

# Group Exercise Schedule EL YMCA

January 19<sup>th</sup> 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45am <b>SPIN®</b> Heather C.  8:15-9 <b>KB</b> Betsy	6:15-7:00am SunRise STRETCH CHERYL  8:15-9:15 Pedal & Medal Betsy	6-6:45am <b>Spin®</b> Alicia  ----- 9-10 Step Kathy	8:15-9:00am Boxing Barre Heather E  ----- 9:00-9:45am F.I.T.T. Principle Megan B	6:00-6:30am ME Cycle® Beth  ----- 6:30-7:00am ME Prime® Beth	8:00-9:00 <i>Early</i> Bootcamp Hannah and Emily *no child Watch*	
9-10am Interval Training Kathy  ----- 9-9:45am Boogie Bootcamp Diana/Julie Gym	9:15-10am Tabattas Megan	9-10am Circuit Central Julie Gym	9:00-10am Drums Alive® Power Beats Diana Gym	8:45-9:15 SHRED/ME® 9:15-10am UrbanKlick® Elisa	9-10 <i>Rotation</i>  Step/intervals Dominique  Bootcamp Emily/Hannah	
10am-11am SilverSneakers® Diana/Julie-Gym	9:00-10am DrumsAlive® Diana Gym	10:00- 11:00am Slo Flo Yoga Megan 11-11:30am Restorative Yoga	9:45- 10:30am <b>Party Power</b> <b>Spin</b> <b>Jenny</b>	9:00-9:45am Cardio Progression Diana or Julie Gym	Muscle and Hustle Sarah  Tabattas Alex (45 min)	
10-11am Slo Flow Yoga 11-11:30am Restorative Yoga Megan	10-11am Gentle Chair Yoga Ashley Comm. Room	10-11am Silver Sneakers® CLASSIC Gym	10-11am Gentle Chair Yoga Ashley Comm. Room	10-11am Silver Sneakers® Classic Diana & Julie Gym	W1: Alex W2: Dominique W3: Sarah W4: Hannah/Emily	
4:45-5:30pm <b>Turn It Up</b> <b>Tabattas</b> Sarah  ----- 5:30-6:30 <b>HIT IT</b> Emily and Hannah	5:00-5:45pm Party Power Spin Jenny G.	5:00-5:30pm Booty Beauty Denise	5:00-5:30pm ME® Beth M. 5:30-6:00pm ME®Cycle	10:45-11:45am Hatha Yoga Ashley		
6:30-7:15pm PiYo Live® Beth M.	6:00-7:00pm Dance Fusion Emily	5:30-6:30 Bag Training Denise	6:15-7:15 YOGA Renee			

## GROUP EXERCISE CLASS DESCRIPTIONS

**Boogie Boot camp/Cardio Progression:** Great class for beginners and progressing Seniors. A fun way to start your day with a focus on interval exercise and total body weight training. This class will jumpstart your day!

**Boot Camp:** Come prepared to take your workout to the next level! Boot Camp workouts are a great way to get fit, lose fat, and have fun. Partner drills, use of all different kinds of equipment and a different challenging workout every weekend.

**Booty Beauty:** This half hour honey of a class will bring the burn. You will fire those glute muscles and sculpt your way to the best butt ever!

**Boxing Barre: Angie's OWN!!** Boxing + Barre= A total body cardio and strength challenge for all levels!! \*express: half hour class!!

**BAG Training:** Use large heavy bags to kick and jab your way to fitness levels you only dreamed of. This is a must if KICKBOXING is your thing!

**FITT PRINCIPLE:** This class combines weights and timed cardio activities for all fitness levels. (Frequency, Intensity, Time & Type)

**HIIT:** High Intensity Interval Training: Short periods of intense work followed by less intense exercise recovery periods. Quick, Effective and right up your alley.

**Chair Yoga:** Gentle yoga practiced sitting on a chair for support, incorporating adaptations of HATHA yoga poses. Emphasis on breathing techniques, balance, stretching and joint mobility.

**CIRCUIT Central :** A class for beginners, designed to improve the cardiovascular system and increase muscular endurance as well as agility, balance, and coordination. Hand-held weights, elastic tubing with handles, and a ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation.

**Dance Fusion:** come workout to a hot mix of music and dance styles, you won't even realize this is exercise

**Drums Alive ®:** This class captures the essence of movement and rhythm utilizing drum sticks and stability balls. Not only is this class a blast but it delivers real fitness results as well!

**Interval Training:** A type of high intensity training that follows a specific format of patterns of work that repeats. Experience all the creative ways to experience short burst activities for a better, more efficient workout.

**Kettlebell (KB) :** Kettle bell workout choreographed to your favorite songs comes get an amazing workout with a smile on your face! All fitness levels will love this!

**#HITIT:** Punch, Squat, lunge and rock out to your favorite music!! This is a heart pumping class you will leave restored, revived and loving yourself!!

**Metabolic Effect®/ME/PRIME:** focuses on the full integration of high intensity interval exercise, sports conditioning drills, total body weight training and full fatigue effort. In these classes you exercise at your own level working until you require rest and then restarting the workout whenever you're ready.

**Muscle Hustle:** jump starts your weekend! Work phases of strength and cardio. A quick hiit to charge your day! Weight drills and cardio designed to raise your heart rate and increase your EPOC (excess post oxygen consumption).

**Metabolic Effect Cycling ®:** For all fitness levels, you will be guided through a perceived level of exertion scale for an interval based workout

**ME CYCLE:** all out effort with forced rest on a spin bike. The conditioning of the ME classes on a cycle. A half an hour is all you need.

**Muscle and Hustle:** A new twist on bootcamp. Your work goes from a heavy strength phase to a cardio hustle phase to maximize results.

**Party Power Spin:** A spin class to challenge you. Big thick climbs and cadence that will get you to that anaerobic level! Bring plenty of water and a towel this is a dynamic spin with glo lights and wicked jams this is an experience!!! Soul Cycle ain't got nothing on us!

**Pedal and Medal:** a 45 min. anaerobic spin that will challenge all your HR zones...add some weights to really get efficient. This class will challenge you in the best way

**PiYo Live®:** We crank up the speed of the core firming and sculpting benefits of Pilates with the strength and flexibility of Yoga. A true fat burning, low impact full body workout.

**Silver Sneakers CLASSIC ®:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, agility, balance, and coordination. Participants will improve their functional activities for daily living, physical fitness level, and sense of well-being.

**Restorative Yoga:** A kind gentle stretch to add to your practice!

**SHRED:** The 23 min. power house workout is back. Compound movements, timed cardio and abs (or glutes). Ready for the most efficient half hour of your day?? 30 min. is all you need for dramatic results

**Slow Flow Yoga:** Slower speed than power yoga and each pose is held a little longer. Perfect for mind and body!

**Spin®:** This non-impact class is appropriate for all fitness levels. The intensity is determined by resistance and the music tempo. Come early for bike set-up if you are a beginner.

**Step:** step cardio. A heart pumping hour of caloric burn and great tunes to keep you moving, grooving and smiling!

**Sunrise Stretch:** Start your day with a positive intention and gentle stretching. Stretch class inspired by yoga and pilates stretches

**Urbankick®:** kickboxing and sports conditioning for an athletic total body workout. No equipment, no limits, no excuses! Latest fitness trend! Unique and cutting edge

**Tabattas:** HIIT interval training with specific rest and work phases

**Turn It Up Tabattas:** You will work tabattas on fast forward. This 30 min workout will jump start your week to make you a fat burning machine.

**Hatha Yoga:** improve focus with gentle physical postures to improve balance and flexibility

**Yoga:** Basic yoga class using hatha style vinyasas to build your fitness level and increase range of motion.

**Zumba ®:** This effective, unique, and fun workout combines Latin and international music to create and aerobic interval routine using rhythms.

