



GROUP EXERCISE SCHEDULE

Don Sjogren Community YMCA December 1st—December 23rd

■ Cardio
 ■ Water
 ■ Low Impact
 ■ Mind, Body
 ■

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 a.m.	*Indo Row Jess R (30 min)				
5:30 a.m.	Cycling Marcie (60 min)	Fit & Flexed Allison (60 min)	Cycling Marcie (60 min)	Fit & Flexed Allison (60 min)	Cycling Marcie (60 min)
8:00 a.m.		Water Wake Up Connie J (60 min)		Water Wake Up Connie J (60 min)	
8:15 a.m.	Move & Groove Beth (45 min)	Fit for Life Holly (45 min)	Country Heat Ashton (45 min)	*Indo Row Jennifer (30 min)	Fit for Life Jennifer (45 min)
9:15 a.m.	*RIP & Row Laurel (45min)	TRX Jessica S (45 min)	*Indo Row Laurel (45 min)	TRX Jessica S (45 min)	Cardio Kickboxing Laurel (45 min)
10:00 a.m.	PiYo Laurel (45 min)	*Indo Row Jessica S (30 min)			RIP Laurel (45 min)
12:15 p.m.	*RIP Tasha (30 min)	*Indo Row Tasha (30 min)	*Anything Goes Tasha (30 min)		Kickboxing Tasha (30 min)
4:15 p.m.	Country Heat Ashton (30 min)				
4:30 p.m.				Insanity Steph (30 min)	
4:45 p.m.	TRX Steph (45 min)		*Indo Row Steph (45 min)		
5:00 p.m.		Aqua Fusion Michelle (30 min)		Axis Steph (30 min)	
		*Shockwave Steph (30 min)			
5:30 p.m.	Aqua Blast Pamela (45 min)	Aqua Blast Tami (45 min)	Aqua Blast Teresa (45 min)	Aqua Blast Tami (45 min)	
5:35 p.m.	RIP & More Steph (45 min)	Insanity Steph (30 min)	Dance Fusion Anna (45 min)	*Indo Row Laurel (30 min)	
6:10 p.m.		Country Heat Ashton (45 min)		*Shockwave Laurel (30 min)	
6:25 p.m.	Dance Fusion Anna (30 min)			Aqua Fusion Michelle (30 min)	
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6:30 p.m.	*Indo Row Pam (45 min) Community Room		Mat Pilates Jennifer (45 min)	Dance Fusion Laurel (30 min)	
6:55 p.m.	Yoga Annette (60 min)	Gentle Yoga Annette (60 min)			
7:15 p.m.	*Indo Row Pam (45 min) Community Room		*Indo Row Allison (30 min)		
7:30 p.m.				*Indo Row Allison (30 min)	
7:50 p.m.			*Indo Row Allison (45 min)		
8:15 p.m.				*Shockwave Allison (30 min)	



Class Descriptions

STRENGTH CLASSES

RIP is a barbell class designed by top fitness professionals from the Group RX program. Traditional exercises are matched to energizing music to create a simple, fun and powerful way to strength train. The 45 minute RIP classes will hit all the major muscle groups and the 30 minute RIP class will alternate muscle groups on different days.

RIP & Row Traditional exercises are matched to energizing music to create a simple, fun and powerful way to strength train. Combined with intervals on the WaterRower GX machines.

TRX Men's Health named TRX the best new "Total Body Tool." Celebrities and pro athletes are calling it their favorite workout. TRX develops cardiovascular fitness, strength, power, balance and core stability simultaneously. Space limited to 13 people per class.

Fit & Flexed Strength training workout emphasizing toning and muscle definition with a variety of weight lifting formats; targets every major muscle group

Anything Goes Every class is something different and you never know what you're going to get because it is a surprise every time! With hi-lo, TRX, sculpting, or a little bit of everything, you'll get a great workout for 30 min.

CARDIO CLASSES

Shockwave This 30—45 minute workout is extreme cross training at its best! This total body circuit challenge combines the WaterRower GX machines for high-intensity calorie burn with dynamic, functional exercises using equipment such as Body Bars, BOSUs, and Kettlebells to sculpt and transform the body!

Insanity No need to be in extreme shape to participate in Insanity. This class focuses on Max Interval Training to keep you working at your maximum capacity through the entire workout.

Cardio Kickboxing is a group class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Kickboxing is a simple athletic kickboxing and martial arts workout for all fitness levels. With heart pumping music, you will become armed & dangerous in no time!

Dance Fusion Join us for the hottest, calorie burning workout around! Dance Fusion is exercise in disguise. You will be having so much fun dancing, shaking and moving you'll forget you're working out! Dance ability not needed, just the ability to have fun while you work out.

Cycling Instructors will lead you through a series of climbing hills and sprinting flats in a cardio workout incorporating the mind, body, and spirit. Class will be followed by strength work for abs, arms, or legs on different days of the week.

WATER CLASSES

Water Wake-Up This gentle low-impact water aerobics class will get you going in the morning, focusing on improving cardiovascular fitness, strength and flexibility while easing impact to the joints.

Aqua Blast Get moving with cardio water aerobics using water dumbbells, noodles, balls, resistance bands & more. A high intensity workout with less stress to the joints than land based exercise.

Aqua Fusion For those of you that love regular Dance Fusion, but need a lower impact option, this is for you! We're taking the party to the water. Aqua Fusion creates a workout that is cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Beginner Strokes Learn how to perfect your stroke, including breathing techniques, proper kicking and arm movement. Will include work on several different strokes.

LOW-IMPACT CLASSES

PiYo This low-impact, high intensity workout combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of yoga. With cranked up speed and fluid transitions, you will get your strength, sweat and stretch on—in each workout.

Indo Row is a one-of-a-kind rowing workout that changes the way you think about group exercise. Working in teams, partners, and as one crew, each participant receives top-notch coaching and a transformative total-body workout that leaves them begging for more. Indo-Row is easy to learn and perfect for all levels of fitness and abilities. **CLASS LIMITED TO 6 MEMBERS—REGISTRATION AT FRONT DESK IS REQUIRED—ONLY 24 HOURS IN ADVANCE**

Country Heat When was the last time you actually had FUN trying to lose weight? When was the last time you actually looked forward to walking on a treadmill? Country Heat changes everything! It's great country music—and by great, we mean GREAT—and the moves are simple line dance-inspired. Yes, SIMPLE! So if you want to lose weight but have been waiting for the simple, fun program without burpees, pull-ups, or hip-hop backflips...

Fit for Life Get a full body workout in a low impact land class that will focus on cardio, strength, and flexibility set to music geared for the older adult.

Move & Groove Fun low impact workout that will have you dancing the cha cha, salsa, even country. No dance experience required, just be ready to have fun!

MIND, BODY CLASSES

Axis Come alive with both bodyweight and dumbbell challenges. This class dives right in to balance, flexibility and ROTATIONAL capability using fresh patterns that stabilize, strengthen and mobilize the CORE. It's no secret that AXIS is one of the fastest growing programs on planet EARTH. The question is... are you up to the challenge? Are you ready to change the lives of your participants? We dare you to put... POWER TO THE CORE.

Mat Pilates This class involves a series of classical Pilates exercises performed on a mat without equipment. Each exercise emphasizes breath, core conditioning, and body awareness. Instructors will pay special attention to alignment and form.

Yoga Improve your ability to relax and deal with stress in this class, open to all levels and abilities. It focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment and mindfulness. You will learn techniques to help you gain flexibility.





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Saturday and Sunday Schedule

Date	Class	Time	Instructor
Saturday Dec 3	Indo Row Cardio Kickboxing	9:15 a.m. 10:05 a.m.	Laurel Laurel
Sunday Dec 4	Indo Row	3:00 p.m.	Jessica R
Saturday Dec 10	Shockwave Indo Row	9:15 a.m. 10:05 a.m.	Stephanie Stephanie
Sunday Dec 11	Indo Row	3:00 p.m.	Jessica R
Saturday Dec 17	Indo Row TRX Strength Training	9:15 a.m. 10:05 a.m.	Tasha Tasha

