



# GROUP EXERCISE SCHEDULE

Don Sjogren Community YMCA October 1st—December 22nd

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

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 a.m.	<b>Cycling</b> Marcie (60 min)	<b>Fit &amp; Flexed</b> Allison (60 min)	<b>Cycling</b> Marcie (60 min)	<b>Fit &amp; Flexed</b> Allison (60 min)	<b>Cycling</b> Marcie (60 min)
8:00 a.m.		<b>Water Wake Up</b> Connie J (60 min)		<b>Water Wake Up</b> Connie J (60 min)	
8:15 a.m.	<b>Country Heat</b> Ashton (45 min)	<b>Fit for Life</b> Holly (45 min)	<b>Move &amp; Groove</b> Beth (45min)	<b>Weights 101</b> Holly (30 min)	
8:30 a.m.	<b>Aqua Fusion</b> Michelle (30 min)		<b>Aqua Fusion</b> Michelle (30 min)		<b>Instructors Choice</b> Laurel (45 min)
9:15 a.m.	<b>RIP &amp; Row</b> Laurel (45min)	<b>Fit Camp Express</b> Holly (45 min)	<b>Indo Row</b> Laurel (45 min)	<b>TRX</b> Holly (45 min)	<b>Cardio Kickboxing</b> Laurel (45 min)
10:00 a.m.	<b>PiYo</b> Laurel (45 min)		<b>Shape Up</b> Laurel (30 min)		<b>RIP</b> Laurel (45 min)
12:15 p.m.	<b>Push/Pull Training Chest/Tri/Shoulder</b> Tasha (30 min)	<b>Push/Pull Training Leg/Core</b> Tasha (30 min)	<b>Push/Pull Training Back/Bi</b> Tasha (30 min)		<b>Kickboxing</b> Tasha (30 min)
3:15 p.m.				<b>Line Dancing</b> Connie S (60min)	
4:30 p.m.	<b>TRX</b> Steph (30 min)		<b>Indo Row</b> Steph (30 min)	<b>Insanity</b> Steph (30 min)	
5:00 p.m.	<b>Extreme Boxing</b> Steph (30 min)	<b>Shockwave</b> Steph (30 min)	<b>RIPPED &amp; Chiseled</b> Steph (30 min)	<b>Axis</b> Steph (30 min)	
5:30 p.m.	<b>Aqua Blast</b> Pamela (45 min)	<b>Aqua Blast</b> Tami (45 min)	<b>Aqua Blast</b> Teresa (45 min)	<b>Aqua Blast</b> Tami (45 min)	
5:35 p.m.	<b>RIPPED &amp; Chiseled</b> Steph (45 min)	<b>Insanity</b> Steph (30 min)	<b>Dance Fusion</b> Anna (45 min)		
6:10 p.m.		<b>Country Heat</b> Ashton (45 min)		<b>Country Heat</b> Ashton (45 min)	
6:25 p.m.	<b>Dance Fusion</b> Anna (30 min)				
6:30 p.m.	<b>Indo Row</b> Pam (45 min) <b>Community Room</b>		<b>Fit &amp; Flexed</b> Allison (60 min)		
6:40 p.m.					
6:55 p.m.	<b>Yoga</b> Annette (60 min)	<b>Gentle Yoga</b> Annette (60 min)			

## Holiday Breaks

Halloween Oct. 31—No evening classes

Thanksgiving November 23rd—No evening classes Nov. 24 & 25—No Classes

Christmas Break Dec. 23rd—31st— on Holiday Schedule (this is determined by instructor availability)



# 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

**Push/Pull Training** Strength training class that uses the push/pull split training method. Which it breaks down to chest, triceps & shoulders on push day, legs and core on leg day, & back & biceps on pull day.

**Ripped & Chiseled** A Mixture of RIP and other strength drills you are guaranteed to leave this class feeling chiseled.

**Shape Up** Tone your upper body with traditional exercises that are matched to energizing music to create a simple, fun and powerful way to strength train.

## CARDIO CLASSES

**Instructors Choice** This class will be lead by a variety of instructors. The workout will be the instructors specialty

**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.

**Extreme Boxing** a great blend of cardiovascular movements and boxing combinations to get you a fabulous calorie burn.

## 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.



## LOW-IMPACT CLASSES

**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.

**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**

**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.

**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 Schedule

Date	Instructor	Class	Time
Sat—October 7th	Pam Peterson Michelle Boulware Holly Johnson Holly Johnson	Indo Row (30 min) Aqua Fusion (30 min) TRX (45 min) Indo Row (30 min)	7:30 a.m. 9:00 a.m. 9:15 a.m. 10:05 a.m.
Sat—October 14th	Pam Peterson Steph Monthey Steph Monthey	Indo Row (30 min) Insanity (30 min) Axis (30 min)	7:30 a.m. 9:15 a.m. 9:50 a.m.
Sat—October 21st	Pam Peterson Anna Anderson & Laurel Thorell	Indo Row (30 min) Party in Pink (60min) Breast Cancer awareness	7:30 a.m. 10 a.m.
Sat—October 28th	Pam Peterson Tami Reese Ashton Thorell Allison Donner	Indo Row (30 min) Aqua Blast (45 min) Country Heat (45 min) Fit & Flexed (60 min)	7:30 a.m. 9:00 a.m. 9:15 a.m. 10:05 a.m.
Sat—November 4th	Pam Peterson Tasha Manahan Annette Sindt	Indo Row (30 min) Kickboxing (45 min) Yoga (60 min)	7:30 a.m. 9:15 a.m. 10:05 a.m.
Sat—November 11th	Pam Peterson Laurel Thorell Laurel Thorell	Indo Row (30 min) Rip & Row (45 min) Piyo (45 min)	7:30 a.m. 9:15 a.m. 10:05 a.m.
Sat—November 18th	Pam Peterson Michelle Boulware Anna Anderson Holly Johnson	Indo Row (30 min) Aqua Fusion (30 min) Dance Fusion (45 min) Weights & More (45min)	7:30 a.m. 9:00 a.m. 9:15 a.m. 10:05 a.m.
Sat—November 25th	Pam Peterson Laurel Thorell & Tasha Manahan & Allison Donner	Indo Row (30 min)  Turkey Burner (GYM)	7:30 a.m.  9:15 a.m.—10:15 a.m.
Sat—December 2nd	Pam Peterson Kris Thorell Kris Thorell	Indo Row (30 min) Cycle (45 min) Pilates (30 min)	7:30 a.m. 9:15 a.m. 10:05 a.m.
Sat—December 9th	Pam Peterson Tami Reese Steph Monthey Steph Monthey	Indo Row (30 min) Aqua Blast (45 min) Shockwave (30 min) Insanity (30 min)	7:30 a.m. 9:00 a.m. 9:15 a.m. 9:50 a.m.
Sat—December 16th	Pam Peterson Ashton Thorell Annette Sindt	Indo Row (30 min) Country Heat (45 min) Yoga (60 min)	7:30 a.m. 9:15 a.m. 10:05 a.m.

