility and strength through various body postures and breathing techniques.

Paid Classes

***Total Gym® Foundations-** This 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.

Fee: (Monthly)

Y-Member \$25 - 1 day a week \$40 - 2 days a week

Non-Members \$40 - 1 day a week \$60 - 2 days a week