



# GROUP EXERCISE SCHEDULE

Don Sjogren Community YMCA Jan 6 — Feb 25

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

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning</b>					
5:30 a.m.	<b>Cycling</b> Ben (60 min)	<b>Fit &amp; Flex</b> (60 min)	<b>Cycling</b> Ben (60 min)	<b>Fit &amp; Flex</b> (60 min)	<b>Cycling</b> Ben (60 min)
8:00 a.m.	<b>Chair Yoga</b> Michelle (45 min)	<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 &amp; Stretch</b> Holly (45 min)	<b>Instructors Choice</b> Laurel (45 min)
9:00 a.m.	<b>Kickboxing</b> Laurel (30 min)	<b>Knockout Drills</b> Tabatha (30 min)		<b>TRX</b> Holly (30 min)	
9:15 a.m.			<b>Sport</b> Laurel (45 min)		<b>Pound</b> Laurel (45 min)
9:30 a.m.	<b>Rip</b> Laurel (30 min)	<b>Sculpt 'n Cycle</b> Tabatha (30 min)		<b>Fit Camp</b> Holly (30 min)	
10:00 a.m.	<b>PiYo</b> Laurel (45 min)	<b>Yoga</b> Michelle (30 min)	<b>Barre</b> Laurel (30 min)		<b>Rip</b> Laurel (45 min)
<b>Evening</b>					
4:00 p.m.			<b>Chair Yoga</b> Michelle (30 min)		
5:15 p.m.	<b>Extreme Boxing</b> Steph (30 min)	<b>Steph's Choice</b> Steph (30 min)		<b>TRX</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)	
5:45 p.m.	<b>Ripped &amp; Chiseled</b> Steph (30 min)	<b>Insanity</b> Steph (30 min)		<b>Insanity</b> Steph (30 min)	
6:00 p.m.			<b>Zumba</b> Amanda (45 min)		
6:30 p.m.	<b>Yoga</b> Annette (60 min)	<b>Gentle Yoga</b> Annette (60 min)		<b>Yoga</b> Michelle (30 min)	
6:45 p.m.			<b>Bounce</b> Amanda (30 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.

**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.

**Sculpt 'n Cycle** Ride to better health with a cycle workout the mixes strength with the cardio benefits of cycling.

## 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, you are sure to get a great workout.

**Knockout Drill** This tabata style kickboxing drill class uses the boxing bags with a series of drills to get your heart pumping and you muscles working.

**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.

**Fit Camp** Get fit and fired up with this high intensity cardio class. This bootcamp inspired workout will challenge and inspire you with a variety of exercises.

**Zumba** 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.

**Bounce** is a trampoline class focused on intervals and repetition. Get moving to the music. Bouncing releases toxins in the body, while adding some spring to your workout.

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

**Sport** Using a step, dumbbells and bodyweight, SPORT, is total-body training that improves strength, balance, agility, speed, mental focus, cardio function, coordination, and more. Layered execution options are inclusive and achievable by most people.

## 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

**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.

## LOW-IMPACT CLASSES

**Strength & Stretch** Join us for a full body strengthening workout using weights. Stay for a relaxing stretch to finish the class.

**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.

**Chair Yoga** is practiced sitting on a chair or using a chair for support. It is especially suitable for older adults, people with balance or coordination issues, and those with disabilities.

**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.

# Jump into January

## Group Exercise Schedule

### January 3rd—5th 2022

#### Monday January 3rd

- 5:30 Cycling with Ben
- 8:00 Chair Yoga with Michelle
- 8:15 Move & Groove with Beth
- 9:00 Jack's Choice with Jack
- 9:30 Jack's Choice with Jack
- 5:15 pm Extreme Boxing with Stephanie
- 5:30 pm Aqua Blast with Stephanie
- 6:30 pm Yoga with Annette

#### Tuesday January 4th

- 5:30 Fit & Flex with Bonnie
- 8:00 Water Wake Up with Connie
- 8:15 Fit 4 Life with Holly
- 10:00 Yoga with Michelle
- 5:15 pm Steph's Choice
- 5:30 pm Aqua Blast with Tami
- 5:45 pm Insanity with Steph
- 6:30 pm Gentle Yoga with Annette

#### Wednesday January 5th

- 5:30—Cycling with Ben
- 8:15—Move & Groove with Beth
- 9:15 Holly's Choice with Holly
- 10:00 Holly's Choice with Holly
- 4:00 pm Chair Yoga with Michelle
- 5:30 pm Aqua Blast with Teresa
- 6:00 pm Zumba with Amanda
- 6:30 pm Bounce with Amanda

