



**YMCA at Gothenburg Health  
Fitness Schedule  
September – December 2017**

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>PiYo</b> 5:30am-6:15am Alexa Libal	<b>Barre</b> 5:30am-6:15am Alexa Libal	<b>Aqua Intervals</b> 5:45am-6:15am Alexa Libal	<b>H.I.I.T</b> 5:30am-6:00am Alexa Libal	<b>Aqua Intervals</b> 5:45am-6:15am Alexa Libal	
				<b>PiYo</b> 6:00am-7:00am Casey Sutton	<b>PiYo</b> 6:00am-7:00am Casey Sutton	
		<b>Strength/Yoga</b> 10am-11am Lisa Strand		<b>Strength/Yoga</b> 10am-11am Lisa Strand		
		<b>Aqua Fit</b> 12pm-12:45pm Julie Czochara		<b>Aqua Fit</b> 12pm-12:45pm Julie Czochara		
		<b>Cycle</b> 3:30pm-4:15pm Robin Lutz				
		<b>Pilates</b> 4:30pm-5:15pm Robin Lutz				
	<b>Boot Camp</b> 5:30pm-6:30pm Heather Kohl	<b>Yoga</b> 5:30pm-6:15pm Robin Lutz		<b>Cardio Kickboxing</b> 5:30pm-6:30pm Heather Kohl		
	<b>REFIT®</b> 7:00pm-8:00pm Casey Sutton		<b>REFIT®</b> 7:00pm-8:00pm Casey Sutton			

Schedule subject to change. For more information call 308-991-4135

# Class Descriptions

## **REFIT®**

REFIT® is a fitness community. Our vision is to create a fitness experience that changes people from the inside out, and this vision is accomplished by focusing on the heart as a muscle AND a soul. People don't have to get fit in order to be fit at REFIT® –our workouts are designed for everybody regardless of age, shape, size or ability. REFIT® creates a powerful, uplifting fitness experience that lasts well beyond the workout. Are you ready to join the revolution?

## **PiYo**

PiYo isn't like standard Pilates and yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up—including your results—by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility.

With every action-packed PiYo session, you can burn excess fat and sculpt and define your whole body, as you minimize the aches and pains that can come along with high-impact workouts. No matter your age, no matter your body type, PiYo will help give you dramatically visible, incredibly beautiful results.

## **Boot Camp**

Boot camp workouts can vary but will include a fairly intense mix of strength training and aerobic elements. . In essence, a boot camp workout is a type of interval training — bursts of intense activity alternated with intervals of lighter activity.

## **Water Fit**

Get moving with cardio water aerobics. A great workout that you can do at your own pace with less stress to the joints than land based exercise.

## **Aqua Intervals**

Low-impact exercises alternating between periods of high-intensity exercises & low-intensity recovery periods to blast calories! Because all exercises are in the pool, your body does not experience the same impact high-intensity moves can cause on land. With each exercise you are working against 12 times the resistance of air.

## **Cycle**

A cardiovascular workout with varying speeds, resistance and intensity levels. A no impact workout that exercises the heart and strengthens the legs! Come early to be fitted to the bike...bring a water bottle!

## **Pilates**

Engage your powerhouse core stabilizers in this class and enjoy lengthening stretches in between, developing muscle control and endurance.

## **Yoga Flow**

Bringing flow to your yoga postures generating heat, increasing strength and flexibility.

## **Strength/Yoga**

Basics of strength building for the senior member or the beginner.

## **Cardio Kickboxing**

A high energy, fun mix of boxing, cardio, and kickboxing.

## **Barre**

A challenging, body altering experience that reshapes your body entirely. Fuse elements of ballet, yoga, Pilates, strength training, and orthopedic stretching into one powerful workout. Increase your strength and flexibility, improve your posture, and boost your energy level.

## **H.I.I.T.**

A blend of cardio & weights for a fast-paced, toning workout. H.I.I.T incorporates short bursts of a high-intensity exercise followed by a low-intensity activity, & then repeated. All exercises can be made low-impact to ensure a challenging workout for all fitness levels.



**Cardio**

**Water**

**Low Impact**

**Mind and Body**

**Strength**

(Water classes are held at the Comfort Suites pool)