



# GROUP EXERCISE SCHEDULE

Don Sjogren Community YMCA Jan 1st — Feb 28th

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

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning</b>					
5:30 a.m.	<b>Cycling</b> Marcie (60 min)	<b>Fit &amp; Flex</b> (60 min)	<b>Cycling</b> Marcie (60 min)	<b>Fit &amp; Flex</b> (60 min)	<b>Cycling</b> Marcie (60 min)
8:00 a.m.		<b>Water Wake Up</b> Connie J (60 min)		<b>Water Wake Up</b> Connie J (60 min)	
8:15 a.m.	<b>Dance Fusion</b> Laurel (45 min)	<b>Fit 4 Life</b> Holly (45 min)	<b>Move &amp; Groove</b> Beth (45min)	<b>Strength Builders</b> Holly (45 min)	<b>Instructors Choice</b> Laurel (45 min)
9:00 a.m.		<b>TRX</b> Holly (30 min)			
9:15 a.m.	<b>Pound</b> Laurel (45 min)		<b>Rip</b> Laurel (45 min)		<b>Kickboxing</b> Laurel (45 min)
9:30 a.m.		<b>Tabata W. Tab</b> Tabatha (30 min)		<b>Tabata W. Tab</b> Tabatha (30 min)	
10:00 a.m.	<b>Shape Up</b> Laurel (30—45 min)		<b>Barre</b> Laurel (30 min)		<b>PiYo</b> Laurel (45 min)
<b>Evening</b>					
4:45 p.m.				<b>TRX</b> Steph (30 min)	
5:15 p.m.	<b>Extreme Boxing</b> Steph (30 min)	<b>Steph's Choice</b> Steph (30 min)		<b>Insanity</b> Steph (30 min)	
5:30 p.m.			<b>Zumba Sugar</b> Amanda (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)	
5:45 p.m.	<b>Ripped &amp; Chiseled</b> Steph (30 min)	<b>Insanity</b> Steph (30 min)			
6:00 p.m.			<b>Zumba Spice</b> Amanda (30 min)		
6:30 p.m.	<b>GWEN—Group Water Exercise Night</b> Gwen (45 min)		<b>GWEN—Group Water Exercise Night</b> Gwen (45 min) No Class on the 4th Wednesday		
6:55 p.m.	<b>Yoga</b> Annette (60 min)	<b>Gentle Yoga</b> Annette (60 min)			

Shaded boxes indicates the class is also available 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.

**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.

## 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.

**GWEN** Running on treadmills, free weights, and extreme group ex classes not your thing? That's okay, try GWEN! Drag yourself to Group Water Exercise Night and you won't regret moving in the pool to fun music while belly-laughing for an extra workout on those core muscles, led by Gwen.

**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.

## CARDIO CLASSES

**Instructors Choice** This class will surprise you! Let Laurel pick your workout for the day from a variety of options.

**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 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.

**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.

**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.

## 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!

## 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.

**Barre** Blends cardio, strength training, flexibility, balance, and core conditioning in a total body workout that targets the hips, glutes, abs, and arms.