



# GROUP EXERCISE SCHEDULE

Don Sjogren Community YMCA Jan 2nd—Mar 31st

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

START TIME      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

Morning					
5:30 a.m.	<b>Cycling</b> Marcie (60 min)	<b>*Get Fit W/Bonnie</b> Bonnie (60 min)	<b>Cycling</b> Marcie (60 min)	<b>*Get Fit W/Bonnie</b> Bonnie (60 min)	<b>Cycling</b> Marcie (60 min)
8:00 a.m.	<b>Aqua Fusion</b> Michelle (30 min)	<b>Water Wake Up</b> Connie J (60 min)	<b>Aqua Fusion</b> Michelle (30 min)	<b>Water Wake Up</b> Connie J (60 min)	
8:15 a.m.	<b>Dance Fusion</b> Laurel (45 min)	<b>Fit for Life</b> Tasha (30 min)	<b>Move &amp; Groove</b> Beth (45min)	<b>Weights 101</b> Holly (45 min)	<b>Instructors Choice</b> Laurel (45 min)
8:45 a.m.		<b>Stretch "Sculpt"</b> Tabatha (30 min)			
9:15 a.m.	<b>RIP</b> Laurel (45 min)	<b>Tabata w/Tab</b> Tabatha (30 min)	<b>Pound</b> Laurel (45min)	<b>Tabata w/Tab</b> Tabatha (30 min)	<b>Cardio Kickboxing</b> Laurel (45 min)
10:00 a.m.	<b>PiYo</b> Laurel (45 min)		<b>Shape Up</b> Laurel (30-45 min)		<b>RIP</b> Laurel (45 min)
12:15 p.m.					<b>Kickboxing</b> Tasha (30 min)
Evening					
3:15 p.m.				<b>Line Dancing</b> Connie S (60min)	
4:30 p.m.		<b>Indo Row</b> Steph (30 min)			
4:45 p.m.	<b>TRX</b> Steph (30 min)			<b>Axis</b> Steph (30 min)	
5:00 p.m.		<b>Circuit Burn</b> Steph (30 min)	<b>RIPPED &amp; Chiseled</b> Steph (30 min)		
5:15 p.m.	<b>Extreme Boxing</b> Steph (30 min)			<b>Insanity</b> Steph (30 min)	
5:30 p.m.	<b>Aqua Blast</b> Stephanie (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>Insanity</b> Steph (30 min)	<b>Core De Force</b> Steph (30 min)		
5:45 p.m.	<b>RIPPED &amp; Chiseled</b> Steph (30 min)	<b>Zumba Sugar</b> Amanda (30 min) <b>Racquetball Court</b>		<b>*Zumba Sugar</b> Amanda (30 min)	
6:15 p.m.	<b>*Praise Waves</b> Returns in February	<b>Zumba Spice</b> Amanda (30 min)		<b>*Zumba Spice</b> Amanda (30 min)	
6:55 p.m.	<b>Yoga</b> Annette (60 min)	<b>Gentle Yoga</b> Annette (60 min)			

## 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.

**\*Get Fit w/Bonnie** Strength training workout emphasizing toning and muscle definition with a variety of weight lifting formats; targets every major muscle group

**Ripped & Chiseled** A Mixture of RIP

## CARDIO CLASSES

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.

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

**Circuit Burn** This workout is extreme cross training at its best! This total body circuit challenge combines a variety of equipment for high-intensity calorie burn 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

# Class Descriptions

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!

**Zumba Sugar** This 30 minute intro session focuses on dance technique to allow you to get the most out of each Zumba workout. With exciting music and easy to follow cues, learn the basics of international dance genres including Salsa, Merengue, Reggaeton, Cumbia and more! Suitable for ALL fitness levels

**Zumba Spice** Come join us as we shake, shimmy and stomp away those calories! Zumba is one of hottest, calorie burning workouts around. With heart pounding international music you will fall in love with this excellent way to exercise in disguise. No dance background needed. Just bring a smile and your sweat towel. Suitable for ALL fitness levels.

## WATER CLASSES

**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.

**Tabata's With Tab** Come burn up to 450 calories in 30 minutes in this challenging but fun and simple class! Are you a beginner? No problem, Tabatha will show you modifications that will still get you burning those calories and melting that fat.

**Pound** Designed for all fitness levels,

## LOW-IMPACT CLASSES

**POUND** provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

**Core de Force** Mixed martial arts-inspired workouts designed to slash inches off your waist, blast belly fat, and sculpt total-body definition—no equipment needed.

**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

## MIND, BODY CLASSES

exercise.

**Praise Waves** Dynamic Aquatic Movement incorporating Stretching, Toning, Core-strengthening AND Inspirational Scripture & prayerful Relaxation.

**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.

**PiYo** This low-impact, high intensity



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Don Sjogren Community YMCA—December Jan-Mar

## Saturday Schedule

■ Cardio 
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Date	Instructor	Class	Time
Jan 4th	Pam Peterson	Indo Row (30 min)	7:30 a.m.
Jan 11th	Pam Peterson Holly Johnson	Indo Row (30 min) TRX—Strength	7:30 a.m. 9:00 a.m.
Jan 18th	Pam Peterson Amanda Gonzalez	Indo Row (30 min) ZUMBA	7:30 a.m. 9:00 a.m.
Jan 25th	Pam Peterson Laural Thorell	Indo Row (30 min) Kickboxing	7:30 a.m. 9:00 a. m.
Feb 1st	Pam Peterson Michelle Boulware	Indo Row (30 min) Aqua Fusion	7:30 a.m. 9:00 a.m.
Feb 8th	Pam Peterson <b>Tasha/Adam</b>	Indo Row (30 min) Free CrossFit Location @R7	7:30 a.m. 9:00 a.m.
Feb 15th	Pam Peterson Amanda Gonzalez	Indo Row (30 min) ZUMBA	7:30 a.m. 9:00 a. m.
Feb 22nd	Pam Peterson Laurel Thorell	Indo Row (30 min) RIP	7:30 a.m. 9:00 a.m.
Feb 29th	Pam Peterson Teresa Cole	Indo Row (30 min) Aqua Blast	7:30 a.m. 9:00 a.m.
Mar 7th	Pam Peterson Annette Sindt	Indo Row (30 min) Yoga	7:30 a.m. 9:00 a. m.
Mar 14th	Pam Peterson <b>Tasha/Adam</b>	Indo Row (30 min) Free CrossFit Location @R7	7:30 a.m. 9:00 a.m.
Mar 21st	Pam Peterson Amanda Gonzalez	Indo Row (30 min) ZUMBA	7:30 a.m. 9:00 a.m.
Mar 28th	Pam Peterson	Indo Row (30 min)	7:30 a.m.

