



# 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                                       |
|----------------|--|--|--|---|--|
| <b>Morning</b> |  |  |  |   |  |
| 5:30 a.m.      | <b>Cycling</b><br>Marcie (60 min)              | <b>Fit &amp; Flexed</b><br>Allison (60 min)              | <b>Cycling</b><br>Marcie (60 min)  | <b>Fit &amp; Flexed</b><br>Allison (60 min) | <b>Cycling</b><br>Marcie (60 min)            |
| 8:00 a.m.      | <b>Aqua Fusion</b><br>Michelle (30 min)        | <b>Water Wake Up</b><br>Connie J (60 min)                | <b>Aqua Fusion</b><br>Michelle (30 min)                                  | <b>Water Wake Up</b><br>Connie J (60 min)   |  |
| 8:15 a.m.      | <b>Dance Fusion</b><br>Laurel (45 min)         | <b>Fit for Life</b><br>Tasha (45 min)                    | <b>Move &amp; Groove</b><br>Beth (45min)                                 | <b>Weights 101</b><br>Holly (45 min)        |  |
| 8:30 a.m.      |  |  |  |   | <b>Instructors Choice</b><br>Laurel (45 min) |
| 9:15 a.m.      | <b>Pound</b><br>Laurel (45min)                 | <b>Get Cycled</b><br>Tabatha (45 min)                    | <b>Shape Up</b><br>Laurel (30-45 min)                                    | <b>Get Cycled</b><br>Tabatha (45 min)       | <b>Cardio Kickboxing</b><br>Laurel (45 min)  |
| 10:00 a.m.     | <b>PiYo</b><br>Laurel (45 min)                 |  | <b>Instructors Choice</b><br>Laurel (30 min)                             |   | <b>RIP</b><br>Laurel (45 min)                |
| 12:15 p.m.     | <b>Functional Fitness</b><br>Tasha (30 min)    | <b>Functional Fitness</b><br>Tasha (30 min)              | <b>Functional Fitness</b><br>Tasha (30 min)                              |   | <b>Kickboxing</b><br>Tasha (30 min)          |
| <b>Evening</b> |  |  |  |   |  |
| 3:15 p.m.      |  |  |  | <b>Line Dancing</b><br>Connie S (60min)     |  |
| 4:30 p.m.      |  |  | <b>Indo Row</b><br>Steph (30 min)  |   |  |
| 4:45 p.m.      | <b>TRX</b><br>Steph (30 min)                   |  |  | <b>Axis</b><br>Steph (30 min)               |  |
| 5:00 p.m.      |  | <b>Shockwave</b><br>Steph (30 min)                       | <b>RIPPED &amp; Chiseled</b><br>Steph (30 min)                           |   |  |
| 5:15 p.m.      | <b>Extreme Boxing</b><br>Steph (30 min)        | <b>Pound</b><br>Laurel (45min)<br><b>*Community Room</b> |  | <b>Insanity</b><br>Steph (30 min)           |  |
| 5:30 p.m.      | <b>Aqua Blast</b><br>Pamela (45 min)           | <b>Aqua Blast</b><br>Tami (45 min)                       | <b>Aqua Blast</b><br>Teresa (45 min)                                     | <b>Aqua Blast</b><br>Tami (45 min)          |  |
| 5:35 p.m.      |  | <b>Insanity</b><br>Steph (30 min)                        | <b>Core De Force</b><br>Steph (30 min)<br><b>Beginning Nov7th</b>        |   |  |
| 5:45 p.m.      | <b>RIPPED &amp; Chiseled</b><br>Steph (30 min) |  |  |   |  |
| 6:10 p.m.      |  | <b>Dance Fusion</b><br>Anna (30 min)                     |  | <b>Dance Fusion</b><br>Anna (30 min)        |  |
| 6:25 p.m.      | <b>Tai Chi</b><br>Shennon (30 min)             |  |  |   |  |
| 6:40 p.m.      |  |  | <b>Row w/Yoga</b><br>Allison Donner (60 min)<br><b>Beginning Nov 7th</b> |   |  |
| 6:55 p.m.      | <b>Yoga</b><br>Annette (60 min)                | <b>Gentle Yoga</b><br>Annette (60 min)                   |  |   |  |

**\*No evening classes on October 31st**



# 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.

**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

**Functional Fitness** increase strength, flexibility and mobility using functional movements over your lunch break with this 30 minute class

**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 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 workout for all fitness levels using the bag as you learn different combinations of punches and kicks. In which 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!

**Pound** Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

## 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

**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.

**Tai Chi** a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.



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## Saturday Schedule

■ Cardio  
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 ■ Mind, Body  
 ■ Strength

| Date     | Instructor   | Class   | Time                                 |
|----------|--|---|--------------------------------------|
| Oct 6th  | Tabatha Thorell<br>Tabatha Thorell                 | <b>Get Cycled</b><br><b>Mind/Body Pilates</b>                                       | 9:15 a.m.<br>10:00 a.m.              |
| Oct 13th | Pam Peterson<br>Teresa Cole                        | <b>Indo Row (30 min)</b><br><b>Aqua Blast</b>                                       | 7:00 a.m.<br>9:15 a.m.<br>10:00a.m.  |
| Oct 20th | Pam Peterson<br>Laurel Thorell                     | <b>Indo Row (30 min)</b><br><b>Pound It Out</b><br><b>*Breast Cancer Awareness*</b> | 7:00 a.m.<br>9:15 a.m.               |
| Oct 27th | Pam Peterson<br>Stephanie Monthey                  | <b>Indo Row (30 min)</b><br><b>*Core De Force - Launch</b>                          | 7:00 a.m.<br>9:15 a.m.               |
| Nov 3rd  | Pam Peteson<br>Kris Thorell<br>Kris Thorell        | <b>Indo Row (30 min)</b><br><b>Cycling</b><br><b>Pilates</b>                        | 7:00 a.m.<br>9:15a.m.<br>10:00 a.m.  |
| Nov 10th | Pam Peterson<br>Holly Jonson                       | <b>Indo Row (30 min)</b><br><b>TRX</b>  | 7:00 a.m.<br>9:15 a.m.               |
| Nov 17th | Pam Peterson<br>Annette Sindt                      | <b>Indo Row (30 min)</b><br><b>Yoga</b>   | 7:00 a.m.<br>9:15 a.m.               |
| Nov 24th | Pam Peterson<br>Tasha Manahan                      | <b>Indo Row (30 min)</b><br><b>Cross Training</b>                                   | 7:00 a.m.<br>9:15 a.m.               |
| Dec 1st  | Pam Peterson<br>Tami Reese                         | <b>Indo Row (30 min)</b><br><b>Aqua Blast</b>                                       | 7:00 a.m.<br>9:15 a.m.               |
| Dec 8th  | Pam Peterson<br>Anna Anderson                      | <b>Indo Row (30 min)</b><br><b>Dance Fusion</b>                                     | 7:00 a.m.<br>9:15 a.m.               |
| Dec 15th | Pam Peterson<br>Stephanie Monthey<br>Kris Thorell  | <b>Indo Row (30 min)</b><br><b>*Core De Force</b><br><b>Tight &amp; Tone</b>        | 7:00 a.m.<br>9:15 a.m.<br>10:00 a.m. |
| Dec 22nd | Pam Peterson<br>Tabatha Thorell<br>Tabatha Thorell | <b>Indo Row (30 min)</b><br><b>Get Cycled</b><br><b>Mind/Body Pilates</b>           | 7:00 a.m.<br>9:15 a.m.<br>10:00 a.m. |

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