



GROUP EXERCISE SCHEDULE

Don Sjogren Community YMCA March 1st—April 30th 2018

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

| START TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------|---|---|--|---|--|
| 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. | Country Heat Ashton (45 min) | Fit for Life Tasha (45 min) | Move & Groove Beth (45min) | Weights 101 Tasha (45 min) | |
| 8:30 a.m. | Aqua Fusion Michelle (30 min) | | Aqua Fusion Michelle (30 min) | | Instructors Choice Laurel (45 min) |
| 9:15 a.m. | RIP & Row Laurel (45min) | Get Cycled Tabatha (45 min) | Shape Up Laurel (30-45 min) | Get Cycled Tabatha (45 min) | Cardio Kickboxing Laurel (45 min) |
| 10:00 a.m. | PiYo Laurel (45 min) | | Indo Row Laurel (30 min) | | RIP Laurel (45 min) |
| 12:15 p.m. | Strength Training Chest/Tri/Shoulder Tasha (30 min) | Strength Training Leg/Core Tasha (30 min) | Strength Training Back/Bi Tasha (30 min) | | Kickboxing Tasha (30 min) |
| 3:15 p.m. | | | | Line Dancing Connie S (60min) | |
| 4:30 p.m. | | Indo Row Steph (30 min) | Indo Row Steph (30 min) | | |
| 4:45 p.m. | TRX Steph (30 min) | | | Axis Steph (30 min) | |
| 5:00 p.m. | | Shockwave Steph (30 min) | RIPPED & Chiseled Steph (30 min) | | |
| 5:15 p.m. | Extreme Boxing Steph (30 min) | | | Insanity 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) | |
| 5:30 p.m. | | Insanity Steph (30 min) | | | |
| 5:45 p.m. | RIPPED & Chiseled Steph (30 min) | | | | |
| 6:10 p.m. | | Country Heat Ashton (45 min) | | Country Heat Ashton (45 min) | |
| 6:25 p.m. | Tai Chi Shennon (30 min) | | | | |
| 6:30 p.m. | Indo Row Pam (45 min) Community Room | | | | |
| 6:55 p.m. | Yoga Annette (60 min) | Gentle Yoga Annette (60 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

Strength 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.

Get Cycled A cycling class with a little twist. The class will range from fun, electrifying "rides" to full body/mind awareness. Mixing in upper body and core exercises you will have a 45 minutes packed full of fun, power and results!

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.



GROUP EXERCISE SCHEDULE

Don Sjogren Community YMCA March 1st—April 30th 2018

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

Saturday Schedule

| Date | Instructor | Class | Time |
|----------------|---|--|---|
| Sat—March 3rd | Pam Peterson Tabatha Thorell | Indo Row (30 min) Get Cycled –NEW Class | 7:30 a.m. 9:00 a.m. |
| Sat—March 10th | Pam Peterson Tami Reese Stephanie Monthey Stephanie Monthey | Indo Row (30 min) Aqua Blast Insanity Ripped & Chiseled | 7:30 a.m. 9:00 a.m. 9:15 a.m. 10:00 a.m. |
| Sat—March 17th | Pam Peterson Teresa Cole Tabatha Thorell Annette Sindt | Indo Row (30 min) Aqua Blast Get Cycled Yoga | 7:30 a.m. 9:00 a.m. 9:15 a.m. 10:00 a.m. |
| Sat—March 24th | Pam Peterson Michelle Boulware Laurel Thorell Laurel Thorell | Indo Row (30 min) Aqua Fusion Dance Fusion Shape Up | 7:30 a.m. 9:00 a.m. 9:15 a.m. 10:00 a.m. |
| Sat—March 31 | NO Classes | Happy Easter | |
| Sat—April 7th | Pam Peterson Tami Reese Kris Thorell Kris Thorell | Indo Row (30 min) Aqua Blast Cycle Pilates | 7:30 a.m. 9:00 a.m. 9:15 a.m. 10:00 a.m. |
| Sat—April 14th | Pam Peterson Teresa Cole Laurel Thorell Laurel Thorell | Indo Row (30 min) Aqua Blast Dance Fusion Shape Up | 7:30 a.m. 9:00 a.m. 9:15 a.m. 10:00 a.m. |
| Sat—April 21st | Pam Peterson Michelle Boulware Ashton Thorell Annette Sindt | Indo Row (30 min) Aqua Fusion Country Heat Yoga | 7:30 a.m. 9:00 a.m. 9:15 a.m. 10:00 a.m. |
| Sat—April 28th | Pam Peterson Tami Reese Tasha Manahan Tasha Manahan | Indo Row (30 min) Aqua Blast Kickboxing Strength Training | 7:30 a.m. 9:00 a.m. 9:15 a.m. 10:00 a.m. |

