



GROUP EXERCISE SCHEDULE

Don Sjogren Community YMCA Nov 1 — Dec 31

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

No classes November 26 and 27. No classes on December 24—Jan 1

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning					
5:30 a.m.	Cycling Marcie (60 min)	Fit & Flex (60 min)	Cycling Marcie (60 min)	Fit & Flex (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.	Dance Fusion Laurel (45 min)	Fit 4 Life Holly (45 min)	Move & Groove Beth (45min)	Strength Builders Holly (45 min)	Instructors Choice Laurel (45 min)
9:00 a.m.		TRX Holly (30 min)			
9:15 a.m.	Cardio Kickboxing Laurel (45 min)		Pound Laurel (45min)		PiYo Laurel (45 min)
9:30 a.m.		Tabata W. Tab Tabatha (30 min)		Tabata W. Tab Tabatha (30 min)	
10:00 a.m.	Rip Laurel (45 min)		Shape Up Laurel (30-45 min)		Row Mix Laurel (30 min)
Evening					
4:45 p.m.				TRX Steph (30 min)	
5:15 p.m.	Extreme Boxing Steph (30 min)	Steph's Choice Steph (30 min)		Insanity Steph (30 min)	
5:30 p.m.	Aqua Blast Stephanie (45 min)	Aqua Blast Tami (45 min)	Aqua Blast Teresa (45 min)	Aqua Blast Tami (45 min)	
5:45 p.m.	Ripped & Chiseled Steph (30 min)	Insanity Steph (30 min)	*Zumba Sugar Amanda (30 min)		
6:15 p.m.			*Zumba Spice Amanda (30 min)		
6:45 p.m.			Cycle Mix Tabatha (30 mins)		
6:55 p.m.	Yoga Annette (60 min)	Gentle Yoga Annette (60 min)			

Shaded classes live on Zoom.
Zoom meeting #602 336 7089
Password: YMCA



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.

Fit & Flex 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 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.

Strength Builders Build muscle using a variety of equipment. This low impact class gives you the instruction to safely lift weights and get strong.

LOW-IMPACT CLASSES

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!

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**

CARDIO CLASSES

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

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.

Steph's Choice Join Steph for a surprise class. It could be anything from Axis to Circuit Burn to Rowing, —but one this is for sure you will get a great 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.

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

Dance Fusion Join us for the hot-test, 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.

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.

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.

Cycle Mix Get a range of cycling classes in one, from cycle dance, to intervals, to toning you can get it all with Cycle Mix.

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, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out **Water Wake-Up** This gentle low-impact water aerobics class will get

WATER CLASSES

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.

MIND, BODY CLASSES

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.

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.